

East Lancashire Prostate Cancer Support Group Newsletter



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Monthly Meetings Are Set To Resume On The 1st April 2021 But On Zoom!

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Hi folks,
The Monthly meetings are set to resume on the 1st of April on zoom, I will email the details of the meeting and if you wish to attend? You will need to download the Zoom App (<https://zoom.u>

s/download) log onto the meeting using the meeting code & pass code.
The meeting will begin at the usual time of 14:00 so get yourself a brew and join in.
It will be good to get some contact back

and start to rebuild the group once more.

Hope to see you all next Thursday.

Dave Riley
(Chairman)



I'm taking on RUN THE MONTH



As the charity, Prostate Cancer UK, is one that I hold close to my heart I have decided that throughout April I will run 50 miles. Prostate cancer is now the most commonly diagnosed cancer in the UK, killing one man every 45 minutes. That's one dad, partner, brother, son, grandad, uncle or mate. I'm raising money to help fund life-saving research and support for men and their families affected by prostate cancer. Please donate, Jess xx

Please follow the link for the full story, and sponsor us.

[I'm taking on Run the Month! \(prostatecanceruk.org\)](http://prostatecanceruk.org)

PROSTATE CANCER UK

"I felt part of a family" – Run The Month means fitness, fundraising and friendship for thousands.

Across the UK through January, more than 10,000 runners of every ability pounded pavements and parks around their local areas. Collectively they ran ten laps around the world and raised over £2.2 million to fund our research. Here's four of them to tell you why you should lace up and [join us this April](#).



4 Mar 2021

In - [Sport Runners Run](#)

[Comments \(0\)](#)

The stories coming out of our buzzing Facebook group are getting us excited for **April's Run the Month**.

Almost 23,000 incredible marchers, runners and cyclists have collectively raised over 4 million pounds through our virtual fundraising challenges since lockdown began – sweating it out in streets, parks and backroads across the UK.

Our thriving social media communities, across our marching, running, cycling and golf groups, have enabled friendships for life. Bonded by experiences of prostate cancer and their chosen sport, people share stories, successes and help each other through some darker moments. The latest **Run The Month** group has been particularly special, bringing together thousands who can't run shoulder-to-shoulder under lockdown.

The sheer numbers of people involved, the unique stresses of lockdown and the creativity and kindness that has arisen in response to the challenges have made it an absolute joy to be part of. On runners literally spelled out their support, taking on a running route which would spell out a letter to make up the phrases 'Men We Are With You', 'Prostate Cancer UK' and 'Run The Month.'



Here's four runners to tell you why you should lace up your trainers in **April's latest running challenge**.

Kirsty, the multi-marathon runner



The encouragement and celebration that was passed around to everyone was phenomenal.

A seasoned runner who has marathon pedigree, Southam-based Kirsty Byatt, 42, decided to complete a magnificent seven in honour of her dad David, who was diagnosed in 2018.

After initially setting a target of four marathons during the month, that quickly accelerated to a terrific 184.2-mile tally and raised £1303.

She said: "I was overwhelmed by the fundraising. The more I raised the more it pushed me to work harder and keep running. I felt so determined to achieve each marathon distance, firstly for my dad and every man fighting prostate cancer."

Mark, the jogging builder



It made me feel good because there were so many other people like me who had no running experience pushing themselves to reach a target. It felt like I was part of a bigger thing - a running family.

Mark Shingles, from Walsall, raised £1,000 running two marathons – and also shed more than two stone in the process. The 36-year-old builder still runs every other day. He ran for two family members affected by the disease.

He said: "I feel proud and overwhelmed that a group of people putting in a bit of effort can raise such a large amount of money for a great cause, spreading awareness every mile of the way."

Lottie, the prolific pavement pounder

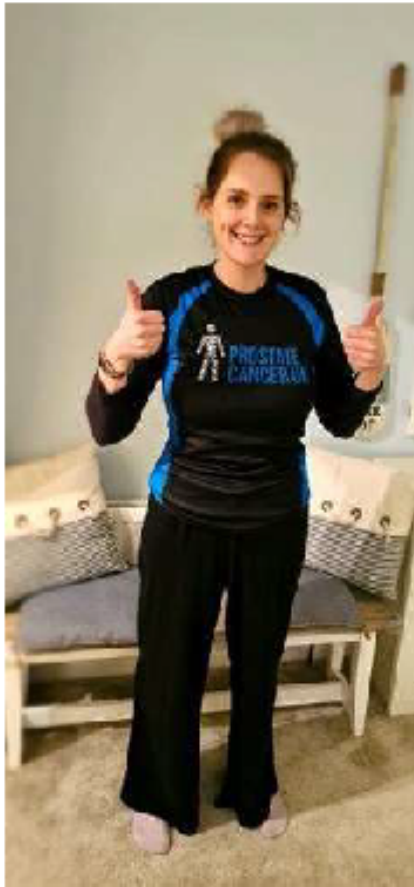


Everyone is so friendly and supportive, no matter how experienced the runners are. I could count on the group for lots of running advice and tips too.

For Doncaster's Lottie Young, finishing her running challenge on 29 January had extra resonance as it was her late father Charles' birthday. Charles died of prostate cancer in December 2018 and Lottie, 39, has been prolific in our monthly events, she's currently taking on March the Month, and is planning to run again in April.

Lottie said: "My emotions were up and down. I was so happy to be making a difference and proud of what I was achieving, but was sad because of why I was doing it. I knew my dad would be proud of me, and probably thinking I was a little crackers for running such a distance!"

Kerry, the flying doctor



As clichéd as it sounds, the group really does restore your faith in humanity after such a difficult year. Sometimes I found the runs exceptionally difficult, but I constantly felt this presence of people who were in my corner.

Tynemouth-based doctor Kerry Jobling was compelled to join the group to help raise awareness for the man in her life.

A novice runner who'd never ran more than three miles, Kerry ran two marathons during January – and was delighted to accumulate 53 miles and raise £473.

She said: "In my line of work, all too often I see men being reluctant to see their doctor and it makes me really sad and frustrated as sometimes it's too late. So a big part of me doing this was to raise awareness and motivate the men in my life to always get checked out if they have any health concerns. The doctor is never embarrassed about these things so why should they be?"

Ready to move with some new mates?

Follow in the footsteps of Kirsty, Mark, Lottie and Kerry and **run 50 miles (or more!) your way**, whether it's a mile at a time or two marathons throughout the month. Take on the challenge alone or in a team, and track and share your progress using Strava. Join our inspiring Facebook community and our Strava challenge!

Sign up to Run The Month this April. However you choose to clock up the miles – every stride will help save men's lives.

The cancer vaccine that could prevent prostate cancer

Harnessing the immune system could offer an entirely new way to stop prostate cancer, and our research is creating the technology to do it.



18 Mar 2021

In - Treatment Research

Comments (26)

Vaccines – everyone’s talking about them, but did you know it’s not just viruses that we can vaccinate against? We’re supporting researchers who are developing a vaccine for prostate cancer that could treat men

with prostate cancer and even prevent them getting the disease in the first place.

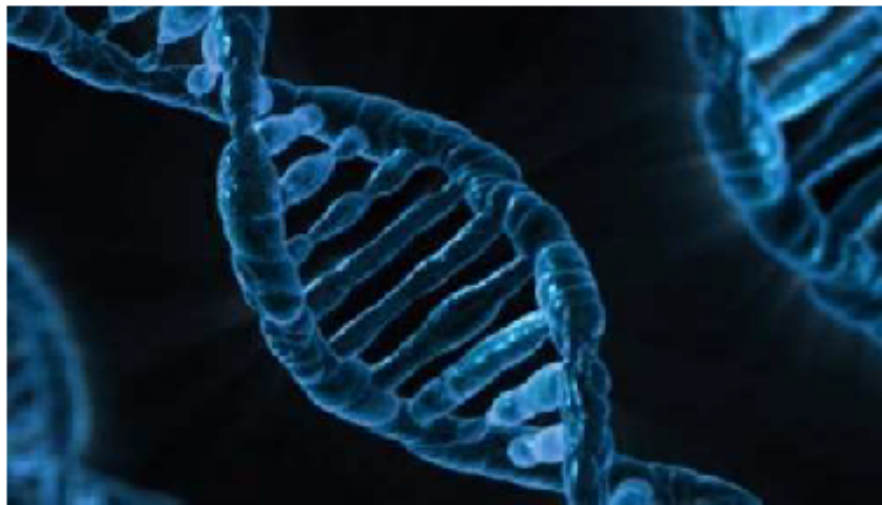
Your immune system

Vaccines work by harnessing the power of your immune system to help you fight disease. Your immune system is your body's personalised army. It protects you against harmful cells and it does this best when it has a chance to practice fighting them. Vaccines provide this chance to practice by introducing weakened versions of harmful cells into your body so if you ever come across the full-strength version, it can be attacked and dealt with swiftly.

As your immune system is the part of your body doing all the hard work, this type of treatment is called immunotherapy. Developments in immunotherapy are crucial as they offer men the potential of another treatment for prostate cancer that could keep them with their families for longer.

We're proud to have supported innovative immunotherapy projects for several years, and you'll hear a lot more from us about it in the future.

Developing a cancer vaccine



One particularly exciting project we've funded is a prostate cancer vaccine being developed by Professor Helen McCarthy at Queen's University Belfast.

The vaccine works by carefully packaging genetic material from prostate cancer cells, called mRNA, and delivering it directly to the immune system. The mRNA is part of the genetic information of the cancer cells and, although it isn't dangerous, it's enough to train the immune system to recognise and attack prostate cancer cells. Professor McCarthy's research aims to offer a treatment for men with advanced prostate cancer who currently have very few options available. At that stage, the cancer is often incurable and a prostate

cancer vaccine could be the much-needed revolution in treatment to give these men more time with their loved ones.

Delivering the cancer vaccine Professor McCarthy and her team are not only developing the prostate cancer vaccine, they're also exploring new techniques so that it gets to the right cells in the body. The mRNA breaks down easily, so they have created a protein parcel that carefully packages the mRNA and lets it reach the immune cells intact.

The team are also working on a new system for getting the vaccine into the body. Instead of using a traditional needle, which we've all seen a lot of recently, the team trialled a skin patch. The surface of the patch is covered in tiny microneedles which dissolve in the body. The patch can be applied painlessly, like a plaster, and allows the vaccine to quickly overcome the outer skin barrier and be delivered straight into the area with most immune cells.

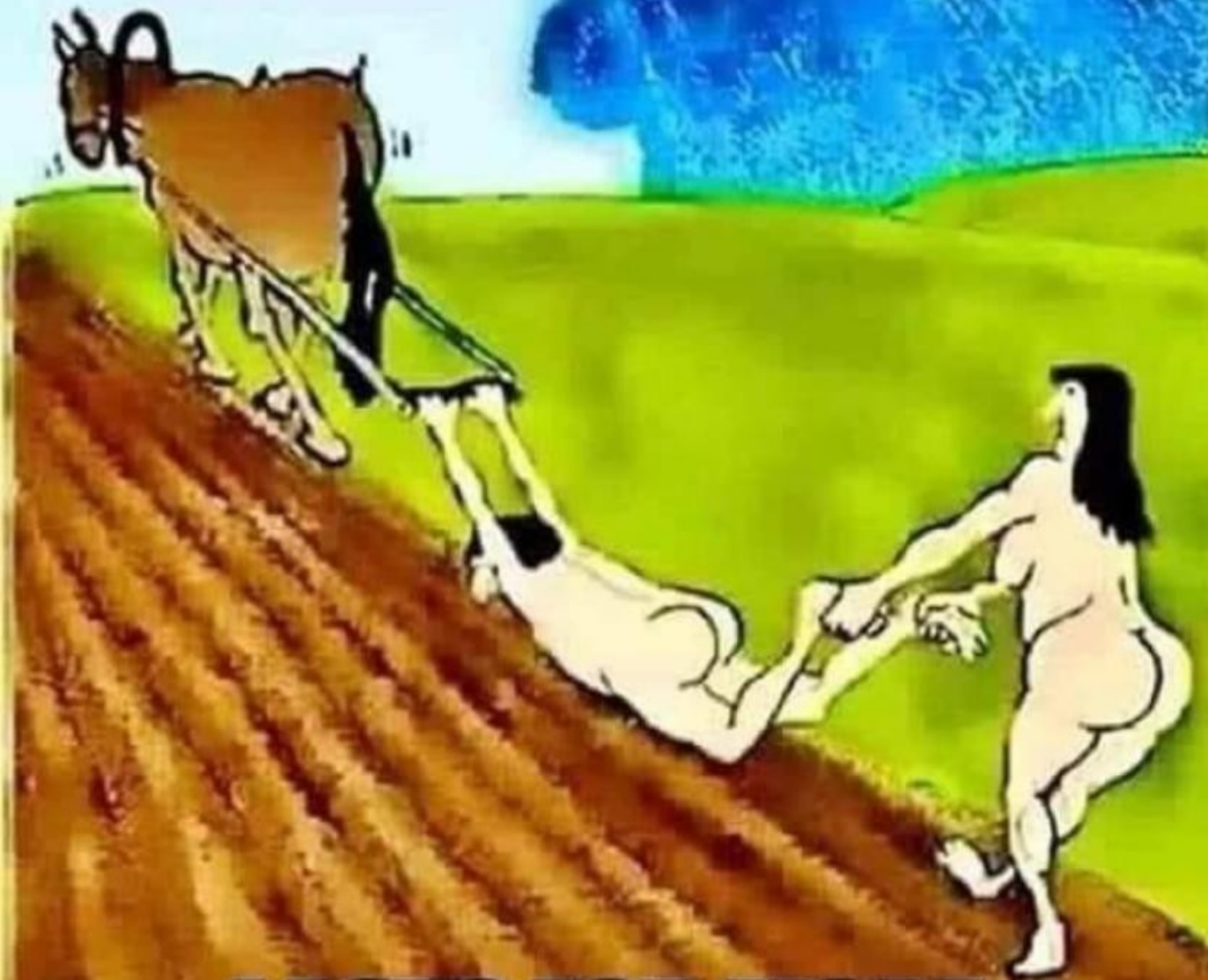
It's the combination of an excellent vaccine and innovative delivery method that makes Professor McCarthy's work so important. In her words, "You can make the best treatment in the world, but if it can't get where it needs to go, it's useless."

The future of the field

It's important to remember each case of prostate cancer is as unique as the man who has it. This can mean some treatments work better for some people and wouldn't be suitable for others. By investing in developing fields like immunotherapy, we want to make it more likely that every man has a treatment that's right for him.

We wouldn't be able to fund this revolutionary research without the support of people like you. A [monthly donation](#) would help us to continue our work to find new treatments for prostate cancer.

WHEN THE VIAGRA



**LASTS FOR MORE
THAN FOUR HOURS**



Contact Information

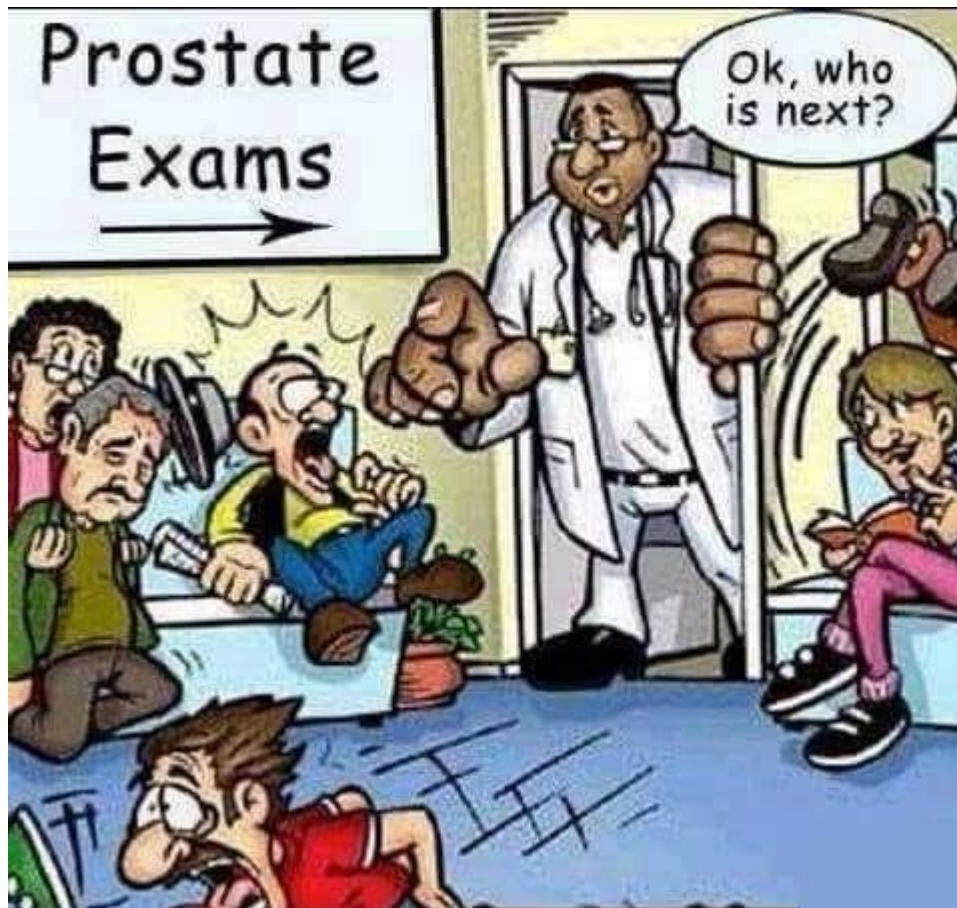
Tel: 07548 033930
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From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

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.



Sponsors

