

About the Prostate Project

The Prostate Project is a registered, Guildford based charity established in 1998. We pride ourselves in being run by volunteers with admin costs of less than 4%. Over the last 20 years we have raised over £8 million and helped the Royal Surrey, St Luke's Cancer Centre and Frimley Park Hospital become Centres of Excellence in the diagnosis and treatment of prostate cancer.

We are dedicated to raising greater awareness of prostate cancer and to improving treatment, care and support for patients. You can read more about us at www.prostate-project.org.uk

About our Support Group

Our **patient-led** support group works with Frimley Park and Royal Surrey County Hospitals as well as other private hospitals in Surrey.

Our two main **aims** are:

- To offer confidential non-medical information and support based on our own experiences to men, their partners and families affected by prostate cancer.
- To raise awareness of the consequences of prostate cancer in our area to encourage men to seek early diagnosis.

We also have links to the Prostate Cancer Support Federation, other support groups and the medical profession, to share information and help us continue to improve the quality of support we offer.

We cover towns and villages in and around Surrey and North Hampshire as well as villages in adjoining counties that are served by our hospitals.

Would you like to know more?

Remember, even if you are unable to attend our meetings you are very welcome to contact us at any time. There is now a dedicated answerphone at the Urology Centre – **01483 406870**. Please leave your name and number and we will always call you back. Alternatively email us at: supportgroup@prostate-project.net

If you prefer, you can speak directly to any of our nurse specialists at the numbers below.

Frimley Park Hospital

Prostate Cancer Nurse Specialist

Nikki Pereira

Telephone: 01276 526156

Royal Surrey County Hospital

Telephone: 01483 571122

Prostate Cancer Nurse Specialists

Claire Deering ext 2058

Donna Higgins ext 2058

Michele Pietrasik ext 4540

Ali Rooke ext 4478

Helen Casson ext 4841

For more information on dates of meetings, visit the Support Group page on our website.



The Prostate Project

The Stokes Centre for Urology

Royal Surrey County Hospital NHS Foundation Trust
Egerton Road, Guildford, Surrey GU2 7XX

Tel: 01483 406870 Email: info@prostate-project.org.uk

Website: www.prostate-project.org.uk



FRIMLEY PARK AND GUILDFORD
PROSTATE CANCER

SUPPORT GROUP



“ Walking Football gave me a passion and a purpose says PP Support Group member Tony Cherry. Now I share my experience with other players. No man should die of ignorance. ”

*Cove Walking Football Squad
Tony Cherry – back row, centre*

www.prostate-project.org.uk

Registered Charity Number: 1078523

Being diagnosed with prostate cancer can be a frightening and lonely experience, but it doesn't have to be that way. We can help.

- Being newly diagnosed with prostate cancer can be a very lonely place to be. Not only do you have to deal with the shock of your diagnosis, but also with a bewildering array of treatment options.
- Doctors and nurses have a lot of experience of telling people they have cancer. However, only people with or who have had cancer have a real understanding of how sufferers and their families feel about it.
- A lot of men are reluctant to talk about medical conditions or to seek help and support, even when faced with such a

life-changing experience. However, many men find they gain a lot of comfort, confidence and encouragement from talking to other men who are either living with or who have been cured of prostate cancer.

- Any contact with us is treated in strictest confidence, and we respect people's wishes to have as much or as little contact with us as they want.
- We are prepared to talk to people on the 'phone, or face-to-face.
- **Don't face prostate cancer on your own.**

The outstanding team of Consultants and Clinical Nurse Specialists who will ensure you receive the best possible treatment and after care



Stephen Langley
Professor of Urology,
Royal Surrey County Hospital



Chris Eden
Professor of Urology,
Royal Surrey County Hospital



Matt Perry
Consultant Urological Surgeon,
Royal Surrey County Hospital



Nikki Pereira
Clinical Nurse Specialist,
Frimley Park Hospital



Donna Higgins
Clinical Nurse Specialist,
Royal Surrey County Hospital



Michele Pietrasik
Clinical Nurse Specialist,
Royal Surrey County Hospital



Carla Perna
Consultant Oncologist,
Royal Surrey County Hospital



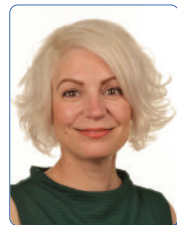
Simon Bott
Consultant Urological Surgeon,
Frimley Park Hospital



Prof. Hardev Pandha
Chair of Urological Oncology
University of Surrey



Ali Rooke
Clinical Nurse Specialist,
Royal Surrey County Hospital



Claire Deering
Clinical Nurse Specialist,
Surrey County Hospital



Helen Casson
Clinical Nurse Specialist,
Royal Surrey County Hospital

"I found a passion and a purpose" says Tony Cherry

After his fortunate prostate cancer diagnosis and treatment, Guildford Support Group member Tony Cherry used his love of Walking Football to convince team mates and opponents to get themselves checked.

"My involvement with the PP Support Group enables me to keep up to date and ensure I give others the correct advice. There is help in abundance for prostate cancer patients – don't die of ignorance"



Tony Cherry
Royal Surrey Support Group
member

TONY CHERRY

How we function and the topics we discuss

- We hold lunchtime meetings most months and evening meetings every 6 months. We invite specialists to talk to us about a range of prostate cancer topics including side effects, incontinence management and sexual counselling. We also have regular lunch meetings.
- We give talks to local groups about our personal experiences of prostate cancer and our work to help spread awareness of the importance for all men over age 50 to routinely check their PSA.
- Periodically, we man displays in shopping centres and at local events to promote awareness of prostate cancer and the work we do.
- We talk to individuals and members of their families who want to know more about what it is like to live with prostate cancer.