

# Newsletter

November  
2024



## PSA Update October 2024



The Support Group continues with its program of testing since the last Newsletter. Following the decision to limit the number of tests in 2024 to 5, but to increase the number of tests at each event from 250 to 360 where the venue can cope, the 2 testing events that occurred in July and September both broke the record for tests at each venue.

On **July 20th** a PSA test was held at **Totland Bowling Club** and a new record of 305 men were tested with 28 abnormal score needing follow up and 25 having a high risk green result needing follow up testing. Our grateful thanks go to Pam Everson and her band of helpers from Totland Bowling Club for making the Bowling Club available for our test right in the middle of their bowling season, and to the Parish Council for allowing us to use the playing field for our volunteers. Pam also provided sandwiches for the volunteers on the day and also raised a considerable sum of money to help finance the event. An always well supported event by the West Wight populous.

**September 7th** saw the PSA test program move to **Ryde Academy** where 349 men were tested, with 33 abnormal results found, needing follow up, and 17 high risk green needing further testing. We were graced with the attendance of the Lord High Sheriff, Graham Biss, who after being tested was very keen to stay on and observe how it all worked and offered to place a photo on his website. We also had the Chair of Sandown Rotary present, taking a detailed interest in the event, and witnessed how we dealt with one of the patients who was taken ill during



their test. Thankfully he made a speedy recovery.

There was an unusually high number of non-attendees, 29 in all, and it appears that early September, being a time of tempting cheap holidays, may have had an effect. Next year we will plan our event at the end of September. Despite this, the final number tested was over 100 more than were tested last year at Ryde Academy. We extend our thanks to Interim Principal, Will Doyle and Simon Grice, Caretaker for allowing us to use the Academy and providing support in setting up the event.

As at Totland, our thanks to all those who gave up their time to volunteer to set up the events on Friday night, to Frank for setting out the directional signs, Geoff Waddington for packing the trailer and car with all the equipment needed to run the event, those who manage the car parking and security, assist the Phlebotomists, check in men at Reception and scanning, the exit team to provide information and take donations, Angela for organising the bookings and trouble shooting the event, and to the ladies who helped Rita and Pam provide sandwiches at lunch time, with choices, for all the volunteers.

Without all this support it would be impossible for us to run these events, highlight the men with abnormal results and save men's lives. Thank you.

*PS The final PSA event of the 2024 program will be held on November 2<sup>nd</sup> at Newport Scout HQ Hall with over 400 being tested, a record for the Group!!*

*PPS I hope everyone enjoyed the volunteers party and our thanks to Rita for organising the food and entertainment.*

## Hi Everyone

So our third Newsletter this year finds the Group having successfully run 4 PSA tests, with increased numbers and reports follow. The other wellbeing events, Gentle Yoga, Keep Active and Move More Exercise classes, and Music afternoons are well supported as are the members' meetings, ladies' meetings and Advanced Group, read more details inside. There is another interview with one of our hardworking Trustees. I've often been accused of being very serious so I've included a couple of lighter stories.



As usual the Group has run a copious number of Promotion and Awareness events, with a list of the final group of events for 2024 included. Angela continues to support the members with regular email reminders, and we have included an article on a medical advancement announced recently. Rita continues to organise various speakers at our well attended members' meetings. Our campaign for Boys need Bins and Lads need Pads continue to be presented by the Group, and your old favourites Quote Unquote and Group bag photos all appear in this edition.

So we hope to produce a Christmas edition of the Newsletter, and we look forward to seeing many of you at the events shown in the calendar, and you will be encouraged to read our October Newsletter.

*Alan Taylor*



# Calendar of Events

## October

**Thurs 3rd** Promotion/Awareness stall at Tesco Ryde 10.30am – 2.30pm

**Sat 5th** Promotion/Awareness stall at Morrison's Newport 10.30am – 2.30pm

**Sat 5th** Donation Presentation McCarthy's Bar & Restaurant, Sandown Holiday Park

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

**Sun 13th** Promotion/Awareness stall at Vectis Vintage Tractor Rally, start Arreton Barns 10.30, Finish Goddards Brewery 3pm

**Mon 21st** Ladies' meeting at God's Providence tea rooms, Newport 10.30am – 12 noon

**Thurs 24th** Members' meeting at Riverside Centre, Newport 2 – 4pm

**Mon 28th** Advanced Group meeting, Shanklin 6 – 8pm

## November

**Fri 1st** PSA Preparation set up evening at Newport Scout HQ Hall 7 – 8.30 pm

**Sat 2nd** PSA testing day at Newport Scout HQ Hall 8.30am – 2.30pm

**Thurs 7th** Musical Afternoon at Newclose Cricket Club 1 – 4pm

**Mon 25th** Ladies' meeting at God's Providence tea rooms Newport 10.30am – 12 noon

**Mon 25th** Advanced Group meeting, Shanklin 6 – 8pm

**Thurs 28th** Set up Christmas tree at the Pearl Centre, Brighstone 11.30am

**Thurs 28th** Members' meeting at Riverside Centre Newport 2 – 4pm

**Sat 30th** Christmas Lights switch on at Terry Ramlin's, Long Lane, Newport 6pm (TBC)

## December

**Sun 1st** Promotion/Awareness Christmas Fayre at Medina Centre 9am – 4pm

**Thurs 5th** Curry & Bingo fundraising at the Sun Inn, Calbourne 7pm

**Thurs 12th** IWPCSG Christmas Lunch with raffle at Albert Cottage, East Cowes 1 – 3pm

**Tues 31st** Promotion/Awareness at Tesco, Rye 10.30am – 2.30pm

## An interview with Jean Denness



*Jean is married to Roger, the IWPCSG Chairman, the position he has held for the last 2 years. He joined the Group over 10 years ago and she became a member when he did, not long after joining the Group Roger became a Trustee and she has supported him in everything he has done with and for the Group. She became a Trustee when her family commitments allowed.*

### Question 1

*How do you see the Group moving on in the next 12 months?*

Jean wants to see the Group continuing to help the Isle of Wight men come to terms with the prostate cancer and help support them, their partners and family in any way possible. To encourage people to get their men to have a PSA blood test. To welcome ladies to join our Ladies Group to be supported and helped, helping other ladies in the Group where we can. Continuing with our awareness events, such as at supermarkets and at shows such as Chale and the Riverfest.

### Question 2

*How do you see the PSA testing running in the future?*

Jean agrees with how the PSA test events are spread around the Island, so it is more accessible for men to come and get tested. The number of events

at 5 or 6 a year is an ideal number, as is the number of men being tested at each event. This number is increasing due to the Group's awareness campaigns, advertising, banners and awareness events.

### Question 3

*How would you improve the role of the Trustee?*

We could do with a couple more Trustees, a couple would be ideal as we would have a man and a woman's different perspective. Younger people that are recently retired and wish to help in the community and maybe have had a member of their family suffer from prostate cancer.

### Question 4

*How could the Group further support the members?*

To continue with our Social Events and Support Meetings, also Wellbeing events and classes encouraging more members to attend gentle yoga and exercise classes. Perhaps advertise the counselling that is available as many people do not like to ask for help.

### Question 5

*What has surprised her most in her role as Trustee?*

As being Secretary responsible for the Group's Minutes, I feel that I am doing something that is important to the Group. As a Trustee I contribute by attending and helping at awareness and social events and PSA event

### Question 6

*Which awareness/promotion event/activity gave you the greatest satisfaction?*

It is very satisfying being a volunteer at PSA testing events and knowing that you could be helping to save a man's life, by assisting in offering him a free PSA blood test. Also attending awareness events to make people know the importance of looking after men's health and having a simple blood test.

## Ladies Meetings



Ladies Lunch at IW College

Since the last Newsletter the ladies have met twice in the God's Providence tea rooms and also attended a 3 course meal at the Isle of Wight College Restaurant, all organised by Rita Smith.

At the ladies' meetings, the main topics for discussion were:

Encourage volunteers to join in the Awareness stalls, with training

People problems

Any new diagnostic or treatment for prostate cancer

General comments about PSA testing

Plans for future meetings

Christmas Ladies' lunch 5 December at the College

Family news, new arrivals etc

On average about 12 ladies turn up to these relaxed meetings where the first cuppa is paid for by the Group. There are multiple tables so it is possible to have a different group to talk with at each meeting, leading to making more contacts and friends.

For further details of the next ladies' meeting on the 25<sup>th</sup> November contact Rita on 07484 242133.



# The Isle of Wight Prostate Cancer Support Group's name is certainly getting about!



Alan with a bag at VMCC, Newport



At Hotel du Ville, Limoges, France



Andy and Sheila at Anderton Boat Lift on the River Trent



At an Electric Bike workshop



At the Ventnor Day



In Samos, Greece



At a social event at CC

## Humorous Poems and Stories

Smiling is infectious  
 You catch it like the Flu  
 When someone smiled at me today  
 I started smiling too  
 I passed around the corner  
 And someone saw me grin  
 When he smiled I realised  
 I'd passed it on to him  
 I thought about that smile  
 Then realised its worth  
 A single smile just like mine  
 Could travel around the earth  
 On Friday morning, there was a tap on the door. He's got a funny sense of humour that plumber. (Ken Dodd)  
 A grandfather has gone missing after eating four cans of baked beans, two cauliflowers and a jar of gherkins. His family have made an emotional appeal for him not to come back home for at least a fortnight. (Ronnie Barker)

## PSA Diagnostic Test

A new blood test that can detect the 12 most common cancers before symptoms develop has been called a game changer.

Results from the first year of the THREE year NHS Galleri Trial look promising but the NHS will wait to see the final results, expected in 2026, before considering whether an NHS rollout of the Galleri multi cancer early detection test should go ahead.

It uses a blood sample taken from a patient. The primary endpoint is an absolute reduction in the number of late stage (stage 3 and 4) cancer diagnoses and cancer specific mortality will also be analysed after FIVE years of follow ups. The results will be used by the UK National Screening Committee who recently declared "that PSA testing caused more harm than good", and they will consider in 2026 if the Galleri test could play a role in a national cancer screening program.

Taken from a NHS Blog May 2024



# Why Polyphenols are good and how to eat more

*Polyphenols are natural compounds found in plants. They act as the plant's defence molecules that also give fruit and vegetables their variety of bright colours.*

*They act as*

- 1 Antioxidant: this means they may protect cells from damage caused by free radicals
- 2 Anti-inflammatory: virtually all chronic conditions involve inflammation so damping this response can reduce disease risk for some people
- 3 Neuro-protective: the antioxidant properties of polyphenols can protect your brain cells which could reduce the risk of Dementia and Alzheimer's

4 Supporting insulin sensitivity: polyphenols may help control blood sugar levels, improve insulin sensitivity and lower risk of developing Type 2 Diabetes

5 Good for heart health: studies show that a diet high in Polyphenols is linked to a reduced risk of cardiovascular disease

*So where can you find good levels of polyphenols? There are 4 types of polyphenols:*

- 1 Flavonoids in colourful fruits, vegetables, tea and wine
- 2 Phenolic acids found in seeds, skins and leaves of fruit and vegetables
- 3 Lignan in whole grains, nuts and seeds
- 4 Stilbenes in peanuts, grapes and berries

The average Brit does not eat enough polyphenols on a daily basis, because they do not eat a diverse enough range of fruit and vegetables.

One way to change this is to try and incorporate a Mediterranean diet and to try and "eat the rainbow" in food colours.

Typical foods with high polyphenols are cloves, cinnamon, adzuki beans, black beans, blueberries, dark chocolate, coffee, red wine, diverse range of colourful fruit and vegetables, olives, berries, olive oil, nuts including almonds and walnuts.

Remember always eat in moderation and as mixed as possible.

*Taken from an article in the i newspaper by Sadhbh O'Sullivan*

## Advanced PCA Group

The IWPCSG Advanced group has had 3 meetings at Shanklin with each meeting coinciding with the Tackle Advanced group which is on Zoom.

At the first meeting the group listened to a McMillan Nurse based in Manchester giving advice on a number of items from care to applying for a Blue Badge.

The second meeting was based around the Rife Electro magnetic machine, which Steve White brought along for everyone to try out, with an explanation on how it worked. The third meeting was very food orientated, accompanied with delicious oat bars for everyone to try. The food list was divided into two, Good Food List (Nice) and Foods to Avoid with PCA treatment (Naughty). These are listed below. There was also a list of helpful combination Drinks:

- 1 Ginger and honey – to clear lungs of mucous
- 2 Onion and honey – to boost immune system
- 3 Carrot and lemon – to reduce bloating, helps flatten stomach



4 Turmeric and orange – can reduce chronic disease.

You will need to mix the ingredients to individual taste.

All are welcome to attend these meetings as a pair or singular especially those who have had follow up treatment beyond the initial treatment.

We meet on the last Monday of each month at 5.45 pm for a 6 pm start in Shanklin. For more details telephone Alan on 07568245124.

### Foods to Avoid on PCA Treatment (Naughty)

- Grapefruit and grapefruit juice
- Seville Orange and rind (marmalade)
- Skins of fruit, including cucumber
- Raw honey and associated products
- Purchased salads – they must be rewashed
- Unpasteurised dairy products
- Under cooked eggs
- Raw seafood, sushi etc
- Starfruit, pomegranate and their juices

*Do not have live vaccines – shingles (flu and Covid are OK)*

### Good Food List (Nice)

- Blueberries and strawberries
- Spices and herbs, ginger, peppermint
- Aromatic vegetables, onions, garlic etc
- Avocados, bananas
- Cooked cereals, oats
- Porridge with semi-skimmed milk
- Manuka honey – help sores in mouth – limit to avoid weight gain

■ Nuts, seeds, walnuts, almonds, cashews

■ Dried fruits, grapes, lemons

■ Cruciferous vegetables, cabbage, broccoli, brussels sprouts, cauliflower, kale

■ Two servings of fish a week, salmon, mackerel, tuna, sardines, trout, herrings

■ Bread and crackers

■ Cooked fruit apple, pears, tomatoes

■ Vitamin D, broths and soups, hummus

■ Well cooked eggs

■ Well washed bought salads

### Oat Cereal Bars

260 g Oats

100 g Dried apricots, chopped

1 ripe banana, mashed (optional)

1 Egg white (optional)

60 ml Sunflower oil

1 tbsp Honey

½ tsp Nutmeg

½ tsp Ginger ground

1 tbsp Flax seeds

1 tbsp Pumpkin seeds

As liked, crystallised ginger sprinkled on top

As liked, blueberries sprinkled on top

1 Oven 180°C – 8" square baking tin, line with greaseproof paper

2 Mix everything up except crystallised ginger and blueberries, then add oil, stir well

3 Transfer to tin, press and smooth down

4 Add crystallised ginger and blueberries if liked on top

5 Bake about 25 minutes until brown

## Quote/Unquote

If you want rainbows, you gotta put up with the rain.

Some people walk in the rain, others just get wet.

A bank is a place where they lend you an umbrella in fair weather and ask for it back when it begins to rain.

Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating

There is really no such thing as bad weather, only different kinds of good weather.

Life is about choices, some we regret, some we're proud, some will haunt us forever,

We are what we choose to be.

A crown is merely a hat that lets the rain in.

Criticism like rain should be gentle enough to nourish a person's growth without destroying their roots.

Without rain there is no life.

It always rains on tents; rainstorms will travel thousands of miles against prevailing winds for an opportunity to rain on a tent.

## Musical Afternoon

We have been very fortunate to be offered the talent of John Wood and Alistair Drain to front up an afternoon of music and song as part of the Wellbeing Programme being offered by the Support Group. These two talented musicians supported by Graham on the guitar, Barry on the drums. They gave us 2 hours of a variety of melodies and tunes, encouraging everyone to take part and if musically inclined, to bring along any musical instrument to join in. A good number turned up at the follow up to the Volunteers Social on August 9th at the Newclose Cricket Club from 1 – 4pm. With 25 turning up it was a very enjoyable

afternoon and we also had the pleasure of Andy Price who played his trumpet also sang some old favourites. Everyone agreed what a relaxing session and were looking forward to the next afternoon.

The next musical afternoon was held on the 10th October at the Cricket Club, and although not so well supported, the Support Group feel that this type of entertainment needs to be encouraged as part of the Group's Wellbeing support and we look forward to the next event on 7th November, again at the Cricket Club from 1 – 4pm.



## Support Group Donations

Our thanks go out to those members and supporters who have joined the monthly Gift Aid donation to help finance the running of the Support Group. This month Geoff Waddington and Alan attended a Wight Aid donation event and photograph promotion held at IFPL, Calbourne and organised by Geoff and Claire Underwood.

There were a number of Charities invited to the event and each in turn explained what their charity did and how they would

use the donation. After Alan's presentation a number of the men present approached him for flyers for the next PSA test. Wight Aid made a very generous donation which we must thank Geoff for all his work in encouraging Wight Aid to support us in this way.

After attending a multi-site boot sale at Brighstone, run by the Social Club and Reading Room, Roger, Jean and Geoff were invited back to a presentation from the Brighstone Community Club, towards



our PSA testing event was made, accompanied with tea and biscuits.

Sandown and Shanklin Youth Football Club ran a football fun day with a fair open in the summer to help raise funds for the Group's PSA testing programme. Roger and Jean attended a presentation at McCarthy's Restaurant and Bar at the Holiday Caravan site in Sandown to receive a cheque for the Group and stayed for the social gathering after.

Our thanks go to these three organisations for making donations that enable us to run our PSA testing programme, which we know saves men's lives, and to all those who make regular donations to help run the Group.



# Promotion and Awareness Events July/August/September



*The Chale Show*

**July** started with a charity football match followed by a fun day at McCarthy's bar and restaurant, Fairway Holiday Park Sandown, organised by Laura Murthwaite on Saturday 6th July. Despite it being a very blustery day, our gazebo coped well with the weather conditions and Rita, Jean and Roger were invited up to make presentations to the winning football team with Graeme, Vic and Alan manning the stall. A donation would follow at a later date for the Group.

The following day, 7th July we attended the Custom Car Show at Arreton Barns with a large selection of cars on show despite showers being forecast. These showers did reduce the number of people attending but the Custom Car Group have always been very generous to the Group in the past so Vic, Roger, Rita, Frank W, Graeme and Alan were happy to give up their time.

On the 13th and 14th the Awareness and Promotion stall made its first attendance at the County Show at Northwood. This was a 2 day event quite expensive to enter since no allowance was made for us as a non-selling stand, and we were in a very crowded area of stalls selling all types of goods. It soon became apparent that our technique of informing the general public about our PSA testing was misunderstood by our neighbouring stall holders and some hostility led to a complaint about our stall to the organisers. This resulted in our group being restricted to staying behind the stall, making it impossible to interact with the public or pass on vital information about Prostate Cancer and the need to get PSA tested. A very frustrating and expensive 2 days for Vic, Rita, Graeme, Jean, Roger, Terry and Alan.

On the 25th we attended Tesco at Ryde having had the date confirmed by Jan, who had also provided a notice board for the group to display their Newsletter and

announcements of PSA tests. As always at Tesco a very busy 4 hours for the volunteers with numerous enquiries and questions about the group and the illness and PSA testing. Our thanks to Vic, Rita, Roger, Jean and Alan for volunteering. On Sunday 28th we attended a Boot sale run by the local football team at Fairway football pitch. Very busy as numerous stalls and fair weather attracted a good crowd. This kept Alan, Angela, Geoff and Sandra busy all day.

**August** always starts with the Chale Show this year held on 3rd and 4th. We are allowed to set up the evening before the event, which we did. Saturday 3rd started misty, cool with a slight drizzle, but this soon cleared and the expected crowds soon arrived keeping everyone busy throughout the day. Sunday was very busy and we were grateful for extra help from Andy, Sue and Terry who joined the usual volunteers of Vic, Rita, Graeme, Geoff, Sandra, Roger and Jean.

A very successful show again with a great deal of interest in our next PSA event and details about the Support Group and the illness.

*The Garlic Farm*



On the 8th August we returned to the Busy Bee Garden Centre, where the management have faithfully supported the group for a number of years, allowing us to place a prominent banner near their entrance and invite us to place our stall at the exit. As always there was plenty of interest in the group's activities with a large number of flyers being given out by Roger, Jean, Vic, Alan and Ann.

On the 11th August the annual Jag Fest took place at Sandown Airport. Yet again we were given a prominent site for our Gazebo and so plenty of men took up the offer of PSA test flyers. Our thanks to the Island Jaguar Group for inviting us to the event and to Geoff, Rita, Angela, Andy, Diana, Vic and Alan.

The Ventnor Day held on Friday 15th was again an excellent day, with a good site near the entrance to the gardens and a good crowd of people present. Plenty of interest in our next PSA testing event and all helped with good weather throughout the day and the backdrop of some fantastic shrubs and flower beds. Our thanks to Ventnor Town Council for inviting us and to Terry, Sue, Rita, Graeme, Sandra, Alan and Angela for manning the stall throughout the day.

Saturday 17th was the first day of the Garlic Festival, a new Show to the Group, with a gazebo at a good location and it was a well attended event with interest in both the Group and the PSA test. The following day, the 2nd day of the Show, was again well attended and not only were people interested in what the group had to offer, but a number were happy to relate how they were coping having the illness and possibly joining the group. Over the two days the stall was very busy and our thanks go to Rita, Graeme, Vic, Terry, Rosie, Sandra and Ann for manning the event.

On the Saturday the Group was also at the Older Persons Good Living Show held at Sandown Airport. This meant we had a 2nd gazebo erected and the age related show kept everybody very busy. Again





*Brighstone*

thanks to Graeme, Angela, Terry and Alan for looking after the stall.

Brighstone held a boot sale at a number of locations around the village on Sunday 25th and the group supported this event with a stall at the Village hall. Although only a small number attended, and the weather was showery, everyone was very interested in the group's work. Thanks to Rita, Graeme, Vic, Angela and Alan for their help.

August Bank holiday Monday 26th – the group returned to St Helen's Show with their Awareness/Promotion gazebo. As is the case with this event, it is well populated with families bringing the children to enter into the sports events. So we also ran our children's fun competition which was very popular. Vic and Alan ran the stall.

**September.** The first event in September on Sunday 1st was the Morris Minor Show held at Havenstreet Steam railway location and with about 100 Morris Minors present from all over the South of England, we gave out a lot of general flyers giving advice on how to find a PSA test local to their needs. The helpers were

*The Morris Minor Show, Havenstreet*



*The Arretton Cricket Club with Spiderman*



*Photo Vision and Hearing Event Sight for Wight*

kept busy all day and the weather held out. Thanks to Terry, Rita, Graeme, Vic, Alan, Angela and Sandra.

The end of season Arretton Cricket Club Fair on September 14th is always a popular family event and so we again ran our children's competition as well as offering advice and support to those seeking it. Well attended, good weather, run by Roger, Vic and Alan.

On Thursday 19th the group's awareness stall was at Sainsbury's in Newport for the first time. This indoor event was very busy all day and was only partially staffed as there was also a photo/promotion event at Wight Aid on the same day that the group also attended. At both events the group was well received with considerable interest at Sainsburys because of the forthcoming Newport PSA testing event. Roger, Jean, Rita, Vic, Ann, Geoff and Alan supported the two events.

Saturday 21st was again a double booking with both a Motor Cycle Event run by the VMCC on from 9am – 2pm in St Thomas' Square Newport and at the same time a Mini Car Rally at Sandown Airport from 9am – 4pm with hundreds of Minis present and a very large crowd, including holiday makers present. The helpers were kept very busy at both events and our thanks go to the organisers for inviting us to these popular events and to the helpers who turned up again, erecting 2 gazebos, Angela, Vic, Alan, Graeme, Rita and Roger.

*VMCC Event Promotion Stall photo*



Another first was our attendance at the Vision and Hearing event at the Riverside on Tuesday 24th. Roger, Rita and Alan were kept busy all day with plenty of enquiries for the final PSA test in Newport on November 2nd.

Saturday 28th saw the Awareness/Promotion stall set up at Asda in Newport. As usual it was very busy and we are very grateful to the management at Asda for allowing us to set up on such a prestigious day. Roger, Rita, Graeme, Vic and Alan were kept busy despite it being a wet and windy day.

The next day on Sunday 29th we were present at the "Distinguished Gentleman's Drive" run by the Classic Car Club, as a fundraiser for men's health. Once the entrants had had their bacon bap breakfast, they left for a 2 hour drive, before arriving back for high tea, all dressed up in vintage clothing to match their cars. Although there was only limited interest in the stall, the awareness of the Men's Health day was the basic idea of the day. Thanks to Frank, Wendy, Vic and Alan.

On Monday 20th Vic and Alan attended City Plumbing's breakfast bap event starting at 8am and running until 12 noon. The manager, who was very keen to encourage all the tradesmen who turned up to sign up for a PSA test and so again the main idea was awareness and PSA promotion. Although only a small shop it is hoped we will be invited to their larger premises in Newport in the future.