

# PROSTATE CANCER SUPPORT GROUP



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Hi everyone,

Life does seem to be getting back to something like normality. Reg and I have just returned from another cruise during which we were all tested 5 times, luckily each time the whole ship were negative and we were able to explore independently. It is so nice to be able to travel again, even if with an element of trepidation.

As I suggested in December's newsletter I hope to meet some of you this month. Reg and I will be in The Refectory, Portsmouth Road, Milford GU8 5HJ at noon on Wednesday 16<sup>th</sup> February. As I have no idea if anyone is likely to join us I have not booked a table but it is a big restaurant and I am sure we should all be able to eat if you wished. There is a large car park at the back. To keep everyone safe we will do a lateral flow test in the morning and would suggest you do the same.



I have received the following request regarding a research project.

*I'm a researcher at Leeds Beckett University currently working on the NIHR-funded 'INDICATE' study (Improving diabetes management during cancer treatments). We are looking for people with diabetes (type 1 or type 2) who are being treated for breast, bowel or prostate cancer (or have been in the past 3 years), to take part in a research interview about their experiences, to help us to identify ways to improve care and support for people with both diabetes and cancer.*

*We've so far managed to interview 10 people with bowel cancer and 9 with breast cancer. Unfortunately we've only managed to recruit 3 people with prostate cancer so far, and we'd really like this group's experiences to be represented in the study.*

*We have NHS ethical approval to advertise the study via community groups and charities.*

As there is considerable literature and only one or two of you may be eligible I would ask you to contact me if you would like to take part and I can forward the necessary information.

As usual there are a few opportunities for you to join with other Support Groups. Guests from other Support Groups are always welcome.

Tue 22 Feb 14:00	Cancer & Psychology: Ideas & Tools for Coping with the Impact of Cancer, via Macmillan Cancer Rehab. If you wish to attend, please email the Cancer Rehab Team at: <a href="mailto:cancer.rehabilitation@nhs.net">cancer.rehabilitation@nhs.net</a> Note: this event will be remote using Microsoft Teams.
Wed 2 Mar 19:45 for 20:00	The FOPS (Chorleywood Prostate Support Group) Support Meeting. Q&A session with our panel of urologists and a pelvic health physiotherapist. <a href="https://zoom.us/j/93183574338?pwd=TUY5Sjl4SFM4R3kzZWRxYmc5WnYzdz09">https://zoom.us/j/93183574338?pwd=TUY5Sjl4SFM4R3kzZWRxYmc5WnYzdz09</a> Meeting ID: 931 8357 4338 Passcode: 343882
Thu 10 Mar 18:45 for 19:00	Prostate Brachytherapy UK Support group for those who have had, or who are considering Prostate Brachytherapy. If you are interested in joining this group, please email <a href="mailto:support@prostate-brachytherapy.uk">support@prostate-brachytherapy.uk</a>



Working in partnership with the Surrey and Sussex Cancer Alliance, the Prostate Project needs to raise £200,000 to purchase and kit out the Mobile PSA Blood Testing Clinic and they have launched their 'Buy-a-Ticket' Appeal.

The 'Bus' as it is affectionately named will provide a high profile mobile point of access to allow more men to get the PSA blood test used to help detect prostate cancer, reaching high risk groups as well as helping to address the shortfall of over 3,000 men remaining untested due to COVID restrictions.

If you would like to donate please visit the Prostate Project web site at:-

<https://prostate-project.org.uk>

I do hope to meet some of you next week.

My very best wishes

Maggie