



NEWSLETTER

PCASO PROSTATE CANCER NETWORK
for Sussex, Hampshire and Dorset

Charity No: 1095439

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NEW CENTRAL BRANCH

Central Branch now has a fully working committee. Members are:

- Chair: Stuart Thompson**
Treasurer: Andrew Bloxham
Secretary: Ian Graham-Jones
Fund-raising: John Harmer
Mike Hollingworth
Cormac Murphy
Geoffrey Freemantle

Future plans include: collections, as outlined on page 3, an awareness event at Fontwell Racecourse, and the organisation of the Dummer Golf Trophy Day, which now comes within the remit of Central Branch. A PSA Testing Day will be held later this year.

GIVE SOMETHING BACK

Do you go to your surgery regularly? We need members to be responsible for seeing that their surgeries have a supply of our Awareness Leaflet *Don't Get Caught out!* and the ladies' leaflet *Pick me up!* If you go into your surgery regularly, we can supply you with a small stock of leaflets. All we need is your name and your surgery details, so that there is no duplication. Do give a ring on the Help Line, or contact your Branch chairman.

Do you visit your local hospital for check-ups? If so, we would like a member to be responsible for making sure that leaflets and booklets are available in the hospital's urology department.

Will you help?

PCASO RESTRUCTURING IS COMPLETE

The formation of the Central Branch committee finalises the PCaSO restructuring. It's taken longer than expected (almost two years since the AGM approved the changes outlined in Newsletter No. 30). In the interim, the Executive committee has been managing Central Branch.

The Executive committee will now slim down to seven: Hon. Chair, Hon. Treasurer, Hon. Secretary, Membership Secretary, and a representative from each of the three branches, West, Central, and East, plus any other co-opted member who has a nominated general responsibility in PCaSO. In the enclosed AGM notices, there is a nomination form to be used for the 'Hon.' and Executive positions.

NB: now that Central Branch is separate, the Executive Hon. Secretary role will be much reduced.

The main duties are to:

- prepare agendas and minutes for the Executive Committee meetings (about 4 a year), and the AGM
- keep archive records of PCaSO business
- handle external mail (which involves taking over the PCaSO Box address)
- submit annual Charity Commission Return (on line)
- arrange Public Liability and Trustee Indemnity Insurance and hold files and certificates.

At the time of writing, there are no nominations for the Hon. Secretary post, and we must resolve this by the AGM.

This is an appeal to members to step forward. It is not rocket science, and the duties are not onerous!

Please help.

Mike Hollingworth

This newsletter is sponsored by



Our Help Line
0845 650 2555
is kindly sponsored by



PCaSO Prostate Cancer Network, PO Box 66, Emsworth, Hants PO10 7ZP

Help Line: 0845 650 2555

Website: www.pcaso.org

THE FEDERATION CONFERENCE

The 2012 Annual Conference and AGM of the Prostate Cancer Support Federation, of which PCaSO – i.e. all our membership – is a member, will be held on 25th April 2012 at the Royal Pump Rooms, Leamington Spa, commencing at 11am. Save the date!

The theme for the Conference this year will be “Screening for prostate cancer – are we making progress?” and we will have presentations on the Riskman Trial (which is sponsored by donations from Federation members), on GPs’ attitudes to PSA testing, as well as an update on the National Screening Committee’s position on the subject.

As usual, Prostate Action are kindly sponsoring the event, and attendance, including lunch, will be free to accredited representatives on member organisations, i.e. any PCaSO member that would like to go.

Full details of the event, as well as the calling notice for the AGM, will be published in due course, but it is not too late to reserve places. Numbers are limited to 100 and, bookings will be accepted on a ‘first come, first served’ basis. To book places at the conference, please send an email with the following details to:

bookings@prostatecancerfederation.org.uk

DUMMER 2012

Dummer, or the 11th The Duchess of York Charity Golf Day (to give it its full name) is this year on

MONDAY 23rd JULY

I’m sure that nearly all of us know someone who plays golf, so please encourage them to support this event – they will be assured of a good time, and a good day’s golf. For £60 (£240 per team of four players) participants get a free bacon buttie breakfast on arrival, a good lunch after golf, refreshments at the half-way house, and the opportunity to win one of the several trophies available – as well as helping PCaSO by contributing to its funds. We hope to raise £5,000, so please help!



BACH WITH YOUR BIOPSY

Those of us who have had a biopsy and suffered its somewhat unpleasant effects during the procedure may wish to pass this bit of research on to others who may have to undergo a biopsy.

From Daily Telegraph, 11 January 2012

Listening to Bach on headphones can ease the pain of patients during surgery, research has found. A classical melody played through noise-cancelling headphones may reduce the pain and anxiety of prostate biopsies, researchers at the Duke Cancer Institute in North Carolina concluded. The finding, published this month in the journal *Urology*, could offer a simple and inexpensive way to help the thousands of men who undergo this uncomfortable test each year.

“It’s a matter of shifting attention, so the music provides a distraction from the procedure”, said Matvey Tsivian, a Duke urologic oncology fellow and lead author of the study. The Duke team enrolled 88 patients for the research, conceived by medical students, and randomly assigned them to three groups. The first had no head phones; the second wore the noise-cancelling headphones but heard no music; and

the third wore the headphones and listened to Bach concertos. Blood pressure was taken before and after the biopsy, an intrusive procedure involving an ultrasound probe and a spring-loaded needle that has a loud trigger. The noise alone causes many men to flinch even if they report no pain, and 20 per cent of men experience high stress and anxiety about the procedure.

Among study participants in both groups without music, diastolic blood pressure remained elevated after the procedure, compared with before. But the men who wore the headphones and listened to Bach had no such spike in blood pressure.

Diastolic blood pressure often rises as a function of stress and anxiety. Participants who listened to the music also reported less pain. The researchers said they “did not determine whether the choice of music might have had an impact. But it’s evident that this kind of approach works,” said, Thomas Polascik, the director of Urologic Oncology at the Duke Cancer Institute and senior author of the study. “This is something that could be broadly employed. It’s easy and inexpensive.”

THE 2012 ANNUAL GENERAL MEETING

PLEASE KEEP THIS INSERT AND BRING IT ALONG TO THE AGM

PCaSO - Prostate Cancer Network

Registered Charity No. 1095439

**NOTICE IS HEREBY GIVEN THAT THE ANNUAL GENERAL MEETING OF
PCaSO PROSTATE CANCER NETWORK will be held in
The Vicar's Hall, Chichester Cathedral Green, Chichester PO19 1PX on
THURSDAY 29th MARCH 2012 at 7.00pm for the following purpose:**

1. Approval of the minutes of the AGM dated 6th April 2011
2. Matters Arising
3. Chairman's Report
4. Acting Treasurer's Report for the year ending 31st December 2011
5. Approval of minor amendments to the Constitution (see page 4 of this insert)
6. Election of the Hon. Officers (i.e. Chairman, Treasurer and Secretary) in accordance with Sections 7 and 17 of the Constitution (see page 4 of this insert)
7. Election of members of the Executive Committee in accordance with Sections 7 and 17 of the Constitution
8. Any Other Business.

Copies of the minutes of the last Annual General Meeting are included and will also be available at the meeting. The formal business will be preceded by a talk by The Very Reverend Nicholas Frayling, Dean of Chichester Cathedral. It is requested that nominations for Hon. Officers and Executive Committee are with the Secretary at least 14 days prior to the AGM. Please use the tear-off section below and send to the following address:

PCaSO Secretary, PO Box 66, Emsworth PO10 7ZP.

Please note that the Chairman will not be standing owing to ill health; the Secretary will not be standing, having completed 6 years. Nominations are therefore urgently invited for these positions, and also for committee.

Now that separate committees are in place for the three Branches of PCaSO, the duties of the PCaSO Executive Committee will be explained at the meeting

CUT:

I wish to submit the under-mentioned nominations for Hon. Officers and members of the Executive Committee:

Chairman:

Secretary:

Treasurer:

Committee members: 1) 2)

3) 4)

I confirm that I have obtained their agreement. 5)

Signed:

Tel: No:

Print name:

Date:

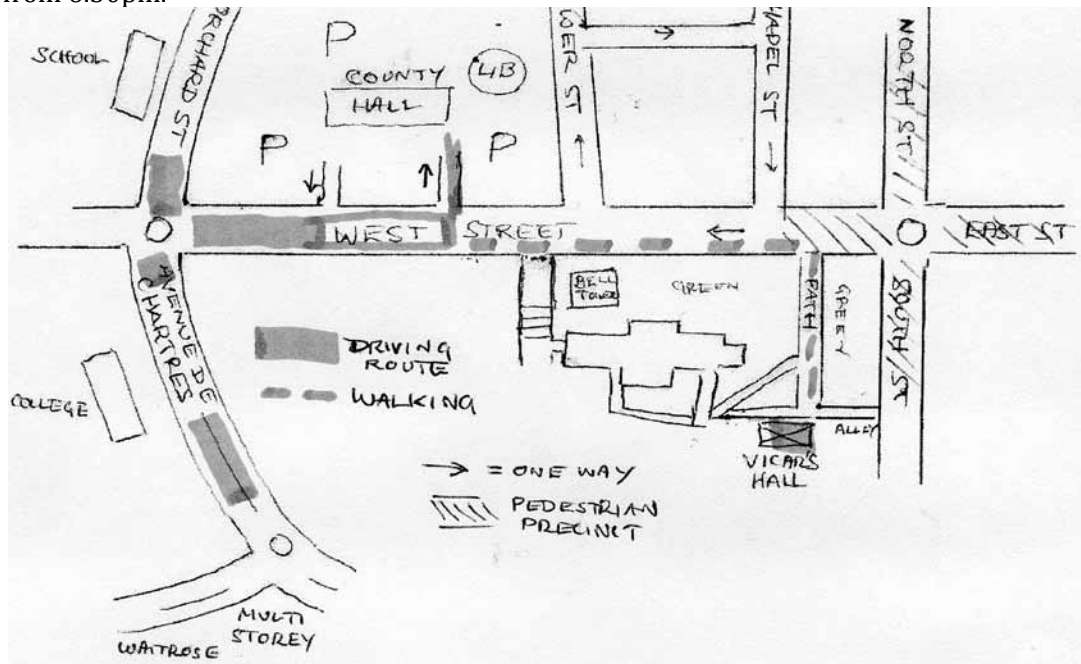
DIRECTIONS

The Cathedral is situated in West Street. This is best approached from the inner ring road on the west (Orchard Street/Avenue de Chartres).

PARKING. Although there is free on-street parking in the evenings, the best place to park is in County Hall, on the left (with the Cathedral on the right). This is free in the evenings. Please ignore the barriers – they will open automatically on exit, we promise you! Parking on the right of County Hall, close to the library (a circular building), is nearest to the Cathedral, which is only 100 yards away.

DIRECTIONS. Ignore the main entrance to the West door, and walk down the Cathedral green in front of West Street and then down the path. The Vicar's Hall is one of the buildings facing the road. The hall is upstairs (there is a lift).

REFRESHMENTS. We will provide refreshments on arrival – from 6.30pm.



OUR GUEST SPEAKER

The Very Reverend Nicholas Frayling, one of our Patrons, is our guest speaker. We had the pleasure of his company four years ago at the 2007 AGM at Southampton. So popular was his talk that he was persuaded to repeat it at a Dorset Branch meeting! So we know that he will make the evening an entertaining one.

A SOCIAL OCCASION

We hope to keep the formal business part of the meeting short, and this meeting will be as much a social occasion as a formal meeting. So don't be put off making the journey to Chichester – it will be well worthwhile.



To: **The Hon. Secretary**
PCaSO Prostate Cancer Network
PO Box 66
EMSWORTH
Hants PO10 7ZP

MINUTES OF THE 2011 AGM

Minutes of the Annual General Meeting held at
Chichester Baptist Church on Wednesday 6 April at 7pm
(for approval)

Following a talk by Dr Jerry Grant from Worthing Hospital on 'The Role of the Pathologist in Prostate Cancer' Mike Hollingworth, current Chairman of PCaSO introduced the meeting.

Present: A list of attendees is appended.

Apologies were received from: Nicholas Fraying (patron), David Rowlands (founder); Jeremy Bacon, David Barnard, Peter Barton, Chester Bates, Tim Brown, Len Crowhurst, James Davis, Roz and Mick Denison, Graham Hatfield, Deborah Hatfield, Carolyn Last, Don Thorpe.

1. Approval of Minutes of 2010 AGM

The minutes of the AGM held at Chichester Baptist Church on 16 March 2010 were approved.

2. Matters arising

There were no matters arising.

3. Chairman's Report

The Chairman Mike Hollingworth gave an assessment of how well PCaSO had met its objectives during the year. He said that the new *Knowledge Empowers* (sponsored by Sanofi-aventis) and the new leaflet for women *Pick Me Up* had been a great achievement, as had the new banners designed by David Smith, and the new website set up by Bob Watson. Awareness campaigns, especially in East Branch, have been excellent, but our weaknesses have been in attracting both new members (our membership has barely increased over the year) and in finding people willing to help with the organisation of events. (See Newsletter 35 for a full report).

4. Treasurer's Report

David Smith reported that PCaSO was now in a satisfactory financial position, thanks to the regular standing orders from members and corporate donations received. He stressed the importance of collections, which raised 18% of our total income, and for continuing support for the Dummer Golf Trophy, our major annual fund-raising event. PCaSO also needs to increase its membership. New members dropped during 2010, in spite of increasing awareness. On expenditure, we have paid for the robotic arm for Eastbourne Group (held over from 2009) and the urinary flow machine for Southlands hospital; grants from Sanofi-aventis paid for the printing of 6,000 Information Booklets and the newsletter sponsorship; the Help Line costs are sponsored by CancerPartners UK. Administration costs are minimal. (See Newsletter 35 for a full report).

5. Election of Hon. Officers

There being no nominations received for Chairman, Treasurer or Secretary, Mike Hollingworth agreed to stand for one more year only. David Smith will have completed the statutory three years as Treasurer and Ian Graham-Jones five as Secretary. It was agreed that the way forward would be to have "deputies" for the three positions during the year, with a view to taking over in 2012. There were no volunteers for a deputy chairman, but Angie Ford agreed to act as deputy Secretary and Andrew Bloxham as deputy treasurer. They were thanked for their support and would be welcomed on to the committee.

6. Election of Executive Committee

All existing trustees have agreed to continue, and any member wishing to help in any capacity was invited to get in touch with any of the officers.

7. Any other business

There being no other business, the meeting closed at 9pm.

Continued overleaf...

List of members signed in as having attended the 2011 AGM:

David Allingham (Basingstoke), Roger Bacon (Rustington), Geoff and Ann Bailey (Otterbourne), Stewart Becker (Chichester), Sandy Bell (Emsworth), Andrew Bloxham (Emsworth), David Childs Hopkins (Aldsworth), Graham Crane (Emsworth), Angie Ford (Cosham), Arnold Goldman (Lewes), Jean and Ian Graham-Jones (Westbourne), Allan Greenwood (Aldwick), John Harmer (Up Marden), D.K. Harris (Waterlooville), Bryan Hills (Pulborough), Mike and Lynn Hollingworth (Romsey), Norman Last (Emsworth), Mike Parker (West Ashling), Roger and Pamela Pickford (Alton), Antony Proudman (Winchester), Arthur Reynolds (Chichester), David Smith (Chichester), Mike Thomas (Chichester), Jo and Sandy Tyndale-Biscoe (Bosham).

Non-members in attendance:

Richard Peters (Bognor)

AMENDMENTS TO THE PCASO CONSTITUTION

Proposed amendment 1**Para 6. Branches and Sub-branches (1) at present reads:**

“Local Branches may be established when ten or more Ordinary Members of the Charity living in a locality apply in writing to the Executive Committee requesting that one be set up.”

It is proposed that the underlined be altered to **thirty or more**

Proposed amendment 2**Para 6 (1) (vii) at present reads:**

“The Branch Committee will set up a Branch bank account and run it in accordance with the Rules. Branches must submit audited year-end accounts to the Charity’s Treasurer by 31st January following the year end.

It is proposed that the underlined be altered to:

audited/independently examined year-end accounts . . . by **the last day of February** following the year end.

CURRENT EXECUTIVE COMMITTEE

OFFICERS:

Chair: Mike Hollingworth
(not standing for re-election)

Hon. Secretary: Ian Graham-Jones
(not standing for re-election)

Acting Hon. Treasurer: Andrew Bloxham

TRUSTEES:

Geoff Bailey (Membership Secretary)

Jim Davis (Dorset Branch representative)

Roger Bacon (East Branch representative)

Stuart Thompson (Central Branch representative)

John Harmer (not standing for re-election)

David Childs Hopkins (not standing for re-election)

HELPERS:

Norman Last (Pastoral Counsellor)

Robert Watson (Webmaster)

THE 'RISKMAN' TRIAL - AN UPDATE

A brief recap for those readers who have not heard of the 'Riskman' trial, funded by the Federation, with contributions from Sanofi-Aventis. The trial's aim is to put a prostate cancer biopsy decision tool on the desk of every GP in the country; it is hoped that this will reduce the number of men who have to have this procedure. "Riskman" is a four-year trial being carried out for us by Professor Ken Muir and his team from Warwick Medical School, Mr David Baxter-Smith (a urologist), and Graham Fulford through his Charitable Trust. The cost of the trial will be in the order of £2.5M and to contain this the wives of David and Graham give a great deal of their time pro bono for data analysis.

The decision tool, a nomogram created and trialled in Canada, has been adopted by the Prostate Cancer Support Federation (PCSF) as the best of a number of risk calculators for the GP market place. The tool incorporates seven factors that are considered key indicators for the potential presence of prostate cancer and factors them according to their degree of importance. For instance, PSA is included but actually has a lower numeric value than the digital rectal examination score. Other factors are the ethnicity, familial history, age, urinary symptoms score and finally the factor that carries the heaviest weighting, the Free-to-Total PSA score. The latter is an adjunct to the PSA test and measures the percentage ratio of proteins attached to the PS antigen to those that are free. Below 20% free is considered a significant factor in the possible diagnosis of a high-grade cancer.

The initial phase of the trial has been completed and the team is about to go out and gain acceptance to publish the data in two journals that are read widely by the GP population. The raw data for the trial came from the countrywide PSA testing carried by David and Graham under the auspices of the Graham Fulford Charitable Trust. Over 21,000 men have been tested, and each has received a letter advising him of the result of the test. Back at the office these were coded green for 'clear', amber for 'on the cusp' and red for 'definitely needs further investigation'. Subsequently the team has developed a survey given to 3,000 of these men, randomly selected, that questions them on a number of issues; for example, did they follow up and what were the results if they did, how happy were they with the process, did the GP co-operate, what treatment if any did they have, did they experience symptoms of erectile dysfunction? The team worked hard to get the survey questions right and unambiguous. The response rate of 70% shows just how successful they were. Just to pick out two conclusions from the survey: 98% of the men were happy with the process and would recommend it to their friends and family, which makes a nonsense of the government line that men would worry about having a PSA test and need counselling. The second item that had the team chuckling was that there were more greens experiencing ED than reds!

In parallel with the testing data analysis was the very important development of the trial protocol, which details the procedure for the trial, and must conform to Medical Research Council

guidelines and be acceptable to the GP community, who in the next phase are going to be heavily involved. There have been some issues that have frustrated the team in getting this document signed off by the National Cancer Research Institute, as their chairperson was off on long-term sick leave and there was no one else to sign. It has now been signed off and the team can proceed with the GP element of the trial. A survey of a 100 GPs around the country gave resounding acceptance of the trial and its objectives.

Two GP Midland networks with research experience and links to Birmingham Medical School have been selected – Litchfield and Redditch. They will be the pilot phase for the large GP rollout.

It is at this stage that the trial has to go slow or even go on hold for lack of funds; commercial organisations are reluctant in this climate to provide grants from their reduced budget; charities' grants in part because of this have become so competitive that only trial topics that hit the headlines are considered. The Prostate Cancer Charity is reorganising the way it allocates its grants under the new CEO and a new 'Movember' policy. We will get funds because we are constantly going out to foundation trusts and charities but it will take time. The steering committee of the trial meet every month and this is a regular agenda item but we are not the sole source of expertise in fund-raising, and if any person reading this article can give us a funding lead we would appreciate it.

David Smith

CENTRAL BRANCH COLLECTIONS

Help is urgently needed for collections at :
Tesco Petersfield on Wed - Thur APRIL 25-26
Tesco Havant on Thur - Fri JUNE 21-22

Please get in touch with John Harmer on 01232631599 or email at john.harmer@waitrose.com

We collected £516 at Morrisons Waterlooville on a wet and windy day, and £1205 over two days at Tesco Havant in December.

We have to thank the following collection team members who worked very hard at these two events, handing out awareness information and collecting:

Dave Allingham, Sandy Bell, Maria and Paul Belton, Eugene Billam, Andrew Bloxham, Allan and Pat Bristow, Graham Crane, Jean Graham-Jones, David Childs Hopkins, Godfrey Knight, Gordon Mitchell, Tad Podolski, Arthur Reynolds, Harold Rowe, John Smith, Tony Southwell, Chris and Liz White.

These people are the mostly regulars who turn up whenever asked, and without them we would raise very little. We really need twice as many turning up regularly.

John Harmer

CONTACTS

Patrons:

The Duke of Richmond and Gordon
The Very Rev. Nicholas Frayling
Baron Palumbo of Walbrook
Bill Beaumont, OBE

Founder:

David Rowlands

Chairman:

 (chairman@pcaso.org)

Mike Hollingworth 01794 322952

Secretary:

 (secretary@pcaso.org)

Ian Graham-Jones 01243 371128

Acting Treasurer:

 (treasurer@pcaso.org)

Andrew Bloxham 01243 378850
(abloxham:care4free.net)

Membership Secretary:

Geoff Bailey 01962 713579
(gabailey2003@yahoo.com)

Trustees:

Roger Bacon (East Br. rep.) 01903 775783
(rogerjbacon@hotmail.com)
John Harmer (collections) 02392 631599
(john.harmer@waitrose.com)
Jim Davis (Dorset Br. rep.)
(jamdavis@talktalk.net) 01202 580436
Stuart Thompson (Central Br. rep.)
01794 512867
(stuart.thompson12@ntlworld.com)
David Childs Hopkins
(childshopkins@aol.com) 01243 376170
Geoffrey Freemantle 01329 236414

Helpers:

Pastoral Counsellor:
Rev. Norman Last 01243 374174
(norman.last@ntlworld.com)

Webmaster: (webmaster@pcaso.org)
Robert Watson

Group Contacts

Central Branch East (Chichester):

Ian Graham-Jones 01243 371128

Central Branch West (Winchester)

Stuart Thompson 01794 512867

East Branch (Rustington Group):

Roger Bacon 01903 775783

East Branch (Brighton Group):

Barry Cocum 01273387371

East Branch (Eastbourne Group):

Graham Hatfield 01323 749258

West Branch (Dorset)

Jim Davis 91292 580436

Branch Chairs

Central Branch chairman:

Stuart Thompson 01794 512867

East Branch chairman:

Roger Bacon 01903 775602

Dorset Branch chairman:

Jim Davis 01202 580436

All may be contacted through our website
www.pcaso.org

DIARY DATES

PCaSO ANNUAL GENERAL MEETING

THURSDAY 20 MARCH, 6.30 for 7.00pm in THE VICAR'S HALL, CHICHESTER (see insert for details)

Speaker: The Very Reverend Nicholas Frayling

East Branch events:

Eastbourne Group: monthly meetings on 2nd Thursday of the month at Post-graduate Centre, Eastbourne Hospital, 7pm. Meetings are on: 8 Mar (speaker Dr Angus Robinson), 12 Apr, 10 May.

Rustington Group: Tuesdays 27 March, 19 June 7pm at Woodlands Centre, Woodlands Ave, Rustington BN16 3HB.

East Branch AGM and talk by Dr Angus Robinson on 'New Drugs and Treatments' at Audrey Emerton Centre, opposite Brighton Hospital, 6.30pm.

West (Dorset) Branch events:

Wednesday 28 March: St Marks Hall, Talbot Woods, **BOURNEMOUTH**, 7.30pm: AGM and talk on 'Lifestyle for Prostate Cancer Sufferers'

Wednesday 30 May: (venue as above): talk on Robotically Assisted Laparoscopic Surgery - the *Da Vinci* Robot

Central Branch events:

Sunday 19 February: Snowdrop Sunday, 2-4pm - see below

Wednesday 22 February: **CHICHESTER MEETING CANCELLED**

Monday 2 April: OTTERBOURNE Village Hall, 7.30pm. Speaker: Dr Kate Jenkins 'The Psychological Impact of Living with and beyond Cancer'

Wednesday 2 May: CHICHESTER Baptist Church, 7pm Speaker: Mr James Hicks, Consultant urologist, St Richards, Chichester - "Any Questions?"

Monday 23 July: **DUMMER GOLF CLUB CHARITY DAY** (see page 2)

Wednesday 25 July: CHICHESTER Baptist Church, 7pm.

DONATIONS

PCaSO acknowledges with thanks the following organisations who have donated to our cause:

**The Deerfold Trust (£300),
The Emillienne Charitable
Trust (£1000), Basingstoke
Tangent Club (£300), Lloyds
Bank Foundation (£250), and
the Prostate Cancer Support
Federation (£500 towards the
Mary How Trust's PSA Testing -
see last newsletter).**

SNOWDROP SUNDAY



Admission £4
2 - 4pm

SNOWDROP SUNDAY 2012
THE DOWN HOUSE, ITCHEN ABBAS
nr WINCHESTER SO21 1BT
in aid of PCaSO - teas - riverside walks

Responsibilities

Publications and newsletter editor:

Ian Graham-Jones

Mailings and distribution, general membership enquiries: Geoff Bailey

Representatives: NHS Sussex Cancer Network - Roger Bacon. NHS Central South Coast Cancer Network representative, NCRI and Southampton Clinical Trials Unit - Mike Hollingworth. Riskman Trial, Charter for Action - David Smith

Help Line: Sandy Tyndale-Biscoe, Ian Graham-Jones.

Collections Coordinator: John Harmer