



PSA Update

Although the weather appeared to be threatening rain on Saturday 25th September, the event went well with an inside area being utilised to enable the necessary form filling to be performed and a total of 258 men were tested on the day. Angela's efforts to cater for 13 extra men who turned up hoping to get an appointment on the day and a number of no-shows lead to the overflow by 8 of our planned number. We were fortunate to find a last-minute replacement for the Phlebotomist who was able to fit in with our "veterans" and the exit gang again achieved a collection of over £1200 with buckets and card reader. These events can only be successful with teamwork, flexibility and at this event some volunteers performing more than one task at a time. Results were 8 red, 14 amber, 26 high green.

Our next event is on 27th November

in partnership with Ryde Lions, and is full with a large number on the waiting list. We are fortunate to have pre-planned this event so that we have sufficient test tubes and equipment and PPE for it.

With the interest from groups increasing around the Island, the PSA sub-committee will be planning for 2022 after the November event and this will be published once the trustees have rubber stamped it.



Chairman's Chat

Having decided to delay the Newsletter until after the 10th Anniversary celebration so we could have a special article in this month's newsletter, you can expect an explosion of photos of a fantastic event. We have again been very fortunate to continue our meetings at the County Cricket Club Pavilion until November 2022. This is such an amazing venue with good car parking, bus stop outside,

Bar and extremely helpful support staff. Our thanks.

A hot potato subject has again reappeared at the last Trustee meeting, more later. The Trustees were also busy this month promoting our group and our awareness campaign at various venues around the Island. We have been very fortunate to receive a number of generous donations together with successful raffles at the Waverley lunch and the Teddy Bear raffle. We have also been interviewing for the post of Treasurer and Henry McLuckie, a young Island athlete, has been organising a Just Giving Campaign for the Support Group. The PSA event at Ryde 2, has again been oversubscribed and places for the Christmas lunch are also full. So yet another busy month has passed and an equally busy month to follow.

I hope you all managed to get along to some of the events in October, and I hope to see many of you in November at this month's event. I have had my booster and flu jab just like many of you, let's hope this winter does not end up with us being as confined as the last one.

Alan Taylor

Cleveland Clinic Study Links Gut Microbiome and Aggressive Prostate Cancer

Researchers have shown for the first time that diet-associated molecules in the gut are associated with aggressive prostate cancer, suggesting that dietary intervention may help reduce risk. While more research will be necessary the study's lead author Nima Sharifi MD, says findings from the team's analysis of nearly 700 patients may have clinical implications for diagnosing and preventing more aggressive prostate cancer. The study found that baseline levels of certain dietary nutrients and metabolites (by-products produced when a substance is broken down in the gut) found in patients' blood serum prior to prostate cancer diagnosis. They found that men with elevated levels of metabolite called phenylacetylglutamine (PAGln) were approximately two or three times more likely to be diagnosed with aggressive prostate cancer. This

metabolite is produced when microbes in the gut breakdown phenylalanine, an amino acid found in many plant and animal based protein sources. In addition to PAGln when elevated levels of two nutrients abundant in red meat, egg yolks and high fat dairy products were also linked with increased risk of aggressive prostate cancer.

New insights are also emerging from large scale clinical datasets, that show that the use of beta blockers is also associated with lower more mortality due to prostate cancer. The research team is continuing to explore the reliability of these results to see how dietary intervention might be used to reduce patients' subsequent disease risk.

Findings from the study were published in Cancer Epidemiology Biomarkers and Prevention.

Taken from Science Daily.

News Flash

The group is in the process of interviewing two candidates for the post of Treasurer and the new Treasurer will be introduced in the next Newsletter.

Teddy Bear Raffle

The winner of the raffle with number 242 was Mr Brian Wells of Ryde, who came to collect the 6ft bear from Shanklin on the day after the Asda event. A total of £77 was raised and our thanks go to those who sold tickets and Graham Dooley for donating the Teddy to the group as a fundraiser.



Elenid engages with an interested customer at Asda

Apologies

It has been brought to the attention of the editor that he omitted to mention Pam and Keith Blayney when reporting on the Camping and Caravan Show in the last edition of the Newsletter. He sends his humble apologies for this oversight.

Future Dates/Events

13th November

Ladies meeting at the Pet Centre Café, Watergate Road, Newport at 11am.

20th November

Familiarisation morning Baptist Church, Ryde for PSA test event 11am – 12 noon. Volunteers needed.

23rd November

Support Group Christmas Lunch at IW College Restaurant. Entry by bookings only 12 noon – 3pm.

25th November

Members' meeting at the County Cricket Pavilion. Hybrid meeting, face to face and Zoom. Dr Chris Booth will be the speaker talking about a screening trial and results. 6.15 – 8.00pm.

26th November

Set up PSA event at Baptist Church, Ryde. Volunteers needed 7 – 9pm.

27th November

PSA testing day in partnership with Ryde Lions. 8.10am – 3pm. Ryde Baptist Church, George Street.

1st December

Awareness day at Asda supermarket, Newport 10.30am – 2.30pm.

Trustee Thoughts

That old chestnut or hot potato subject, Succession Policy, was inserted into the meeting by Tony Sallabanks and the Trustees sought not only to fill the Treasurer's place, but also the future plans of all the Executive Trustees.

Examples of other groups were mentioned with both the Masons and Lions changing their Chair on a yearly basis, but both groups have to respond to National or Regional decisions as well as their own local situation, giving greater continuity in their general plan, plus having a national identity to follow.

For ourselves, we could follow Tackle or PCUK as our mandate, but it is noticeable that the majority of prostate cancer support groups country-wide do not follow them, but rather do their own thing in response to local needs. Often this leads to a few trying to run a group with only limited response from the members and this can lead

to burnout for those responsible and the group disbanding. This happened on the Island to the Semi-Colon support group, who had plenty of money in the bank, but no-one to take over the executive positions. Back in 2019 and again in 2020, proposals were put forward including time limitations such as:

Chair: 1, 2, 3 years maximum
Secretary: 3, 4, 5 years maximum
Treasurer: 3, 4 – 10 years
Trustees: 1, 2, 3 years individual re-election.

One Trustee suggested that the Chair and Vice-Chair might alternate yearly. Traditionally the most difficult post to fill is the Treasurer, followed closely by the Secretary, both of whom often have extended tenure. Trustees likewise appear in our group to have limitless time in post with just an AGM re-vote often done en-mass. Is this the best way for IWPCSG? Your comments are very welcome.

Reflection – Tim Hart

The news of the death of Tim Hart was quite a shock to the Trustees. Although Tim was only part of the Trustees for a relatively short time, he managed to simplify our accounts system so that it could easily be taken over at a later date. He regularly turned up at Trustee meetings on his bicycle and maintained that the treatment he was having, Aberaterone, was not giving him any of the expected side effects. He was a very persistent person which was just what was needed when dealing with Barclays Bank in sorting out our Mandate and cheque book situation and obtaining a payment card reader to help us with donations at events the group organises. His two daughters have been in touch and confirmed Tim's support of the work the group was doing and are planning to come to the Island, one to cycle around the Island early next year, in memory of their Dad's interest in cycling, the other to run a marathon a month for 6 months to raise money to help the group continue with their work. His sudden loss is yet another reminder of how deadly this illness can be and he will be greatly missed. Rest in peace.

Fox on the Chair

The Trustees meet in Vic's marquee in his garden on a Wednesday afternoon. So you can imagine his surprise having set out all the chairs and tables, that he found a fox sitting in the Chairman's chair! He rushed off to get his phone expecting the fox to have made a fast exit stage left, but no, there he was bold as ever, waiting to have his photo taken. Could this be the writing on the wall for the present Chairman, or has he been out-foxed!?



Fundraising

We are fortunate that the work we do not only helps men and their families in their time of need, but also puts the group out there as a positive community action group. With this in mind it is not unsurprising that people and groups wish to show their gratitude for our work, and so this month we have had the benefit of receiving a number of generous donations from Ernest Moss Masons Lodge, PayPal Just Giving, Asda green token scheme, Sandown Shanklin Rugby Club, the Sloop Inn. Also donations made at awareness events, including Hullabaloo Sandown, raffles at the 10th Anniversary, Teddy Bear day and Waverley Inn.

To all those who contributed, organised, collected and took part, our thanks and the thanks from all who will benefit from them.

Quote – Unquote

Goals

It will hurt
It will take time
It will require dedication
It will require willpower
You will need to make healthy decisions
It requires sacrifice
You will need to push yourself to the max
There will be temptations
But be certain that
When you reach your goal
It will have been worth it.

7 Rules of life

Let it go
Ignore them
Give it time
Don't compare
Stay calm
It's on you
Smile.

September Hybrid Members' Meeting

Sue Hart, GFCT (Graham Fulford Charities Trust) and Gemma Maskell, Council Wellbeing Service.

The meeting held on 23rd September was our best so far with 14 turning up face to face and 16 on Zoom. Both speakers were on Zoom so Tony Wheatley and Angela needed to be on top of their game, and they did not disappoint. There was a very positive response from all who attended the meeting, both from the Island and those from the mainland, who like to attend to learn how to organise this type of meeting.

Sue Hart from GFCT, gave a brief description of the GFCT and how it worked, together with the booking

system they had set up with the company Empresa, and their home testing kit which they had organised and sent out over 1000 to paying customers. Each kit costs £24.99 and is a self-help kit with the recipient needing to obtain blood from his finger and channel this into a test tube, to be sent off for analysis.

The wellbeing speaker gave advice and information about courses available on the Island and the statistics to show how living with prostate cancer could be improved with activities and regular exercise. She was keen to set up a group involving our support group which could be realised in the New Year if there was sufficient interest.

Sloop Inn

A donation from Donna and Steve Clayton at the Sloop Inn was received by our Vice-Chairman Tony Wheatley, having received a payment from advertising Howden's Kitchens in front of their premises and passing the money on to our group. They have also agreed to allow us to place a banner at the front of their premises which you will see there shortly.

Tony Wheatley receiving cheque from Steve Clayton





Irene, Roger, Vic, Chair at Hullabaloo



Teddy leaves for new home

Awareness Campaign

The placing of our new posters for Ryde 2 PSA event at various venues continues to highlight our group to the general public as do the banner and collection boxes around the Island.

On the weekend of 9th and 10th October we attended the Hullabaloo Lite at Sandown from 9am – 3pm each day with our awareness stall. The fantastic weather of Saturday and free entry meant we were very busy with enquiries and a surprising number of men thanking the group for organising the PSA events which they believed had saved theirs, or a close friend's, life. Sunday was much quieter but Irene Dolby was still able to sell a good number of calendars and Christmas cards. The Waverley lunch on Tuesday 28th September was well attended and thanks to Keith and Pam Blayney who supplied a Quiz and collected raffle prizes, this was enjoyed by all.

Graham Dooley's 6 ft teddy bear was on display at the Teddy Bear Day on Saturday and Sunday 16th and 17th October, at the Island Steam Railway at Havenstreet, and Rosie Humphries came over from Freshwater to help at the stall and sell raffle tickets. It



Asda cheque presentation

was decided to delay the draw for the teddy until after the Asda event on Friday 22nd October 10am – 2pm and this proved to be a good move as there was plenty of interest in the raffle, together with the usual interaction with the public.

Asda had informed us that they wanted to make a cheque presentation and this was arranged for the 10th Anniversary event on 28th October, together with the food and entertainment planned for that evening.

The members of the support group are very grateful to the trustees and members who gave up their time to organise and attend these events, including Vic Vine, Tony Sallabanks, Elenid Perry-Lowe, Roger Denness, Irene Dolby, Graham Dooley, Rosie Humphries, Pam and Keith Blayney, Angela Taylor, Alan Taylor, Joseph Taylor and Trevor Green. I hope I have not missed anyone, my apologies if I have.



HRT Cake

4 oz soya flour
2 oz flaked almonds
4 oz wholemeal flour
2 pieces stem ginger, finely chopped
4 oz rolled oats
8 oz raisins
4 oz linseed
½ tsp cinnamon
2 oz sunflower seeds

½ tsp ground ginger
2 oz pumpkin seeds
about 15 fl oz soya milk
1 tbsp malt extract

Method:

Put all the dry ingredients in a mixing bowl, add soya milk and malt extract, mix well and leave to soak for 30 min. Heat oven gas 5 or 190C/375F. Line small loaf tin with baking paper. If the mix is too stiff, it should have a soft dropping consistency, stir in some more soya milk. Spoon mixture into tin and bake for 1 hour 15 min. Turn out and cool.

Makes 7 slices.

Elenid Perry-Lowe

Christmas Lunch

Tony Sallabanks' son is the Manager of the College Catering Department and this connection has enabled Pam Blayney to obtain a booking on 23rd November for our Annual Christmas meal. This year we have a 3-course lunch for the princely sum of £10, a bargain, and it was no surprise when Pam informed us that all the seats had been taken. Covid has restricted the number to 36 this year, so maybe in the future we might think about asking for two sittings. A raffle will be run to help supplement the group funds and add to the Christmas spirit on the day.

Henry Mcluckie

Henry, a budding Island athlete, who competes at national and international events at 1500 metres, has set up a Just Giving site to raise money for the IWPCSG. If you go onto the Facebook page, you will see that he was aiming to raise £500, but has now raised that total to £750. He recently received a silver medal for an international event he took part in, losing by only seconds to the winner. We are very grateful for this young man, who is demonstrating maturity beyond his years in setting up this site and we recommend anyone who has friends who are interested in helping the group to encourage them to donate to the Just Giving event.



Ladies' Meeting

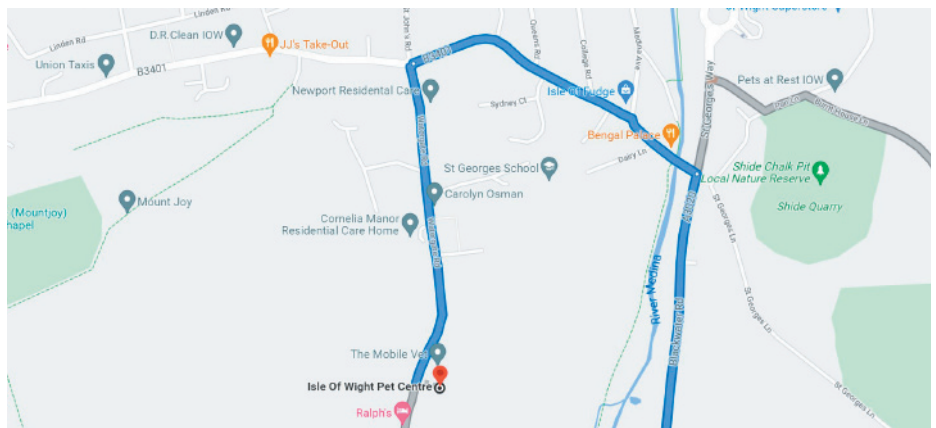
Four of us ladies from the Ladies group (Elenid, Pam, Rosie and Angela) met up on 20th October at the cafe in The Range in Cowes.

It was good to have a chat and a coffee and then we wandered around the store to look for early Christmas presents etc.

The next Ladies Group will be on Saturday 13th November at PC's Cafe in Watergate Road. If you are not sure where this is you drive down Watergate Road from the mini roundabout in Newport and when the road starts to narrow to a lane on the left you will see signs for PC's and The Pet Centre, there is usually a flag there. Pull into the Mobile Vets area to park on the left and walk around the back of the Pet Centre to the cafe.

We hope to see you there on the 13th November at 11am.

Pam



Waverley Lunch

Held on Tuesday 28th September and organised by Keith and Pam Blayne, 24 supporters turned up for an enjoyable time at the Inn. A number of special menus were laid on and we are grateful to Pete and Sue for their support in allowing us to run this event at their establishment which is not normally open at lunchtime. A Quiz

was run as the menus were chosen and a bottle of wine ended up on the winning table. During the meal, raffle tickets were sold and the draw followed, with the usual excitement and lucky numbers. A very successful and enjoyable afternoon was had by all, and £119 was raised toward the group's funds.

Quick Quiz

Your monthly chance to win one of our much sought-after ceramic IWPCSG clip-on badges, by answering correctly our quiz question:

With November comes Remembrance Sunday and the sale of poppies to support widows and injured servicemen. In which year were the first poppies sold in the UK? 1918, 1919, 1920 or 1921.

Text or phone your answers to 07568245124 or email at iwpcsg@gmail.com by 20th November.



Eyes down for the raffle at the Waverley Inn



Founder members are interviewed



Supplied by Tony Wheatley and No. 10 cake Cakeaway 07935365761

10th Anniversary Event

What a memorable event this was to celebrate a decade of support to all our members. The evening started early for Elenid and Graham as they needed to deliver and set up all the food Elenid had secured from supermarkets around the Island. Hand made decorations made by Araya Taylor, were put up, and a floral display by Pam set up with prizes for the raffle, together with banners and the usual placards of the group.

Members and supporters started to arrive at 6.15pm together with Clare Jones of Asda, who presented a cheque for £200 to the Group and photos were taken for Asda's magazine. Everyone was encouraged to fill their plates with food with Elenid and Pam on hand to help out. Nicky and Sam worked hard behind the bar and it seemed a very short time before the entertainment by CompanyB-UK had set up their

equipment and the show could begin. They did not disappoint and many of our members were soon singing along to the songs. In the interval the raffle tickets were put out and snapped up as there were some very nice prizes donated for the event that Pam had stored for us, and displayed.

The entertainment was completed with a final chorus of "We'll meet again". The Founder members and their representatives were invited to sit at the front of the audience – Vic Vine, Roy Colledge, Roger Denness, Victoria Colledge, Helen Hunt, Marcus Scott, Dave Kiely, Joan and Colin Rigby. They were encouraged to give their own memories of the start of the Group back in 2011 and its development over the 10 years, and some interesting and amusing stories were told. All too soon with the evening coming to a

close and the need to make the draw for the raffle, the Founder members were given a signature mug to take away. The two special cakes provided by Tony Wheatley and Elenid (thanks to Cakeaway for donating the No. 10 and Christmas pudding cakes – tel. 0793565761) were cut and distributed and the raffle drawn with the prizes chosen. The celebration finished just after 9pm and since then, the number of messages of thanks from those attending have been pouring in to the Secretary.

Our thanks to Elenid and Pam for all their work in organising the event, and to Tony Wheatley who set up the Zoom so that members who could not attend face to face were able to get a flavour of the evening. Also thanks to CompanyB-UK for their unique act and Nicky and Sam for serving behind the bar.



Top picture: Displays on the wall. Lower: food on the table



Company B-UK