

**Minutes of meeting Thursday 3<sup>rd</sup> April 2014**  
**Venue, Mackenzie centre/Library - Burnley Gen. Hospital, 2-4pm**

28 people were in attendance including a lady called Naz, from Macmillan Cancer Support. Apologies were received from our two specialist nurses Debbie and Deborah and Francis D, one of our regular attendees. There were 2 new members, Greg & Richard.

Dave (Chairman) opened the meeting by informing the group that there would be no meeting in May after a unanimous vote to postpone it, due to the fact that there was a possibility that we would have to change the date again due to the room being needed for a NHS conference. He read the Minutes of the previous meeting in March and informed the group that the raffle had made £54 and that the last book written by Mr Sinclair and donated to the Scanner appeal had been sold.

There had been an executive meeting of the Scanner Appeal committee and the amount now stands at £38,000 which is enough for a different Scanner made by Siemens and is less expensive than the Hitachi version, it can also be used to help detect Bowel Cancer. This is a 'double edged' piece of equipment which could also be used to detect bowel Cancer in ladies; (as well as men with Prostate Cancer). At the time of this meeting it was expected that an update would be announced in the press soon. 2 weeks of training for 4 people using the equipment would be given free by Siemens.

There was an interesting short talk by Hazel & John about a Retreat they had attended in Cornwall on healthy diet and lifestyle changes which could possibly help improve the symptoms of Prostate Cancer. They still followed their own version of this lifestyle and diet after "tweaking" it to suit themselves. At the moment John's PSA is stable and he is carrying on with the changes, but if anyone wants to know more about the diet Hazel will be willing to try and answer any questions, they will keep us informed. Oncologists know about this healthy diet but they cannot tell you to do it or not do it, it is a matter of choice.

Colin S explained to the group the advantages of becoming affiliated to, or a Partner of the Charity PC UK. The reason for this working together is so that our joint forces can better achieve our joint purposes of helping the carers, relatives and friends of men diagnosed with Prostate Cancer. And secondly to make people more aware of the signs, symptoms, tests, and if necessary treatment of the disease. We have the advantage of being approachable patient led local groups, whilst PC UK is the biggest Prostate Cancer Charity with the muscle and finance to get things done.

A vote was taken and the group unanimously passed the resolution to become a Partner with PC UK. This does not involve the group in any cost and the group may dissolve this partnership at any time. Grants will also be available for affiliated groups.

Colin gave a short resume of the different groups working to help patients diagnosed with Prostate Cancer and to give a better understanding of what is on offer in the North West. Our group is one of a number of support groups who come under the umbrella of PCS North West. The office is in Stockport and there is 1 part time lady who runs it called Darrell. It costs nothing to become a group member but costs £15 a year to become a paid up member of PCS North West. This is entirely optional but gives us voting rights & additional information & literature. The membership money is used to finance postage, office consumables, printing & the finance involved with arranging the Christie meetings & for supporting all members.

PCS North West along with the other area groups and individual groups jointly are members of the Prostate Cancer Support Federation (known as "Tackle") the cost to the group of membership is £1 per person per year and is paid for you out of group funds. For this the Federation produces the

magazine "Prostate Matters" every quarter, provides grants to aid the finances of individual groups and gives us the lobbying power to have a voice in Parliament. The Federation and the Charity PC UK are working together at the highest level and our own group now that it is a partner is working with PC UK at ground level. This should better help us all to achieve our aims in Prostate Cancer Support.

Colin hopes that the above information will give us a better understanding of the set-up of the two organisations. For anybody who wishes to be a paid up member of Prostate Cancer North West Colin has the forms available.

Naz from Macmillan Nurses gave a brief description of her title and talked about how she could help the group and families faced with the problems of Prostate Cancer.

BREAK FOR BREW

In the second half two new members spoke about their experiences since being diagnosed with Prostate Cancer. Gregg from Keighley informed us that this was his nearest support group and he was dealing with his diagnosis by trying alternative treatments. This is why he was very interested in the talk by Hazel & John Goulding.

A short video made by Prostate Cancer UK about men who had suffered with Prostate Cancer was shown, but we only had time to show one film - featuring our ex/chairman, Martin, who had offered his services to Prostate Cancer UK for the video which told of what happened to him after he was diagnosed with Prostate Cancer. It was deemed of interest to the people present because our group had got to know Martin very well as he was one of our founding members of the group and was chairman for 2 years.

Holiday Insurance was discussed and the advice was that patients could tell the insurance company that they do not necessarily need cover for Prostate Cancer, in which case the premium should come down considerably. Colin gave out a holiday company's leaflets offering insurance, the Prostate Federation deals with the company.

The raffle made £53.50.

The meeting was brought to a close by one of Dave's famous Prostate jokes and a reminder that the meeting in May had been cancelled and

**Next meeting, Thursday 5<sup>th</sup> June 2014. Mackenzie Centre, Burnley Gen. Hospital**