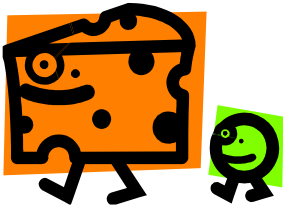


Bumper Issue 11 : December 2014

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- New Exam for Seniors  Ever Been Caught Short?  Wellbeing Course  Movember Update
- Easyfundraising  Federation News  Outcomes Survey  Next Meeting

A Message from Brian



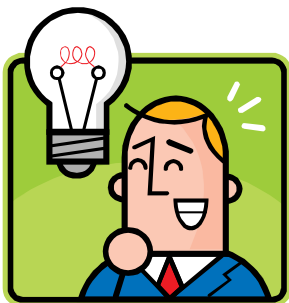
Here we are, another year passed by, and still going strong. It's been busy as we continue to raise awareness locally, and also play our part at the National level. We have tried to extend our activities and the recent pub quiz was a great success (see below). Events like this could become a regular feature if we have sufficient interest. On behalf of the Trustees I would like to wish all members a very Happy Christmas and a healthy and peaceful New Year.

Christmas Party

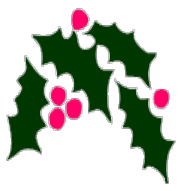
Here is an important date for your diary! **Wednesday 17th December** from 12 noon at Hazel and Brian's house, Willowbrook, Station Road, Haddenham. All are welcome and you should have received your invitations by the time you read this newsletter. There will be plenty of parking, either at Willowbrook, or in Station Road. Please let Roger know whether you are able to come along. Contact details are at the end of this newsletter.



A Project For Bucks?



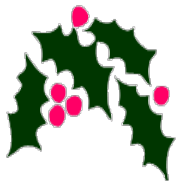
We were approached recently by the Masonic organisation in Buckinghamshire. They have offered a donation to local prostate cancer support if we can come up with a suitable project. This offers a real opportunity to do something for the whole of the county, not just in our area. We are currently discussing with the Chiltern group to see if we can come up with a suitable proposal to put before the Freemasons. Watch this space for further information!



The Chandos Quiz

What a successful evening at the Chandos Arms in Western Turville! Joe's team were worthy winners with a score of 75 out of 100. Here's a selection of photos from the evening. Unfortunately we didn't end up with one of the winning team – perhaps they were too shy to have their photo taken!





New Exam for seniors



Here is a bit of fun for Christmas. Have a go at this set of 10 questions. If you get more than four correct you have passed. Easy peasy! This test will keep at bay that dreaded disease that affects your memory!

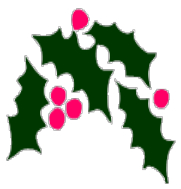
- 1) *How long did the Hundred Years' War last?*
- 2) *Which country makes Panama hats?*
- 3) *From which animal do we get cat gut?*
- 4) *In which month do Russians celebrate the October Revolution?*
- 5) *What is a camel's hair brush made of?*
- 6) *The Canary Islands in the Pacific are named after what animal?*
- 7) *What was King George VI's first name?*
- 8) *What colour is a purple finch?*
- 9) *Where are Chinese gooseberries from?*
- 10) *What is the colour of the black box in a commercial airplane?*

Check your answers at the end of the newsletter!

Ever Been Caught Short?

Do you sometimes need the loo urgently when in town? We all know how difficult this can be at times. Here's one small thing that may help – a credit card sized card from Prostate Cancer UK which you can present at cafés, shops etc if you are in urgent need. A copy is enclosed with this newsletter and you can obtain further cards at <http://prostatecanceruk.org/information/our-publications/publications>





Wellbeing Course

The Spring Centre at the Hospice of St Francis in Berkhamsted are offering training courses for those recovering from prostate cancer. As you know, we have been working with St Francis on training for our support group and here is an offering that might be of interest to members, The course lasts for 6 weeks and comprises a 2 hour session every Tuesday from 2pm to 4pm. It starts on 10th February. If anyone is interested please email tina.smith@stfrancis.org.uk

The Spring Centre
health and wellbeing

PROSTATE CANCER WELLBEING COURSE

This programme is designed to support you to move forward with your life following prostate cancer treatment

The course will consist of six sessions on a number of different topics, including:

- > Management of potential side effects
- > Diet and exercise
- > Body changes and intimacy
- > Relationships
- > Fatigue, stress and relaxation
- > Moving forward

Sessions in the Spring Centre
The course will take place on Tuesday's from 2.00pm – 4.00pm
Start date: - Tuesday 10th February 2015
End date:- Tuesday 17th March 2015

Light refreshments will be provided

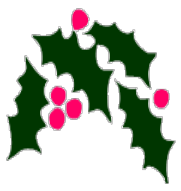
Booking your place
Please contact the Spring Centre Office on the contact details below

If you wish to discuss the course in more detail please ask to speak with Tina Smith, Prostate Cancer Specialist Nurse or email tina.smith@stfrancis.org.uk

www.stfrancis.org.uk/springcentre

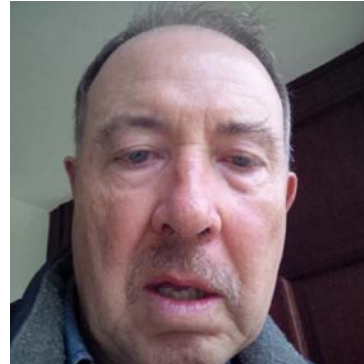


Email: springcentre@stfrancis.org.uk
Tel: 01442 869550
The Spring Centre, The Hospice of St Francis,
Spring Garden Lane, Off Shootersway,
Berkhamsted, Herts. HP4 3GW Registered Charity No. 280825



Movember Update

Well, a month has passed and our two volunteers have their photos to show their efforts. What brave fellows sharing their selfies for us all to ponder. If you can't recognise the dynamic duo it's Joe Kearney and David Barrow, who did it to raise awareness but between them also raised over £200 for charity. Well done guys!



Easyfundraising

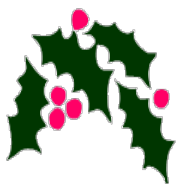
Did you know there is a simple, no cost way of raising money for prostate cancer? Well, if you shop online, look no further. You can easily raise money for Tackle Prostate Cancer every time you shop with selected retailers, including Amazon, Ebay, John Lewis, Marks & Spencer, The Trainline, etc.



Using Easyfundraising is simple. Register with Easyfundraising at <http://www.easyfundraising.org.uk> In the 'find a cause search box', type in Tackle and that is it. You then have to go to the Easyfundraising website and click on your chosen retailer and shop as normal. A percentage of what you spend will then go to Tackle. It costs you nothing and Tackle nothing. What could be easier?

Nothing is added to the price of your item. The price you pay is the same to you whether or not you use Easyfundraising. Go for it and help us to raise the funds we need to carry on helping patients in so many ways.





Federation News

“Prostate Matters”

Read the latest edition included with this newsletter



Tackle Autumn Conference

The last of the four regional autumn conferences organised by Tackle Prostate Cancer (The Federation) and Prostate Cancer UK was held on Tuesday, November 25th at The Friends Meeting House, Euston. David Barrow and Bruce Cameron accompanied by our chairman represented our Support Group. Our neighbouring groups, Chiltern, FOPS and Milton Keynes were well represented.

This conference, as with the other three in Bristol, Birmingham and Manchester, was presided over by our own Roger Wotton, now a Trustee of Tackle. He was assisted by Rowena Bartlett of Tackle and Ann Innes from PCUK.

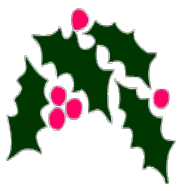
Roger welcomed about 50 delegates and introduced the speakers. He also outlined the programme facing Tackle in the immediate future. Rowena presented details of the current Tackle activities and highlighted the Tackle on line shop. Sporting Alliances were being established particularly with rugby and such clubs as Saracens. In 2015 there will be some ambitious fund raising projects such as ‘Cycle to the Moon’ and a National Quiz Night. Watch this space.

One of the most riveting talks was on ‘Quality Standards for Prostate Cancer Care’. Recently a working group had presented a paper to NICE with nine statements on the detection of prostate cancer and the pathway of treatment and care. This was expertly presented by Roshani Perera, a member of the working group. It is expected that NICE will make its response in January 2015. There were a host of questions on this subject and Aylesbury Vale Group will focus on this issue at our next meeting (January 26th). Early Detection was another prime feature of the conference and Simon Lanyon of Tackle gave a synopsis of the work in this area.



Teresa Lynch, PCUK help line nurse, took time off from her duties to present an update on the treatment of Advanced Prostate Cancer and Hormone Treatment, which again drew a lot of comment and questions from the delegates. The conference ended with a Q & A session with clinicians from Guys Hospital and Barts.

Undoubtedly this was one of the most informative conferences of recent years and there will be more next year!. Thank you, Roger, for all your tireless input and effort.



The Enzalutamide campaign update from PCUK

Earlier this year over 12,000 people signed up to challenge NICE (the National Institute for Health and Care Excellence) to make the drug enzalutamide available to all men with advanced prostate cancer. Here's what's happened since.....



Prostate Cancer UK and Tackle Prostate Cancer supporters campaign outside the NICE headquarters

The campaigning led to NICE removing its outright restriction on men having enzalutamide if they'd already had abiraterone – the only other life-extending drug for advanced prostate cancer.

But sadly, we're still not clear what removing this restriction does for men's access to this important treatment. And it's different for men in each of the four UK nations. Although NICE lifted the restriction in England on men having enzalutamide after abiraterone, they also made it clear that this wasn't the same thing as saying that they could have it. Instead, they left it up to NHS England to decide whether to pay for enzalutamide for men with advanced prostate cancer who had already been treated with abiraterone. NHS England refused. We pressed them to change their minds, but they wouldn't reconsider. Next, we pushed for this vital drug to be funded through the Cancer Drugs Fund (CDF) instead. The CDF pays for some cancer treatments in England that NICE have either rejected for general use, or not yet reviewed. But the CDF won't fund enzalutamide for men who have already had abiraterone either.

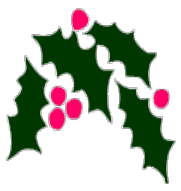
This was a bitter blow. Towards the end of their lives, men need more treatment options, not fewer. We still believe that if doctors think a man would benefit from both enzalutamide and abiraterone in any order they should be able to prescribe them.

If you want to talk about how this decision affects you, you can speak to PCUK specialist nurses on 0800 074 8383

What's next?

The current system for getting cancer drugs to the people who need them is broken. It's unthinkable that effective, life-extending drugs should continue to be developed, but stay out of reach of the men who need them. The campaigning helped to get the government and other cancer charities thinking about what needs to change. We're teaming up with Tackle Prostate Cancer and other charities to present a united front, and together, we'll lay the foundations of a new system for assessing how well new drugs work, and making effective treatments available at a price the NHS can afford to pay.

Karen Stalbow, Head of Policy and Campaigns, PCUK



Outcomes Survey



Some time ago we were approached by Aberdeen University to ask if we would participate in an outcomes survey for those diagnosed with localised prostate cancer. The survey is now ready for completion and if anyone is willing to help with this research all you need to do is cut and paste this web link into your Browser <http://ctrc.liv.ac.uk/Delphi/Compacters/Register.aspx> or go to our website at <http://www.aylesburyvaleprostatecancer.org.uk/> and see the survey in the AVPCSG Headlines column. While you are there, take a look at the new web pages, kindly populated by David Rogers, our "webmaster" who has offered to keep them up to date.

Thank You David. Don't forget – if you have any news (particularly with pictures) send them to Roger or Brian and we can get them loaded.

Next Meeting

*Our next lunch meeting is scheduled for **Monday 26th January 2015** at our normal venue of **Thame Football Ground**. At this meeting Roger will present a summary of the work he has been involved in – looking at **Quality Standards for prostate cancer care and treatment**.*

Brian Cole
Chair, Aylesbury Vale PCSG

Roger Wotton
Sec., Aylesbury Vale PCSG

Quiz answers

- 1) How long did the Hundred Years War last? 116 years.
 - 2) Which country makes Panama hats? Ecuador.
 - 3) From which animal do we get cat gut? Sheep and Horses.
 - 4) In which month do Russians celebrate the October Revolution? November.
 - 5) What is a camel's hair brush made of? Squirrel fur.
 - 6) The Canary Islands in the Pacific are named after what animal? Dogs.
 - 7) What was King George VI's first name? Albert.
 - 8) What colour is a purple finch? Crimson.
 - 9) Where are Chinese gooseberries from? New Zealand.
 - 10) What is the colour of the black box in a commercial airplane? Orange [of course].
- What do you mean, you failed?