

# UPDATES

The Newsletter of PCaSO Prostate Cancer Support Organisation  
Dorset • Hampshire • Sussex • and surrounding areas



**New Radiotherapy Unit at  
Eastbourne DGH**

**PCaSO view on PSA testing**

**AGM notice**

**“Cycle to the Moon,  
Save a Dad”**



**Issue No. 62  
Spring  
2018**

**Spinnaker Tower  
Portsmouth**

## Executive Committee

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**Chair:** (chair@pcaso.org)  
Roger Bacon 01903 775783

**Hon. Secretary:** (secretary@pcaso.org)  
David Hurst 01798 875758

**Hon. Treasurer:** (treasurer@pcaso.org)  
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Allan Higgin  
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**Federation representative:**  
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**Treasurer:** Barry Taylor 01202 696107

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Ray Bona (*publicity*)  
Clive Duddridge (*membership*) 01202 693976  
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Allan Higgin (*PSA testing*) 01202 691710



Prostate Cancer  
Support Organisation

PO Box 66, Emsworth,  
Hants PO10 7ZP

**National Help Line:**  
**0800 035 5302**  
**www.pcaso.org**

Charity No: 1170536

The opinions expressed in this newsletter are not necessarily those of PCaSO Prostate Cancer Support Organisation.

All men and all cases are different and you should always discuss any changes to your treatments with your doctor and in the light of your own personal circumstances.

## Hampshire Branch Committee

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**Chair:**  
Richard Judd

**Treasurer:**  
David Harris 02392 795909

**Secretary:** VACANT

John Harmer 02392 631599  
Chris White (*publicity*) 02392 264042  
Geoff Bailey (*membership*) 01962 713579  
Nicky Annells (*Fareham*) 01329 843828  
Peter Weir (*PSA Testing*) 01489 892168

## Sussex Branch Committee

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**Chair:**  
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**Treasurer:**  
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**Secretary:**  
David Hurst (*Pulborough Group*) 01798 875758

Debbie Hatfield (*Eastbourne Group*) 01323 638021  
Christina Cutting (*Eastbourne Group*) 01323 641513  
Barry Cocum (*Brighton Group*) 07710 131112  
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**Founder: David Rowlands**

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Dr Chris Parker, MRCP, MD, FRCR  
Dr Angus Robinson, MBBS, MRCP, FRCR

## Editorial

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You may have noticed that this issue, number 62, is now called 'Spring' rather than a specific named month such as February. UPDATES will now be issued 3 times per year.

This issue contains the notice of the AGM, (see page 6) which will be held at Fareham in May. There will be an interesting talk following the AGM. Also in this issue the Chairman gives the PCaSO view on PSA testing along with the statistics of our events in 2017.

If you ride a bicycle, or know someone who does, please read the Tackle 'Save a Dad' article on page 7 and raise money for prostate cancer awareness during the month of May 2018.

To my mind the National Federation ('Tackle') newsletter 'Prostate Matters' always contains interesting articles. See link: [http://www.tackleprostate.org/uploads/files/ProstateMatters\\_39.pdf](http://www.tackleprostate.org/uploads/files/ProstateMatters_39.pdf) Members receiving the printed version of UPDATES may also receive a copy of Prostate Matters by mail. I note that their latest issue has an article on the STAMPEDE trial, which found that upfront Abiraterone, alongside standard hormone therapy, improves survival.

Manversation, A Woman's Guide To Prostate Cancer is now available at this link: <http://www.manversation.co.uk/pdf/womens-guide-final.pdf>

# Opening of Radiotherapy Unit, Eastbourne DGH

Eastbourne PCaSO support group members were among the guests at the opening of the Eastbourne Radiotherapy Unit on the evening of 26 February. Dr Fiona Mckinna, Consultant and Lead Clinician for Oncology at the Sussex Cancer Centre, said in her introduction that the unit had been a long time coming - ten years! The people of East Sussex now have a facility which means they no longer have to travel to Brighton or Maidstone for radiotherapy.

The Eastbourne group contributed just over £13,000 toward the patient furniture in the reception areas and consulting rooms. The furniture was selected in consultation with group members, the manufacturer and architect when they visited the hospital with a mobile 'showroom' in August 2016.

The Mayor of Eastbourne Pat Hearn and MP Stephen Lloyd were invited guests together with representatives from Elekta, the Crawley manufacturer of the state of the art linear accelerators. The Eastbourne unit now has two of these machines, each costing £1.5 million, together with a new CT scanner and is already treating 40 patients a day. Special mention was also given to David Bold and Arnold Goldman who remained on the project reference group throughout to ensure the voice of patients and the public was heard.

Tom Chaplin, lead singer of the pop group Keane, opened the unit and then played and sang a few songs. His father received treatment at the unit. He later posed for photographs including with members of the Eastbourne

group: Debbie and Chris who run the group together with Ron and Jenny Linkins who distribute the PCaSO newsletter *Updates*.

The Eastbourne group was delighted to be part of the event and used some of its allocated invitations to ensure a few of the group's fundraisers could also be included. Further information about the unit and the opening event can be found on the Eastbourne Herald website. Although the unit is at Eastbourne District General Hospital, the capital project was managed by Brighton and Sussex University Hospitals NHS Trust and is part of the radiotherapy provision for the Sussex Cancer Centre. See <https://www.eastbourneherald.co.uk/news/video-new-eastbourne-cancer-treatment-unit-opened-by-popstar-1-8395591>

*Debbie Hatfield*



**Far Left: Tom Chaplin opening the Radiotherapy Unit.** (BSUHT Communications.)  
**Left: Linac Machine.** (BSUHT Communications.)

**Below left: Left to right, Mike Viggers, Chairman of Trust Board, Brighton and Sussex University Hospitals NHS Trust, Stephen Lloyd MP for Eastbourne and Willingdon (in overcoat with arms folded), David Chaplin, father of Tom Chaplin and Fiona Mckinna, consultant clinical oncologist Sussex Cancer Centre.** (BSUHT Communications.)

**Below: Left to Right, Debbie Hatfield, Jenny Linkins, Tom Chaplin, Chris Cutting and Ron Linkins**



# PCaSO view on PSA testing

PCaSO and most other prostate charities spend a great deal of effort raising awareness so that men - and their wives and partners - can look for potential problems with the prostate. However, the fact remains that if symptoms start to appear caused by cancer in the prostate, usually urinary changes or difficulties, (and we recognise there are other reasons for urinary problems) it probably means that the cancer is well underway. The aim is to diagnose it before symptoms start to appear, when it is curable and possible to save the man's life.

## Why are so many men dying?

Recent news tells us that the UK's annual death toll from Prostate Cancer (PCa) has risen to over 11,800 and exceeds that for breast cancer. Comparisons between the two cancers are striking!

- No national screening programme exists for PCa,
- UK testing and referral guidelines are confusing
- PCa attracts less than half the research funds than that for breast cancer.
- It is estimated that UK treatment of PCa lags at least 10 years behind breast cancer

Most national and international guidelines recommend PSA screening for appropriately informed men over the age of 40, especially those with a family history of PCa and for all black men of African or Caribbean heritage who have a genetic and racially determined increased risk. It is not surprising therefore that UK statistics are so poor in comparison with the best trial results of screening reported from Europe, where they have achieved 40-50% reductions in PCa mortality. The UK are down at an unacceptable 27th in the world rankings for survival from PCa!

Why is there no UK screening programme for a cancer now killing one man every 44 minutes in the UK? It is argued that the screening blood test PSA is too imprecise, leads to too many invasive and inaccurate biopsies of the prostate and the biopsy specimens themselves then lead to "over-treatment" of non-aggressive cancers that would never cause any harm anyway. Also, radical treatment of PCa by whatever method always carries the risk of incontinence, impotence and bowel damage. These "harms" for too many men then outweigh the benefit of lives saved by early detection through screening. However, last year two major UK trials went a long way to invalidating this claim and added weight to the argument for PSA screening.

Firstly, the PROMIS trial showed that if an mpMRI scan of the prostate was normal in a man with an abnormally raised PSA, a biopsy was unnecessary and surveillance alone was all that was required. This is now saving many unnecessary biopsies and preventing "over-diagnosis" of non-aggressive PCa; this in turn reduces the risk of "over-treatment". Secondly, the ProtecT study showed that for men actually found to have apparent non-aggressive PCa, active surveillance alone was a safe treatment strategy.

The UK's 2017 National Prostate Cancer Audit of PCa diagnosis and treatment has shown that UK practice now increasingly mirrors the PROMIS and ProtecT study results with only 8% of men undergoing radical therapy still being "over-treated" for low risk localised disease. Unfortunately however, far too many UK men are still being diagnosed with "advanced" and probably incurable PCa which could reflect the low use of PSA for screening in the UK.

What is PCaSO doing? PCaSO will continue to offer free PSA screening at organised events throughout Sussex, Hampshire and Dorset. In 2017 we tested 2665 men across our region, more than any previous year. 232 of those men tested had a raised reading and were recommended to inform their GP by appointment. One of the great benefits of these events is being able to educate men about the prostate and raise awareness of all the problems it can cause men. We expect by the end of this year to have tested in total more than 10,000 men since starting a testing programme in 2011.

The Graham Fulford Charitable Trust, who we work in partnership with, use practising and retired consultant urologists to oversee our results before handling all our result mailings. The charity now has over 84,000 PSA results on their database, tests performed by PCaSO and other support group charities across the country and information from those men who have responded to follow up letters has identified 1280 known cancers, but undoubtedly there are more.

## The way forward

There is now freely available, expert, comprehensive, UK tailored information on the optimum use of PSA as a screening tool. In our opinion this evidence now shows that the benefit of screening clearly outweighs the so-called harms. If we are to reduce the unacceptable death rate from this thoroughly unpleasant cancer, UK men need to know this information and the NHS needs to provide PSA screening without hindrance to appropriately informed men over age 40. Only then will we catch the cancer early whilst it is still inside the prostate, amenable to new minimally invasive techniques that avoid the complications of radical treatment and above all, while it is still curable, save lives.

*Roger Bacon, PCaSO chairman*

## PSA TESTING STATISTICS 2017

	Date	Place	GREEN	AMBER	RED	Totals	% A & R	% RED
Hampshire	25/03/17	Basingstoke	70	0	2	72	2.78%	2.8%
	13/05/17	Haying Island	144	3	12	159	9.4%	7.5%
	01/07/17	Fareham	121	4	12	137	11.7%	8.8%
	12/08/17	Bishops Waltham	131	6	10	147	10.9%	6.8%
	02/12/17	Waterlooville	40	0	1	41	2.4%	2.4%
			<b>506</b>	<b>13</b>	<b>37</b>	<b>556</b>		
Sussex	18/03/17	Rustington	42		1	43	2.3%	2.3%
	01/04/17	Uckfield	107	2	2	111	3.6%	1.8%
	10/06/17	Bognor Regis	89	2	6	97	8.2%	6.2%
	26/08/17	Pyecombe	77	2	4	83	7.2%	4.8%
	16/09/17	Worthing	157	5	7	169	7.1%	4.1%
	30/09/17	Hove	149	4	4	157	5.1%	2.5%
	21/10/17	Burgess Hill	313	11	18	342	8.5%	5.3%
	04/11/17	Peacehaven	218	4	18	240	9.2%	7.5%
	25/11/17	Rustington	33	2	0	35	5.7%	0.0%
			<b>1185</b>	<b>32</b>	<b>60</b>	<b>1277</b>		
Dorset	08/07/17	Mudford	81	2	7	90		
	23/09/17	Christchurch	141	6	19	166	15.1%	11.4%
	14/10/17	Lyme Regis	96	5	5	106	9.4%	4.7%
	04/11/17	Wimborne	114	5	6	125	8.8%	4.8%
	01/06/17	Maiden Newton	68	2	3	73	6.8%	4.1%
		Lymington	143	3	11	157	8.9%	7.0%
	Knole Lodge	99	7	9	115	13.9%	7.8%	
			<b>742</b>	<b>30</b>	<b>60</b>	<b>832</b>		
<b>ANNUAL TOTALS</b>			<b>2433</b>	<b>75</b>	<b>157</b>	<b>2665</b>		

RUNNING TOTALS		2011	2013	2014	2015	2016	2017	Totals		
Hampshire		-	285	264	-	50	556	<b>1155</b>		
Sussex		96	218	678	636	810	1277	<b>3715</b>		
Dorset		-	709	740	547	986	832	<b>3814</b>	<b>Grand total</b>	<b>8684</b>

**Note:** a 'Green' result indicates the PSA value is within the 'normal' range for the age band of the man tested. An 'Amber' result that the PSA value is a little above the normal range. A 'Red' result that the PSA value is even higher.

This is explained in the applicable letter sent to the man by the Graham Fulford Charitable Trust on behalf of PCaSO. In the letters for an Amber or a Red result the man is advised to consult his Doctor.

## Bladder scanner at St Richards

PCaSO Pulborough Group invited consultant surgeon Suzie Venn to come and talk to the group about urinary incontinence and what could be done about it. She came along with her urology nurse practitioner Debbie Greenfield and they talked and displayed various pieces of equipment.

During the conversation they mentioned that their bladder scanner was rather old and, following a committee meeting, Sussex branch offered to donate the £6500 to buy a new one. As chairman Roger Bacon said, 'The money is in the bank. Let's use it for something useful.'

In February, Roger, together with treasurer Viv Miles and Pulborough group leader David Hurst went along to St Richards to see the new machine, hear about the technological improvements and have the picture taken.



Left to right are: **Suzie Venn** (Consultant), **Debbie Greenfield** (Urology Nurse Practitioner), **Amanda Tucker** (Head of Charity, Love Your Hospital), **David Hurst, Dan Magrill** (Consultant), **Viv Miles, Paul Carter** (Consultant), **Roger Bacon, Katherine Hunt** (Care Group Manager for General Surgery and Urology), **Annette Martyn** (Macmillan Uro-Oncology Clinical Nurse Specialist)

# PCaSO Annual General Meeting

**NOTICE** is hereby given that the Annual General Meeting of PCaSO Prostate Cancer Support Organisation will be held at the **Wallington Village Hall, Broadcut, Fareham PO16 8ST**, on **Thursday 31st May 2018** at **7.00pm** for the following purpose:

1. Approve minutes of the AGM dated 23rd March 2017.
2. Chairman's/Trustees report for the past year.
3. Accounts report for the past year.
4. Election of PCaSO Trustees.
5. Any other business.

It is requested that nominations for PCaSO Trustees are with the secretary at least 14 days prior to the AGM.



## Guest speaker (subject to confirmation)

The Institute of Cancer Research and Royal Marsden (ICR/RM) Experimental Cancer Medicine team has been involved in the development of many new drugs including abiraterone and, now, olaparib.

Professor Johann de Bono is Director of the Drug Development Unit, with a particular interest in prostate cancer.

We have invited ICR/RM to talk to us about the new drug and the trials and what they see as the possibilities for the future. This is cutting edge research designed to keep men alive for longer and your chance to hear about treatments before your doctor.



I wish to submit the under-mentioned nominations for PCaSO Trustees:

- 1) .....
- 2) .....
- 3) .....
- 4) .....
- 5) .....
- 6) .....
- 7) .....
- 8) .....

I confirm that I have obtained their agreement.

Signed: .....

Date: .....

Tel: No: .....

Print name: .....

Please complete this form or a photocopy and post to the following address:

**The Secretary, PCaSO,  
4 Skeyne Mews, Skeyne Drive, Pulborough,  
RH20 2BB**

or scan it and email to [secretary@pcaso.org](mailto:secretary@pcaso.org).

# TACKLE LAUNCHES INAUGURAL CAMPAIGN

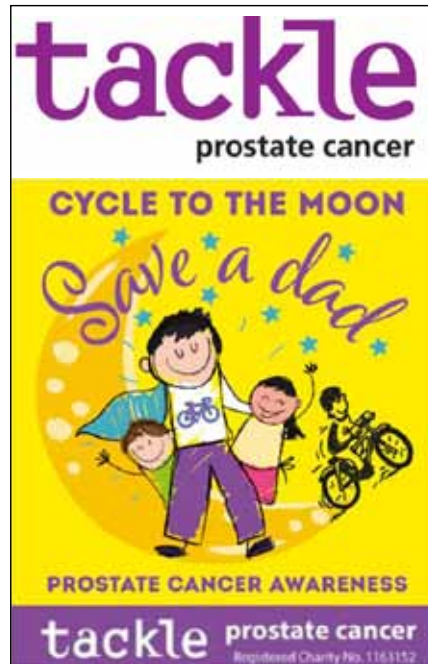
## ‘CYCLE TO THE MOON’ TO HELP RAISE AWARENESS OF PROSTATE CANCER

Tackle Prostate Cancer, the voice of prostate cancer patients and their families in the UK, has announced their inaugural national cycling event ‘Cycle to the Moon, Save a Dad’ – a major fundraising initiative that will encourage people of all ages to get on their bikes and raise awareness and money for the fight against prostate cancer.

Cycle to the Moon is a chance for members of the public to show their support through their **cycling miles either on the roads, in the gym, at home or on outdoor trails throughout the month of May 2018**. The event is open to all ages regardless of ability. It is designed to be a fun, healthy activity raising funds on behalf of Tackle Prostate Cancer as well as encouraging the next generation to participate. It also aims to raise awareness and encourage men at risk of prostate cancer to get tests and earlier diagnosis. The campaign’s target is £250,000 – £1 for every mile between Earth and the Moon.

Roger Wotton chairman of Tackle Prostate Cancer says: “We know how devastating the diagnosis of prostate cancer can be. Raising awareness and funds through this campaign will hopefully see more men being tested earlier, and help accelerate a reduction in mortality figures. Prostate cancer doesn’t just affect the man diagnosed – it affects his whole family.”

Tackle Prostate Cancer is a patient-led charity addressing the real issues people face when they are diagnosed with prostate cancer, and helping people to cope with their diagnosis and treatment. As a National Federation, Tackle has 90 support groups across the



country, representing some 15,000 members.

Cycle to the Moon ambassador, Singer and TV presenter David Grant, said:

“Prostate cancer does not care who it affects or the devastation it causes to patients and their families. It’s a cause close to my heart as my cousin was diagnosed, so I want to urge you to make a difference and get on your bikes and clock up some miles. One man dying every 45 minutes is a startling figure and we all need to do what we can to reduce mortality figures. This is a chance for members of the public to fight this cancer. The event is open to all ages regardless of abilities, it is designed as a fun and healthy activity whilst at the same time raising funds for Tackle Prostate Cancer.”

Prostate cancer is now a bigger killer than breast cancer, making prostate cancer the third biggest cancer killer in the UK. Every penny raised will make a difference, lives will be saved and more people will be aware of the need to be tested. The money will help the charity continue to meet

its objectives of campaigning on behalf of patients and raising awareness in the community. It will also enable the ‘Save a Dad’ initiative to be followed through in secondary schools where the aim is to get a discussion on prostate cancer in the National Curriculum, just as breast cancer is included today. Working through secondary schools Tackle would like to make teenagers aware that prostate cancer will impact 1 in 8 of their dads. The charity hopes that by educating the next generation about the importance of men being tested earlier it can help “Save a Dad”.

Professor Frank Chinegwundoh MBE, Consultant Urological Surgeon, Barts Health NHS Trust, Chairman, Tackle Clinical Advisory Board said: “Prostate cancer is the most common cancer in men in the UK. Unfortunately many men are unaware of this fact and unaware that there is a blood test, PSA, that is an indicator of their risk. The ‘Cycle to the Moon, Save a Dad’ initiative will raise children’s awareness and thus their fathers. Undoubtedly, lives will be saved. Knowledge is power.”

Lord Rose, Ambassador for Tackle Prostate Cancer said: “One in eight men in the UK will develop Prostate Cancer. Tackle’s initiative ‘Cycle to the Moon, Save a Dad’ is an exciting fundraising event which aims, through schools, to raise awareness in the next generation and hopefully see more men at risk of prostate cancer having an earlier diagnosis.”

If you would like to get involved please go to [www.tackleprostate.org](http://www.tackleprostate.org), where you can download a fundraising pack full of great ideas and tips to get peddling for the fight against prostate cancer.

Email: [saveadad@tackleprostate.org](mailto:saveadad@tackleprostate.org)

## Scans that assist Prostate Cancer diagnosis

We were pleased to welcome speaker Dr. Jonathan Richenberg, of Brighton and Sussex University Hospitals NHS Trust, Department of Imaging and Nuclear Medicine, to the meeting of our PCaSO Brighton group on 5<sup>th</sup> March 2018.

Jonathan's interesting talk and his answers to the many questions from the group was mostly about scans, images and their interpretation. Discussion touched on Ultrasound, CT scans, bone scans and PET-CT scans, all of which use differing technology and have their own applications in prostate cancer diagnosis.

Principally, however, the talk focused on modern mpMRI (multi-parametric) scans and their usefulness in identifying the location within the prostate of the cancer. Also about the software that fuses the mpMRI image on the Ultrasound image, allowing the urologist to target the cancer when conducting the biopsy, thus avoiding the areas of the prostate without evidence of cancer. This means that fewer 'cores' need to be taken, perhaps only 3 to 5, hence less invasive than the considerably greater number in a general biopsy (up to 24 for a TRUS biopsy and 60 for a template biopsy). It was also noted that having too many cores can perforate and scar the prostate, making any subsequent surgery more difficult.

At Brighton **all men** now have mpMRI **before** biopsy. (They also have another mpMRI scanner at Haywards Heath). Whereas the PROMIS trial found that 1 in 4 men could avoid a biopsy after an mpMRI scan, at Brighton they have found that around 1 in 3 men can do so, being put on surveillance instead. We were reassured that all men are in good hands when being scanned at Brighton, which is considered to be within the top 10 in the world in this field.

## Awareness of Cancer and the need for research



Share your story with the ICR, and help raise awareness of important advances against prostate cancer and the need for more research.

### Who are we?

The Institute of Cancer Research, London, is one of the world's most influential cancer research organisations. Scientists and clinicians at the ICR are working every day to make a real impact on cancer patients' lives. We are world leaders in discovering new cancer drugs, identifying new cancer genes and developing new forms of precision radiotherapy.

### Why we need you:

The ICR has discovered or developed many cancer treatments used today. We want to raise greater awareness of the advances we are making against cancer, and we need your help.

By sharing your cancer story with us and illustrating how the ICR has influenced your journey, you can help us to bring our work to life – helping to show the real, or potential, impact of ICR research on people's lives.

With your input, we could reach a wider audience and raise more awareness of the ICR's work –

helping us secure more funding for our cancer research. It will also encourage more people to work with us to help us achieve our goals.

### Who can help:

If you have been diagnosed with prostate cancer, you can volunteer to share your story. We're particularly interested in hearing from people who have been recently diagnosed or are currently on treatment, although we may be interested in your story if you are not currently receiving treatment, so please get in touch.

### How to volunteer:

If you are interested in helping the ICR defeat cancer, please visit our Share Your Story page: [www.icr.ac.uk/shareyourstory](http://www.icr.ac.uk/shareyourstory).

Any information provided will be held securely. A member of the ICR Media Relations team may then contact you to discuss your story in more depth.

We will ask for consent to retain your details for future opportunities to get involved in the ICR's communications work - however you can ask to be removed from this list at any point in the future if you wish.

If you have any questions, please email [stories@icr.ac.uk](mailto:stories@icr.ac.uk).



Penny Brohn 'Living Well with the Impact of Cancer' courses can be found on their website, [https://www.pennybrohn.org.uk/events/list/?tribe\\_paged=1&tribe\\_event\\_display=list&tribe\\_eventcategory=704](https://www.pennybrohn.org.uk/events/list/?tribe_paged=1&tribe_event_display=list&tribe_eventcategory=704)

These courses are free of charge (thanks to charitable donations and voluntary contributions). They are usually two days duration, either consecutive days, or a week apart. They often have repeat courses at the same location, so if you cannot make one set of dates there may be a later course.

10 & 11 April	Carisbrook Priory, Isle of Wight
18 & 25 April	Chichester Park Hotel, Chichester
21 & 28 April	Olive Tree Cancer Support Centre, Crawley
16 & 23 May	Field Place, Worthing
6 & 13 June	Brookfield Hotel, Emsworth



## Dorset Branch News

We carried out PSA testing at Parley, Dudsbury Golf Club, on 27th January,

279 men tested, 18 Reds, 20 Ambers.

We also tested at Blandford Forum Community Centre, on 24th February, 140 men tested, 12 Reds, 5 Ambers and 123 Greens.

We should pass the 5000 mark for men tested later this year.

At our January meeting we had a talk from a representative from iMedicare who showed some of the company's products that assist in dealing with erectile dysfunction and urinary incontinence.

At the moment we have no speaker for the April meeting (being held on 4th April instead of last Wednesday in March as St Mark's Hall is unavailable at end of March).

Our AGM will be on 30th May at 1930 at St Mark's New Church Hall in Talbot Village, Bournemouth.

Our speaker from Tackle for our 25th July meeting is Roger Wotton, subject: "Aims & Objectives".

Our speaker on 26th Sept. is Dr Susannah Brock, Consultant Uro-Oncology, Poole and Bournemouth Hospitals. Subject: STAMPEDE trials.

## Hampshire Branch News

On 28th January 2018 PCaSO Hampshire Branch participated in the One Community Showcase Event held at The Point in Eastleigh, a gathering of over 50 local charities organised by One Community, an independent charity providing voluntary sector support and community development in Eastleigh & Fareham.

A paper is to be given as an oral presentation at the BITs 11th World Cancer Congress due to be held in Philadelphia USA in May 2018 by Dr Mridula Chopra, School of Pharmacy and Biomedical Sciences, University of Portsmouth. The paper will relate to a cancer prevention strategy through inhibition of angiogenesis and suggests further studies are warranted to link phytochemicals with angiogenic/anti-angiogenic markers in blood and tissue samples.

Much of this work has been funded by PCaSO, Hampshire Branch.

The PCaSO Hampshire Branch AGM will be held on Monday 23rd April 2018 at 7.30pm.

The Hampshire Branch is seeking a Secretary and someone to organise collections and awareness events. Can you help?



**Geoff Bailey (left) of PCaSO Hampshire Branch discussing the work of PCaSO with a fellow charity worker. Geoff Bailey will be standing down from the PCaSO Executive Committee in May after 13 years. Geoff plans to stay on the PCaSO Hampshire Branch Committee.**

## Charity Walk along the Meon Valley Trail

**0900-1800**

**Saturday 12th May 2018**

Meon Valley Lions Club are organising a sponsored walk along the old Meon Valley railway line from Wickham to West Meon, now known as The Meon Valley Trail, a distance of 10 miles each way or both, with a children's walk of 1 mile from Wickham to Mislingford for U12's. Children's walk to start at 1100

Transport will be available to return participants to either start.

They have invited PCaSO as one of five designated local charities for walkers to raise money for. (Others are Homestart, Fareham Rainbow Centre, Rose Road Association, and Rowans Hospice).

Entry costs £3 for adults and £1 for children U12, to include transport, water at start/finish and check points, first aid and maps. Entry fee to be paid on the day.

If you or family or friends would like to participate in this sponsored walk see website <http://www.meonvalleylionsclub.org.uk> or contact Pete Meadows (MVLCC) at [pete.meadows@hotmail.co.uk](mailto:pete.meadows@hotmail.co.uk)

Donations can be made via the 'Virgin donate' button on the PCaSO website (state Meon walk) or a conventional sponsorship form is available on the Meon Valley Lions Club website and bring it with you on the day.

## Wearable Fitness Devices project – a thank you to PCaSO

On 29th January 2018, we had the pleasure of meeting members of the Sussex PCaSO groups, at the premises of the Eastbourne District General Hospital. The aim of the organised meeting was dual: to present our project in prostate cancer looking at the impact of wearable devices (fit-bits) in men receiving long term androgen deprivation therapy for prostate cancer and moreover to listen to their thoughts and ideas and receive feedback on the study's plan and protocol. We found the meeting extremely beneficial as we had the chance to explain clearly the aims and potential benefits of the study, and the

participants were highly engaged having fruitful conversations and exchanging ideas. The clear comments and questions have helped us to understand better their needs and also to work on the development of a protocol based on their activities. Their feedback has helped us answer



questions on the practicalities of our study, randomisation and even the right choice of wearables.

We would like to take this opportunity to thank the participants and PCaSO for the valuable and constructive comments and feedback.

Sally Appleyard,  
*Clinical Research Fellow, Brighton & Sussex Medical School*

Duncan Gilbert,  
*Consultant Clinical Oncologist, East Sussex and Brighton Hospitals.*

Theo Fotis  
*Principal Lecturer, School of Health Sciences, University of Brighton*

### Easy Fundraising

When you shop online you can raise cash for PCaSO without spending anything extra. Sign up for Easyfundraising using this link

(<https://www.easyfundraising.org.uk/invite/33S6YJ/LOVXGB/>) and when you visit a retailer's website who is also signed up – and that means most major shops – an Easyfundraising banner

appears inviting you to activate donations. Before starting your purchase click on the Activate button and the retailer will then give a small donation to PCaSO. Won't cost you anything!

### Eastbourne Group News

#### Donation from Urology Investigations Suite, Eastbourne District General Hospital

The Eastbourne PCaSO Support Group recently collected a cheque for £81.00 from the clinical and clerical staff of the Urology Investigations Suite at Eastbourne District General Hospital. The staff decided to donate money to the Eastbourne group in lieu of sending Christmas cards to one another.

Debbie and Chris attended the department in early February to meet the staff and say thank you.

The picture shows Matron Susan Crosby Jones (in purple) with members of her staff handing over the cheque to Debbie Hatfield and Chris

Cutting (to the right of Debbie) who run the Eastbourne Support group. The staff are holding copies of the Eastbourne newsletter which they requested for the department. Latest copy published on the Eastbourne website in December 2017.



## Sussex Branch News

In the last issue of Updates Sussex Branch hoped to have tested more than 1300 men in 2017. We didn't quite make it, only getting to 1277 men in total with 60 showing high readings that need to be referred to their GP. So far in 2018 Sussex Branch have arranged six PSA testing sessions with a further three possibilities being planned. One has already taken place and the details of the others, Uckfield, Horsham, Hove, Burgess Hill and Peacehaven, are on the website [www.pcaso.org](http://www.pcaso.org).

In February Eastbourne District General Hospital finally opened their long-awaited radiotherapy unit. The PCaSO Eastbourne group had donated more than £13,000 to provide some higher-quality furniture for the unit and details are elsewhere in this newsletter.

Roger Bacon, Viv Miles and David Hurst attended an event at St Richard's Hospital to mark the Branch donation of £6,500 for a new bladder scanner for the Urology Unit (see picture elsewhere). They were pleased to hear support for the PSA testing from consultants attending the presentation and confirmed that PCaSO was always willing to support the department in ways to make diagnosis and treatment of prostate cancer patients easier.

The brief AGM of the Sussex Branch will be held at the Chichester group meeting on Wednesday 4th April at Chichester Baptist Church, Sherborne Road PO19 3AW from 7pm-9pm. We have invited a speaker from St Richard's but that has not been confirmed as of going to press.

### Donations

PCaSO does not receive any Government funds and is dependent on Membership subscriptions, donations and sponsorship.

To make a donation please send a cheque to:

The Treasurer, PCaSO, PO Box 66, Emsworth, PO10 7ZP.

Or pay into our bank account (40-23-20 61303856)

Or download and fill in our Standing order form:

<http://pcasoprostatacancersouth.org/forms-leaflets/standing-order-form-May-2017.pdf>

Or, go to [www.pcaso.org](http://www.pcaso.org) and click on the red Virgin Giving button on the front page.



The Sussex branch has produced a postcard with the dates for all the meetings in 2018. You can collect one at your next group meeting

Below: Chris Cutting (left) with Julie Warner, Head of Radiotherapy, Sussex Cancer Centre in the main reception of the Eastbourne Radiotherapy Unit.

Bottom: A consulting room at the Radiotherapy Unit.



## LOCAL SUPPORT MEETINGS

See right for venue details and inside front cover for contacts.

### April 2018

4th (Wed) Chichester	Sussex Branch AGM, followed by <b>Rob Frymann</b> , Consultant Urologist.
4th (Wed) Talbot Woods	Speaker tbc
12th (Thur) Eastbourne	<b>Mr S. Garnett</b> , Consultant Urologist and Clinical Lead for Urology, East Sussex Healthcare NHS Trust
23rd (Mon) Waterlooville	7.30pm. AGM of Hampshire Branch, followed by <b>Dr Karen Poole</b> , University of Surrey - TrueNTH Exercise and Diet Project.

### May

14th (Mon) Bexhill	Speaker tbc
22nd (Tue) Brighton	<b>Dr George Plataniotis</b> , Clinical Oncologist, Brighton and Sussex University Hospitals NHS Trust.
30th (Wed) Talbot Woods	AGM Dorset Branch

### June

12th (Tue) Rustington	<b>Debbie Greenfield</b> , Urology Nurse Specialist speaking about urinary problems and treatment.
14th (Thur) Eastbourne	Speaker tbc
19th (Tue) Pulborough	Open discussion.

### July

2nd (Mon) Bexhill	Speaker tbc
4th (Wed) Chichester	Speaker tbc
25th (Wed) Talbot Woods	<b>Roger Wotton</b> , Chairman, National Federation of Prostate Cancer Support Groups (Tackle) – ‘Aims and Objectives’

### September

3rd (Mon) Bexhill	Speaker tbc
4th (Tue) Otterbourne	Speaker tbc
6th (Thur) Brighton	Speaker tbc
11th (Tue) Pulborough	Open discussion.
13th (Thur) Eastbourne	Open Forum
18th (Tue) Rustington	Speaker tbc
26th (Wed) Talbot Woods	<b>Dr Susannah Brock</b> , Consultant Uro-Oncology, Poole and Bournemouth Hospitals. Subject: STAMPEDE trials.

## VENUES

### Dorset

**Bournemouth:** 7.30pm start  
St Marks Church Hall,  
Talbot Woods, BH10 4HY,

### Hampshire

**Otterbourne:** 7.30pm start  
Otterbourne Village Hall,  
Cranbourne Drive, SO21 2ET

**Waterlooville:** 7pm start  
Church of the Sacred Heart,  
London Road, PO7 7SR

### Sussex

**Bexhill:** 7pm start  
Health Centre,  
Bexhill Hospital,  
Holliers Hill, Bexhill, TN40 2DZ

**Brighton:** 7pm start  
Macmillan Horizon Centre,  
Bristol Gate,  
Brighton BN2 5BD

**Chichester:** 7pm start  
Chichester Baptist Church,  
Sherbourne Road, PO19 3AW

**Eastbourne:** 7pm start  
Postgraduate Centre,  
Eastbourne  
District General Hospital,

**Pulborough:** 7pm start  
Pulborough Village Hall,  
Swan View (off Lower Street),  
RH20 2BF,

**Rustington:** 7pm start  
John de Bohun Room,  
Woodlands Centre,  
Woodlands Avenue,  
BN16 3HB,

### PSA Testing Events:

Check our website [www.pcaso.org](http://www.pcaso.org) for the latest details

**PSA testing is by appointment only. Contact phone numbers for bookings will be displayed on the website 3 to 4 weeks before the scheduled date of the event.**

<b>April</b>	<b>7th</b>	Bournemouth (Dorset)	Littledown Centre, Chaseside BH7 7DX
	<b>7th</b>	Uckfield (East Sussex)	Belmont Centre, Uckfield. Booking 0845 650 2555 (Premium rate)
	<b>21st</b>	Hayling Island (Hampshire)	To book, text or phone 07553 554210. or visit <a href="http://www.haylinglions.org.uk">www.haylinglions.org.uk</a> and use “contact us” form.
<b>May</b>	<b>12th</b>	Basingstoke (Hampshire)	
	<b>19th</b>	Verwood (Dorset)	
<b>June</b>	<b>23rd</b>	Horsham (West Sussex)	Masonic Lodge, Horsham.
<b>July</b>	<b>21st</b>	Alton (Hampshire)	
	<b>28th</b>	Wareham (Dorset)	
<b>Sept</b>	<b>29th</b>	Hove (East Sussex)	

At most events we need help to make them run smoothly. Checking men in at the door, calling them forward, writing the details on forms. Most events are on a Saturday and usually finished by mid-afternoon. If you are available on any of the above dates call Roger Bacon (Sussex) 01903 775783, Peter Weir (Hampshire) 01489 892168, Jim Davis (Dorset) 01202 580436.