

East Lancashire Prostate Cancer Support Group Newsletter



Volume 11 Issue1

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Grand Re-Opening of Group Meetings For 3 Months Starting 3rd February

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*Happy New Year
To All*



Address: Queen's Park Rd, Burnley BB10 3LB

Phone: 01282 427767

Meeting Starts 1:30pm Till 3:30pm Thursday 3rd Feb 2022

PCR Invitation to Meet the Scientists Event, Manchester, 9 March 2022

I hope you are well. I am delighted to invite you to PCR's second Meet the Scientists Event, which will take place on Wednesday, 9th March 2022, at the Science and Industry Museum in Manchester (Science and Industry Museum, Liverpool Road, Manchester, M3 4FP).

The event will be structured in a very similar way to the previous Meet the Scientists which you attended in January 2020 but I have also included a summary below.

Meet the Scientists is a unique event which brings our scientists together with families affected by prostate cancer in a relaxed, informal environment. It is your chance to come face-to-face with the people carrying out our research and hear about what they are doing and how their fascinating and inspiring work will help people affected by prostate cancer, directly from the horse's mouth. There will be no lectures or formal presentations: scientists will move from table to table, having conversations about their work, and you will have the opportunity to ask them any questions you like, or simply to listen to the conversation around you.

The event is free to attend. It will begin at 11.45 a.m. and conclude at 16.15. Lunch and refreshments will be provided throughout the day and your travel expenses will be reimbursed by the charity.

We will continue to appraise the situation regarding COVID-19, as the safety of our guests is of the utmost importance to us. If there is any change in the situation we will adjust accordingly, and keep you informed. For now, we are confident the event will go ahead safely in the spring, and we will be asking those who attend to provide evidence of COVID-19 vaccination or a negative PCR test. We will provide more details closer to the time but if the cost of a negative PCR test is a concern for you, please contact me in confidence and we will try to assist.

Places will be allocated on a first come, first serve basis so if you would like to attend, please do register on our website [here](#) or reply via email to let us know, also letting us know about any dietary or accessibility requirements you have, so that we can plan appropriately for catering.

Please do let me know if you have any questions.

Best wishes,

Kath

Kath Coleman
Research Communications Officer
Prostate Cancer Research

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Prostate Cancer Research is the working name of Prostate Cancer Research Centre, a registered charity in England and Wales (1156027).

tackle

prostate cancer

Dear Members,

I am writing to you as the Chair of Tackle and on behalf of the Board, currently made up of: Alphonso Archer, John Coleman, Jackie Manthorpe, Roshani Perera, and Erik Friis-Scheel.

This letter is written to provide the membership with context and supporting information to aid your decision-making at the forthcoming General Meeting on 4 February 2022.

BACKGROUND

Tackle is facing an unprecedented challenge. The Board, with the exception of John Coleman, is united. We have a clear strategy for Tackle, lottery funding and a path to future success. As was reported at the AGM, John Coleman failed a vote of no confidence by the Board before the AGM was held. Before the AGM John Coleman unilaterally, and without any consultation with his fellow directors, issued to members a letter from Rob Banner and a letter from Sandy Tyndale-Biscoe, Phil Ormesher, Richard Ridyard and Clive Bond. The letters sought to cast doubt on the Board, its staff (being Sarah Gray), and the proposed elections for vacant board positions.

The directors would like to make it clear to members that usually elections are unopposed. However, on this occasion we had more nominees than vacant positions and as the Articles of Association make no provisions for contested elections, the Board had power to review the nominees and select who they wanted put forward for election, to ensure the charity continued to be run effectively. This is the first time this has happened, and the directors were diligent in seeking legal advice and acting on it.

Tackle is a legal entity governed by its Articles of Association (Articles). The Board is run by the directors, who agree to uphold the Code of Conduct, which clearly states that all directors are bound by collective decision making. The Board are legally mandated to act in the best interests of Tackle and ensure that Tackle's aims are pursued.

THE AGM

The AGM, held on 7 December 2021, was disrupted by several members, first in the build-up to the event (by letters aforementioned), and on the day via the chat function and interrupting Sarah Gray during her presentation. The transcript of the chat contained comments that were disrespectful and upsetting. The disruptions on the day along with the tampering of proxy forms meant it was not possible for any voting to take place at the AGM.

Tackle exists to support people living and affected by prostate cancer. At the AGM we shared our [3-year strategy](#) presented by Trustee, Roshani Perera, which outlines our vision, mission, and plans. We also shared the [work we have done to date](#) and presented by Sarah Gray. Click the links above to review the presentations, and we are happy to take any questions you may have prior to the GM.

The Board wish to apologise for the behaviour of the vocal minority at the AGM and our failure to conduct a fair and transparent election process. As a result, we are now seeking to introduce a Membership Charter, like the Code of Conduct, to ensure all members act with respect and dignity to one another. This is presented as motion 14 at the upcoming general meeting for you to vote on.

SECTION 303 NOTICE

After the AGM the Board was served notice by a solicitor, Mr Lutley representing 6 member groups (see below). The Board received a formal Section 303 (1) notice (ref the Companies Act 2006), from Mr Lutley, on Saturday 18th December, legally compelling the Board to call a General Meeting within 21 days and further by an ordinary resolution to put the following people up for election for director posts:

- Rob Banner
- John Clive Bond
- Phil Ormisher
- Richard Ridyard
- Stephen Wilson

The Section 303 (1) form was signed by the following members on behalf of 6 member groups: Catherine Moore (Secretary of the Droylsden Prostate Cancer Support Group. Members may wish to be informed that this group also nominated John Coleman, when he stood for election as director).

Stephen Wilson (Chairman of Beechwod Prostate Cancer Support Group. On the Tackle members database he is also listed as the main contact for the Droylsden Group).

David E Powell (Co-Chair of Wirral & North Cheshire Prostate Cancer Support Group).

Members also need to be informed that the Board received a Section 116 (4) Notice from Mr Lutley. This was received on 29th December, compelling the Board to provide the Register of Members to him, on behalf of the 6 member groups signatories listed on the Section 303 (1). This is so they could send out a notice for a general meeting if the Board failed to do so in 21 calendar days. Please bear in mind that the request was made on the 18th of December, leaving very few working days considering Christmas and New Year breaks.

Our register of members is not up to date and requires an audit to ensure we have the right details we are legally obligated to hold on record. This is presented as motion 13 at the upcoming general meeting for you to vote on.

GENERAL MEETING

As a result of the above actions the Board has collectively agreed to instruct legal representation (Curzon Green Solicitors), which Tackle will have to pay for. As a legal entity, Tackle is entitled to do this.

The Tackle solicitor has made it clear that as Chair, I was elected for a term of 3 years at the 2020 AGM and that this supersedes any previous appointment. Members may wish to note that, acting unilaterally as Company Secretary, John Coleman removed both myself and Professor Frank Chinegwundoh MBE from Companies House and the Charity Commission. This was because we were not re-elected as directors at the AGM, despite members agreeing to the votes being deferred to a subsequent general meeting.

As per our legal advice I am still the Chair, and this error has been notified to Companies House. Although, legally, I do not need to stand for re-election at this time, I have put myself forward for election to avoid further arguments about the legality of my position.

At the AGM the Board informed members that they endorsed the following candidates for the post of director:

- Myself (Ken Mastris) – to be re-elected as Chair and director.
- Professor Francis Chinegwundoh MBE – to be re-elected as director.
- Dr Steve Allen – to be elected as director for the first time.
- Aidan Atkins – to be elected as director for the first time.
- Ian Nightingale – to be elected as director for the first time.

Our endorsements for the above are based on the following:

Dr Allen is the Patient Representative for Tackle on NICE and other public committees and is a member of the Clinical Advisory Board with Professor Chinegwundoh MBE. He is also a member of the Tackle Strategy Working Group and a member of the Reading Prostate Cancer Support Group.

Professor Chinegwundoh MBE is the Chair of Tackle's Clinical Advisory Board, is the Honorary Visiting Professor in Health Sciences at City University London and a Consultant Urological Surgeon. He also represents Cancer Black Care.

Mr Atkins is a member of the Solihull Prostate Cancer Support Group and has been involved with the EDI work and is passionate about promoting fair treatment for all and ensuring people who have legally protected characteristics are properly represented. He has a long career in organisational development and HR.

Mr Nightingale fully supports the Tackle strategy, is a member and Chair of Torbay Prostate Cancer Support Association. He has a background in HR and in working at a strategic level and now works as a coach and mentor.

Tackle needs expertise on the Board, such as HR and to ensure the charity is compliant with current funding and legislative requirements.

Members will have now received the formal notice of the General Meeting. There are 11 motions to vote on which relate to nominations to the board (1 motion for re-election of myself as chair and 10 motions for directors). If the motions do not offer 4 clear directors, a 12th motion has been introduced to allow member to cast 4 votes to their preferred nominees. This will allow to appoint directors based on a simple majority. If the motion for myself as chair does not receive sufficient 'FOR' votes, then this position will remain vacant as there are no other nominations at present for this position.

Therefore, at the General Meeting members need to vote For or Against the following candidates (names in bold show who the majority of the Board endorse as directors to help drive our strategy and complete the Lottery Funding requirements).

List of Candidates:

Ken Mastris – to be re-appointed as director and to continue as the elected Chair (as endorsed by the Board).

Professor Francis Chinegwundoh MBE – to be reappointed as a director (as endorsed by the Board).

[Aidan Atkins](#) – to be appointed as a director (as endorsed by the Board).

[Dr Steve Allen](#) – to be appointed as a director (as endorsed by the Board).

Rob Banner – he is listed on the Section 303 notice and has now officially withdrawn.

VOTES NO LONGER COUNTED

[John Clive Bond](#) – to be appointed as director (as per the Section 303 notice).

[Ian Nightingale](#) – to be appointed as director (as endorsed the Board).

[Philip Ormisher](#) – to be appointed as director (as per the Section 303 notice).

[Susan Richardson](#) – to be appointed as director (application received 6 January 2022).

[Richard John Ridyard](#) – to be appointed as director (as per the Section 303 notice).

Stephen Keith Wilson – to be appointed as director (as per the Section 303 notice).

Click on the names above to read their applications sent prior to AGM (we do not have applications for those seeking re-election or names only put forward by section 303 notice). Members are free to contact all the above candidates and ask them how they would support the delivery of our strategy, what makes them fit to be a director and how they will ensure the Lottery Funding work continues in a professional and timely manner.

A final motion 15 has been put forward to the membership to allow us to review the Articles of Associations with a legal representative. We believe a lot of issues and confusion has raised due to the current limitations of our Articles that does not take into account the scope and scale of what Tackle is committed to deliver. For example, it does not cover governance around employees, conducting contested elections, virtual meetings, etc. A review would allow us to put forward recommended amendments to the members, so they can be voted on at a later general meeting.

YOUR TACKLE – YOUR FUTURE..!

In summary, I hope this letter offers context and clarity to support your decision-making ahead of the general meeting.

I encourage you to take a moment to reflect on the contents of this letter and the attachments.

I am aware that the Board has had to resolve the legal issues surrounding the Section 303 and the Section 116 over the Christmas and New Year period. We have had to do this before we spoke to members, because if we missed a legal deadline we risked Tackle being in breach of the law.

I and my fellow directors have been transparent with you here. We welcome your questions.

Yours Sincerely,

Ken Mastris

Chair of Tackle on behalf of the Board of Trustees

21 Jan 2022

Could 'gut bug' yoghurts help fight advanced prostate cancer?

New research shows the potential for manipulating gut bugs to improve treatments.



Treating advanced cancer

Professor Johann de Bono is one of the most respected scientists in the cancer field, and a world leader in advanced prostate cancer treatment. He's led pivotal phase III trials of several treatments including, abiraterone, cabazitaxel, olaparib, enzalutamide and more. Now it looks like he may have another string to add to his bow to target advanced prostate cancer.

What do gut bugs have to do with prostate cancer?

Gut bacteria play an essential role in keeping us healthy, by helping control digestion and benefiting our immune system. But a new study led by Professor de Bono has shown that the presence of a certain bacteria in the gut can actually drive cancer growth.

Prostate cancer is driven by the male hormone androgen, so we treat the cancer by lowering androgen levels through hormone therapy. Unfortunately, hormone therapy eventually stops working even though androgen production is blocked. We need to work out how cancers continue to grow to either treat or delay the onset of resistant prostate cancer. A few months back, researchers led by Professor de Bono found that hormone therapy can trigger gut bac-

teria to produce androgen hormones.

By manipulating the gut bacteria in mice with prostate cancer, researchers found that getting rid of gut bacteria slowed cancer from growing and developing treatment resistance. The researchers also discovered cancer growth after transplanting gut bacteria from mice that had become resistant to treatment into mice that were still responding to treatment.

What do these findings mean for men?

“In the long-term, our aim would be to produce a yoghurt enriched with favourable bacteria to prevent resistance to treatment, which could help men live longer.”

Prof Johann de Bono

The study also analysed the gut bacteria from men undergoing treatment at the Royal Marsden Hospital in London and was able to distinguish between potentially harmful as well as favourable “bacterial fingerprints”. While the study is still in its early stages, researchers hope to use the presence of harmful bacterial fingerprints to help identify which men are at high risk of developing resistance to treatment. These men could benefit from strategies to manipulate their gut bacteria with more favourable bacteria, such as stool transplants (transplanting faeces from a donor into the gut of a man with prostate cancer) or even an innovative yoghurt drink.

Hayley Luxton, Research Impact and Intelligence Manager said:

“We’re delighted to have helped fund this boundary-pushing research, which provides the first ever clues as to how ‘gut bugs’ might play a role in stopping prostate cancer becoming resistant to treatments. We urgently need to understand more about why treatments like androgen deprivation therapy eventually stop working, allowing men’s cancer to grow and progress. This research opens up a totally new avenue for us to explore – one which has potential to make a huge difference to men.”

Boundary-pushing research like this is only possible because of the support of people like you. A regular gift allows us to fund exploratory and innovative research that opens up new avenues to improve treatments. [Set up a regular gift today.](#)

[Hear more from Professor de Bono](#) and three other researchers on how we’ve changed the world for men with prostate cancer in the last 25 years.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887. Registered office: Fourth floor, The Counting House, 53 Tooley Street, London SE1 2QN. VAT Registration Number: 905 9415 18.

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From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

We are a group of local people who know about prostate cancer. We are a friendly organisation dedicated to offering support to men who have had or who are experiencing the effects of this potentially life threatening disease.

The East Lanc's Prostate Cancer Support Group offers a place for free exchange of information and help for local men and their supporters (family and friends) who may be affected by this increasingly common form of male cancer.

At each meeting we strive to be a happy, supportive and upbeat group of people; encouraging open discussion on what can be a very difficult and perhaps for some an embarrassing subject. We have lively, informative, interactive, sharing and above all supportive meetings.



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