

## Minutes of meeting 63 Thursday 3rd March 2016

Venue Mackenzie centre Burnley Gen. Hospital

20 people present, including wives of members and Debbie our specialist Urology nurse. Apologies received from Leon, Kevin and Alan and Sandra P.

### Chairman's Report

Dave opened the meeting by reading the Minutes of the February Meeting and discussing matters arising. He mentioned that we had been awarded a **grant** from the Federation and explained that £50 of the money + £50 extra had gone to last month's speaker "Medical Detection Dogs". Dogs that may detect cancer by sniffing urine samples, particularly Prostate Cancer in men. £500 has been donated to Prostate Cancer Research and a grateful thank-you letter has been received mentioning that it will enable them to carry on with their work of Prostate Cancer detection and other illnesses.

The chairman of "tackle" Roger Wotton is going to be the speaker next month. He will be attending Christie's hospital for a talk and he kindly intends to stop another night to give us a talk on the Thursday of our next meeting

**Blood testing event at Burnley Football Club Saturday 13th February 2016.** Dave thanked all helpers of the above event. 465 men were tested with approximately 150 – 200 being turned away. Some of the men were understandably not happy after waiting for more than 1 hour, but if there was a negative to it there was more positive! Talks are underway about holding another event soon, to "capture" all the men who unfortunately had to be turned away.

Dave spoke on a future event to be held at Christies Hospital on 9th April 2016. It is a PC (NW) sponsorship event called "Bone Health and survivorship". There is to be another speaker, hopefully a G.P. but more will be reported on this at the next meeting.

### Secretary's Report

Stuart reported on the above blood testing event, saying that there were 20 people giving out leaflets, about the future blood testing event, at the Burnley Hull City match, 6th February – most of them connected to the East Lancs Prostate Cancer Support Group. The blood testing event was well publicised with Radio Lancashire doing their Saturday morning programme from the event at Turf Moor. 465 people were tested with 21 people in the red bracket - (serious) and 18 people amber - (to see their own doctor). A general discussion took place as to why men go to a blood testing event when it's held at a football club or similar yet find it difficult to go to their own doctor.

John H. thought that it could be extended to all football clubs (with perhaps some other sort of health checks too)! It was mentioned that it saved the National Health lots of money. Whilst talking about this John H asked for volunteers for the bucket collection at Turf Moor by Prostate Cancer UK and organised by John and his trusty cohorts – for the pre match collection, 9th March – Wolves v Burnley.

Stuart gave details about the further blood testing event which is to take place on Saturday, 2nd April – again at Turf Moor. It is to be called PSA Re/Match or something similar and it is intended to try and “catch” all the men who unfortunately had to be turned away in February. This will be reported on at the next meeting and it is hoped that the people who helped last time would be able to help again at this event.

Colin spoke in general about the PSA TEST and that it does not determine whether the cancer, if it is found, is aggressive or mild BUT it is the best thing that we have at the moment. New Official guidance to Doctors on PSA testing is that the age is being brought down to 45 from the end of March – but there is no information about national screening.

BREAK FOR BREW – the raffle was drawn and made £22.

In the 2nd half of the meeting there was a very informative talk by Gillian Rhodes on the Bowen Technique – an alternative therapy. This could run alongside conventional medication with a view to the “feel good factor”. Our very own Colin S. himself has the Bowen treatment Therapy once a month in Bury and he agreed to be a “guinea pig” for some of the movements that Gillian showed to us.

The meeting drew to a close without one of Dave’s famous jokes because the meeting went on rather longer than anticipated. The speaker at the next meeting will be Roger Wotton the Chairman of the Prostate Cancer Federation ‘Tackle’.

**Next meeting -Thursday, 7th April 2-4pm at the Mackenzie suite**