

Newsletter

December
2024



Cancer Prevention Saves More Lives Than Treatment

This was the heading in the 'i' newspaper on Friday 6th December which caught my eye. It stated that 8 out of 10 deaths that were averted from breast, cervical, colorectal, lung and prostate cancer over the past 45 years were because of prevention and early treatment, said researchers at the National Institutes of Health (NIH) of the US.

From 1975 to 2020 5.49 million cancer deaths were avoided in the US, with prevention and screening accounting for 80% of these.

While the study was carried out on US patients, it is thought prevention is similarly effective in the UK.

"Although many people may believe that treatment advances are the major

driver of reductions in mortality from cancer, the surprise here is how much prevention and screening contribute to reductions in mortality" said co-lead investigator Dr Katrina Goddard of the National Cancer Institute.

To reduce cancer death rate it is critical that we combine effective strategies in prevention and screening with advances in treatment. This study will help us understand which strategies have been most effective.

Let's hope that NHS (UK) have seen this report and have a re-think of their strategy that sees a delay of at least 5 years and possibly 15 years before some form of screening is introduced in the UK for Prostate Cancer.

Hi There

I was recently asked to make a presentation to Support Group Leaders up and down the country on a Tackle Zoom meeting. My presentation



was about all the successes the IWPCSG had had in 2024. In the 23 minutes that I spoke to the Group Leaders, I listed all our successes as I saw them including the Gold Award from Vectis Radio for our Community Service that PSA testing gives to men on the Isle of Wight, Defibrillator and courses, Podcast Chocbeach1, Daily Advert Vectis Radio, Boys need Bins, Lads need Pads, Wellbeing musicals, PSA events and 104 Promotion events. A full report will be given at our January members' meeting.

Such an amazing array of events, a lot of them new for 2024, and none of this could be possible without the support of you, the members. So well done and thank you and now we look forward to 2025 and all that it will bring to help men to get tested for early diagnosis and passing on how to contact the groups for support and information, and we would like to wish you all an enjoyable Christmas and a Peaceful and Healthy New Year.

Alan Taylor

Prostate Cancer News in Brief

A special protein can play a key role in the fight against certain types of prostate cancer. Until now treatments have involved blocking the protein in question that builds a so-called signalling pathway, but now the researches show that, by closing the opposite end activating the protein and signalling pathway, the cancer is counteracted.

An enzyme called EZ42 has an unexpected role in driving aggressive tumour growth in treatment resistant prostate cancer according to a new study. The results could potentially lead to new therapies for patients with limited options and add to the significant progress the team have made in understanding how advanced prostate cancer develops resistance to treatment that target androgen receptors.

*Taken from Science Daily,
December 2024*



Support Group Christmas Lunch

Yet another successfully organised event by Rita, with 54 members and friends attending – for our annual Christmas get together, at Albert Cottage. Special guests were introduced by Geoff, being Bernie and Moose from Vintage Tractors, Pam and Bob from Totland, and Sue and Terry. The raffle was a total sell out of

tickets, so enticing were the prizes, and the Snowman's appearance added to the fun.

The food was well received by all as was the service at the tables. Roger's speech nicely rounded up the Support Group's efforts, so we hope you all enjoyed yourselves and next year's date has already been booked.

Hygiene Products for Men – Lads Need Pads

We are grateful for the support two venues have offered to allow us to use them as outlets for our Lads Need Pads campaign. The Riverside Centre in Newport were the first to agree to not only have bags of pads available for picking up at their reception, free to anyone who needs them, but also allowed us to place one of our posters in their men's toilet, which was also allocated a bin for men. Our thanks to Katherine, the Centre Manager for supporting this.

Our second venue to act as an outlet for our Pads is Shanklin Library. Although only open on Mondays, Wednesdays and Fridays, they will be able to supply anyone who asks at their reception. In both cases the person receiving the pads will need to produce a membership card or sign a membership form so that the Group's constitution requirements are met. Each bag will contain enough hygiene products (incontinence pads) for approximately 10 days, but they may return for a refill when necessary.

We are at present working on 3 more outlets, one in Cowes, another in Freshwater and also in Ryde. Once we have confirmation of these, we will publish their locations. We are also looking to promote these 5 venues for men to pick up these hygiene items free of charge by posters in various locations. If anyone has ideas for other locations that would be interested in giving out these products, please contact me at 07568245124.

Alan Taylor

(PS 3 more venues have now signed – these being Aspire in Dover Street, Ryde; the Over 50 Café Regent Street, Shanklin; and the Veterans Hotel, Ryde Esplanade.)



The poster features the IWPCSG logo at the top, which includes a map of the Isle of Wight. Below the logo, it reads 'ISLE OF WIGHT PROSTATE CANCER SUPPORT GROUP'. The main heading is 'FREE HYGIENE PRODUCTS FOR MEN'. Underneath, it says 'Collect a bag from:' followed by 'Riverside Centre's Reception Or Shanklin Library'. To the left is an image of a white bag with the IWPCSG logo. To the right is a green box titled 'What's Inside?' containing the text: '14 days of men's incontinence pads', 'Just sign up to IWPCSG and collect your bag.', and 'Coming soon! there will be a collection point in Freshwater'. At the bottom, contact information is provided: 'Email: iwpcsg@gmail.com' and 'Call us: 075682 45124'.

Wellbeing Musical Afternoon

The Support Group held 3 wellbeing musical events since our last Newsletter.

They were on Thursday 10th October, Thursday 7th November and Friday 6th December.

The successful continuation of these sessions is down to the enthusiasm of Alistair Drain who has shouldered the responsibility of the afternoons after John Wood became ill and sadly passed away. By changing the day to Friday Alistair is now being supported

by Grahame Smith together with Barry on the drums. The 6th December afternoon was especially poignant being the day after John's funeral and the Christmas Carols were well received by the 29 members present.

All members and friends are encouraged to attend and to bring along not only their singing voices but also any musical instrument to contribute to the relaxed afternoon. (NB a tambourine is a musical instrument.)

The next musical afternoon will be held on January 10th then February 7th at the Newclose Cricket Club Pavilion with refreshments at the interval for all. Remember singing sheets are provided to help if you do not know all the words and if you have forgotten how they go, we often repeat the songs later on to give you another try, or like me you can hum along to the songs.

Again, thanks to Alistair Drain for his continued dedication, enthusiasm and effort to make these musical afternoons so much fun.



Donations for the Support Group

Running the Support Group, whether it's for PSA testing, wellbeing or general expenses, funds are needed to enable us to continue.

So we are grateful to everyone who donates to the Group and we try to highlight everyone who makes a donation.

This month the Vintage Veteran Tractor Group had a run out in October and also ran a raffle to gather monies for us. They ran another run out at the Brighstone Christmas Tree Event and we must thank the group

headed by Dave Milsom for the turnout no matter the weather and collecting a sizeable amount for our work.

The annual Curry and Bingo event organised by Debs Downer was again held at Calbourne, this year in the Recreational Centre and again a generous donation was collected from the evening which we are very grateful for.

As many of you might know this will be Sue and Terry's final year with their Christmas Lights at Long Lane and



they have allocated half of their collection to the Support Group to help us with our work. This is the third time they are making a donation to the Group and we are very grateful for all the effort they put into this annual celebration.

Our thanks also to the Sandown Youth Football team and Steph Terry for the Christmas Fayre at Medina, and Pam and Bob who gave a generous donation of £600 towards the Totland PSA event.

Promotion /Awareness

October

3rd – Tesco, Ryde, poor weather so not so many people about.

4th – VCF meeting passing on information about PSA test.

5th – Morrison's Newport, indoors but outdoor fortnightly craft market was a distraction.

5th – Cheque presentation at McCarthy's, Sandown from Youth Football Charity match and raffle. Our thanks for their support.

13th – Tractor Rally Event started at Arreton Barns flagged off and finished at Goddard's Brewery, Branstone, Sandown.

14th – Church service for new legal year at the Minster Newport followed by refreshments with High Sheriff. Networking.

21st – Tackle Transform Webinar Zoom meeting, appears that it will take 15 years before new diagnostic tools ready for use costing £42m – meanwhile the loss of life continues.

November

5th – Tackle leaders' meeting Zoom PCUK Representative confirmed after questioning that there is no support from PCUK for PSA screening tests.

7th – Mental Health Alliance at Riverside Centre 15 minute presentation on Supporting men with prostate cancer well received.

8th – VCF meeting J Robertson MP IW East presented, reminded about all party meeting on prostate cancer screening and bins in men's toilets. He acknowledged each item.

14th – Vectis Radio interview on PSA results and plans for next year's test program and daily advertisement on radio for tests confirmed. Our thanks for their continued support.

23rd – Curry and Bingo Calbourne Recreation Centre, donation for the Group to follow, many thanks.

28th – Set up Group's Christmas Tree at the Pearl Centre, Brighstone. Phone enquiries received.

29th – Community Action Health Roadshow Riverside Centre, Newport, limited number of people attending, but a good networking situation.

30th – Christmas light switch on celebrated at Terry and Sue Ramplin's house, well attended including band and VIP support. Hope many of us will visit.

December

1st – Christmas Fair, Medina Centre, Newport, well attended, busy all day. Donation pending.

3rd – Tackle Leaders' meeting Powerpoint presentation on Successes of the Group in 2024 lots of interest and many follow up enquiries, will be repeated in January members' meeting.

5th – Ladies' Group Christmas lunch IW College, enjoyed by all.

7th – Tractor Rally at Brighstone Christmas Tree event, well supported, considering weather warnings.

9th – Tractor AGM with donation presentation to the Group. Our thanks for their continued support.

10th – VMCC lunch at The Horse and Groom encouraging the group to be present at all their events in 2025.

12th – Christmas dinner for IWPCSG members and friends at Albert Cottage, East Cowes, well organised and good food, and a raffle.

Our thanks go to Roger, Jean, Rita, Vic, Andy, Diana, Alan, Angela, Terry, Frank, Wendy, Geoff, Ann and Graeme for supporting these events. Congratulations to Rita on an excellent event.

IWPCSG Meetings

Each month the Support Group offers 3 different meetings for members to attend. They are the members' meeting at The Riverside Centre, held on the 4th Thursday of each month; during the winter they are held at 2 pm with refreshments available to all attending.

The ladies meet at God's Providence tea rooms on the 4th Monday of each month at 10.30am with refreshments available to all attending. A chance for the ladies to exchange thoughts about any subject. The ladies' Christmas lunch was held at the IW College Restaurant.

The Advanced Prostate Cancer group was started in July and is run in Shanklin in conjunction with the National Advanced Group run by Tackle as a Zoom meeting. There is always a theme to these meetings which encourages men to share how they cope with the side effects of treatment.

At the full members' meeting on 24th October, open to members and family, a speaker Mark Earp gave a very knowledgeable account of the life of



The ladies meet at the God's Providence Tea Rooms

Queen Victoria's children and on 28th November the speaker Mark Tuckey gave some interesting stories about the haunted history of the Island and Ghost Walk which he runs.

At all of the members' meetings there is the opportunity for members to have a 1-2-1 exchange in a quiet area away from the main meeting with the Support Group Counsellor or as a couple.

The ladies had a lunch at the College Restaurant for their Christmas meeting on 5th December which was well attended, and they will meet again on 20th January.

The next Advanced meeting will be on 30th December – contact Alan for meeting venue details (email iwpcsg@gmail.com or call 07568245124).

The next full members' meeting will be on 23rd January when the presentation given to the National Tackle Group about the success of the Support Group in 2024, will be presented to the Group. It created quite a stir to the National Group so come along and see what you think about your group's achievements. Our thanks to Rita for organising all these events and speakers.

Christmas Cracker Jokes

How did the ornament get addicted to Christmas?

He was hooked on trees his whole life.

What would you call an elf who just won the lottery?

Welfy.

What do you call an old Snowman?

Water.

Why did Mary and Joseph have to travel to Bethlehem?

Because they could not book a home delivery.

What do you call a penguin in the Sahara desert?

Lost.

What do you get if you put a bell on a skunk?

Jingle smells.

I got a Christmas card full of rice today

I think it came from Uncle Ben.

How did Darth Vader know what Luke Skywalker got for Christmas?

He felt his presents.

What is white and minty?

A polo bear.

What is every parent's favourite carol?

Silent Night.

Why did the turkey cross the road?

Because it was the chicken's day off.

What do you call a snowman with a sixpack?

An Abdominal snowman.

What did the snowman say to the robin?

I have snow idea.

What do snowmen have for breakfast?

Snowflakes.

What do you get when you cross a snowman with a vampire?

Frostbite.

Why does your nose get tired at Christmas?

Because it runs all day.

Why is the turkey never hungry at Christmas?

It's stuffed.

Why is it harder to buy Advent Calendars?

Because their days are numbered.

Had enough? Because I have!

Quote/Unquote

To taste the sweetness of life you must have the power to forget the past.

The purpose of life is to live it, to taste it, to experience it to the utmost.

If you want to taste the flavour of success, then dare to taste the flavour of failure, crisis and countless stormy times.

I am an acquired taste. Don't like me? Acquire some taste.

I bought a calming tea, but the smell and taste is making me nervous.

It's OK if you don't like me, not everyone has good taste.

I would be much thinner if I didn't have taste buds.

Do not take life too seriously. You will never get out of it alive.

Every time my wife gets mad I remind her of her great taste in men.



PSA Update December 2024

The Support Group organised the final PSA blood test event of the 2024 Program on 2nd November at Newport Scout HQ Hall.

It was always going to be a big event, but the revelation by Sir Chris Hoy meant that large numbers of enquiries arrived at the booking site and quickly filled the available places. A quick meeting by the PSA committee decided that they could increase the number to 450 places and arrangements were made. This included taking on another Phlebotomist and all the equipment needed to operate with 7 Phlebotomists including extra room dividers to allow for 7 booths to be created. Despite all this effort, we unfortunately still had to turn away far too many men. Our best advice to them was to try at their local GP centre for a test or send off for a

home test kit from the internet site offering this service.

There were concerns before the event by some of the volunteers but the organiser and administrator were confident the event could cope with this number and so it transpired. Altogether we tested 434 men, a record for the IWPCSG testing team of which 38 were found to have abnormal results and a further 28 had high risk green results. We had a number of men taken ill during the event, but they were dealt with effectively by Alison who also managed the 7 Phlebotomists so that there was no problem with the sample taking. Pam kept the feed of men into the Phlebotomists' booths moving smoothly and with a number of emails, phone calls and personal comments congratulating the group on another successful event, we will

be using this model for our 2025 program of tests at the 4 venues that have capacity. A final mention to the reception team of Marilyn, Jean, Trevor and Derek for coping so well with the increased numbers and to the Car Park Marshals Bridget, Barry A, Barry B and Ron who kept the cars moving. Finally the exit Marshals Roger, Roy, Vic, Geoff and Terry who checked the men on their way out and collected a record amount donated to the Group. We are grateful to Sue and Terry Ramplin for donating the necessary funding to enable us to run this event.

The total number of men tested during the 2024 Test Program came to 1,820 men tested at 5 different venues, of which 167 had abnormal results needing medical follow up.

The PSA testing committee give their thanks to everyone who has given up their time to volunteer to set up these 5 events, and then spend the Saturday enabling the testing to run so smoothly. We have singled out those individuals whose help was so vital at specific events, but I must mention Rita for all the effort she put into providing sandwiches for 4 of the events and Pam for the other one. All the volunteers were grateful for a lunchtime snack as it is a long day for everyone.

So many men's lives saved by you the volunteers' unselfish actions and remember there is no dream without the team. So again, thank you and we look forward to the 2025 program of testing which starts on the 12th April at Cowes Masonic Hall and we will be getting in touch with you later on in the New Year.

So from us Happy Christmas and a Peaceful and Healthy New Year.

Calendar of Events

January

Friday 10th Musical Afternoon at Newclose Cricket Club 1 – 4pm

Sat 11th Volunteers' Fair at Riverside Centre Newport 10 – 4pm

Mon 20th Ladies' meeting at God's Providence tea rooms Newport 10.30 – 12 noon

Thurs 23rd Members' meeting at Riverside Centre Newport 2 – 4pm

Mon 27th Advanced PCa Group meeting at Shanklin 6 – 8pm

Fri 31st General Knowledge Quiz fundraising event at Newclose Cricket Club 7 – 11pm

February

Thurs 6th Promotion/Awareness stall at Marks & Spencer Cowes 10.30 – 2.30pm

Fri 7th Musical afternoon at Newclose Cricket Club 1 – 4pm

Thurs 20th Tesco Ryde Promotion/Awareness stall 10.30 – 2.3pm

Sat 22nd Asda Promotion/Awareness stall 10.30 – 2.30pm

Mon 24th Ladies' meeting God's Providence tea rooms Newport 10.30 – 12 noon

Mon 24th Advanced PCa Group meeting at Shanklin 6 – 8pm

Thurs 27th Aldi Cowes Promotion/Awareness stall 10.30 – 2.30pm

Thurs 27th Members' meeting Riverside Centre Newport 2 – 4pm

March

Thurs 13th Co-op Ryde Promotion/Awareness stall 10.30 – 2.30pm

Fri 14th Musical Afternoon at Newclose Cricket Club 1 – 4pm

Mon 24th Ladies' meeting at God's Providence tea rooms Newport 10.30 – 12 noon

Thurs 27th Members' meeting Riverside Centre Newport 2 – 4pm

Mon 31st Advanced PCa Group meeting Shanklin 6 – 8pm