

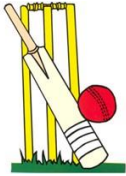
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.... and don't forget to go to www.avpcs.org.uk for more news

Message from Bruce



I am grateful for the support given at our AGM where I was elected as your new Chairman. Brian will be a hard act to follow. I am looking forward to what I am sure with your help is going to be a very successful year. Our important PSA testing message now seems to be hitting the wicket and we know the results are saving lives. Let's keep testing! After a very successful awareness stand at last year's Bucks Show we will be back again this year on Thursday 30th August, so make a note in your diaries and I hope the weather will be as favourable as it was last year. One other thing I should say– as Chairman, it doesn't mean I have prior knowledge to the answers in the quizzes we run – next one is Tuesday 20th November. Finally, I hope you are all enjoying the summer with the light evenings and managing to keep your grass more or less under control.

AGM & Brian's Farewell



At our recent we all expressed our thanks to Brian for his years as Chairman of our group. We could not let the occasion pass without presenting him with a small gift of some books on two of his favourite topics – cricket and cruising!. For those that were not able to attend we include here his outgoing Chairman's report which gives a nice summary of the past year.....

In reviewing the year from last May 2017 until May 2018, I start with reporting on the very successful PSA Testing Day we held in early April. In all 166 men came forward to be tested, all in the time period from 10am to 1pm and thanks to excellent work by our admin team and the co-operation of four phlebotomists from the Graham Fulford Trust, no-one was kept waiting and everything went like clockwork. My sincere thanks to those who helped us on the day and of course I wrote and thanked the freemasons of Aylesbury who provided not only the facilities but all the refreshments free of charge.

We do not receive the individual results but the summary was 8 RED letters , which advises each man to seek an appointment with a GP immediately, seven AMBER letters advising a follow up within six months and the remainder of some 150 were green and all clear. This is a ratio of 5% for red letters and undoubtedly would have discovered at least one case of previously undetected prostate cancer. This makes this event well worth the effort and expense. This year we shall probably have to meet the entire bill of some £1800 as previously the Chiltern Group have shared the costs. I hope that they may be persuaded to support us again in the future. I believe this is a well worthwhile project which is needed by local men as can be judged by the increase in numbers over the three year we have been organising tests.

During the year our awareness events commenced with a two day ‘show and tell’ stand in Tesco’s supermarket in Aylesbury. Well attended and many serious conversations ensued. An innovation was our first appearance at the Bucks County Show in August. Lots of interest and overall we judged it such a success that we shall return in August this year.

Our regular three monthly meetings have been well supported and the lunch format continues to be popular. It was necessary to change the venue as from December at relatively short notice and I thank the Chinnor Rugby Club for accommodating our Group so willingly and providing us with the use of the room without charge. On the social side our two quiz evenings in the Chandos Arms, Weston Turville have been very popular and I thank Roger for taking so much time thinking up difficult questions.

In March a small group paid a visit to the Medical Detection Dogs – always a popular event. We were pleased to be able to make a donation of £200 towards their impressive efforts. We also donated a further £200 to Scannappeal when we supported our own brilliant Urology team in their 30 mile sponsored walk.

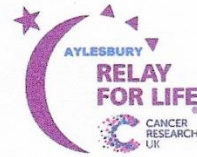
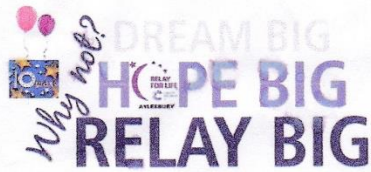
On outside events I was privileged to attend the Tackle AGM in Birmingham last June when Roger chaired a very informative meeting on ‘Trials and Tribulations of Prostate Cancer’. The Urology team at Wycombe and Stoke Hospitals arranged a morning Conference last November on ‘Health and Wellbeing with Prostate Cancer’. This was well attended and both Roger and I spoke about our activities. It is likely that another similar event will be held in 2019.

We have continued to talk to recently diagnosed men but really we would wish for more of these referrals. It seems that many men are loath to talk about these problems. We must continue to ‘rattle the cage’ and promote awareness and the benefits of newly diagnosed men being able to share their anxieties with others who have suffered this disease.

I thank all members for their willing support. In national terms we are a small Group and I believe we ‘punch above our weight’. I am sure this will continue in the future. Thank you all.

Relay for Life

This year the “Relay for Life” is being held at RAF Halton on July 28th and is an opportunity for every cancer survivor to show their support, walk the track and enjoy a buffet lunch. You can come along anytime during the 24 hours of the event. See the details below.



Relay For Life Aylesbury is celebrating 10 years!

We would like to invite ALL those who have ever had a cancer diagnosis,
Men, Women and Children,
to join us at
RELAY FOR LIFE AYLESBURY
as our very special guests

Relay For Life Aylesbury is planning a huge birthday extravaganza to celebrate its 10th anniversary in July 2018.

Since its launch in 2009 the event has raised a total of £625,287 for Cancer Research UK.

Relay 2018 will be held from 12 noon on Saturday July 28th. The 24-hour event, where teams have to keep at least one team member on the walking track throughout the Relay, day and night, will be held at the Nuffield Pavilion in Halton.

Central to Relay For Life Aylesbury is the Survivors' Lap where all those who have ever received a cancer diagnosis are invited, as our honoured guests, to complete one lap of the track to launch the 24-hour event.

Chairman of Relay For Life Aylesbury Paula Kirby says:

"Our survivors are the reason we Relay. Without them Relay would not be the fantastic community event that we are all so proud to be part of. We would love to welcome as many survivors to Relay in 2018, so if you have any friends who are cancer survivors - men, woman or children - please encourage them to get in touch. We would like to reach as many local people as possible to make this the largest Survivors' Celebration Lunch Aylesbury has seen."

Relay For Life Aylesbury was started in 2009 by the late Paula Watson, and the 2018 Relay Committee is determined to make the event the biggest and best in her memory.

The Survivors' Lap is followed by a special buffet lunch (complimentary) which a Survivor's partner, friend, carer or supporter can attend as their guest.

These honoured guests can then stay to enjoy the free entertainment and festivities which run into the evening and include themed, fancy-dress laps, fundraising stalls, and live music.

For more information about how to register as a Survivor please visit our website at www.relayforlifeaylesbury.org, email aylesburyrflsurvivorship@gmail.com or call Adrienne on mobile number 07760 377482.

Living with and beyond Cancer

Those members who were at a recent meeting will recall the study Fiona Tearle from Macmillan is undertaking into "Living with and beyond cancer". Fiona is now looking for quotes to put in her final report. If you are interested in contributing please see the following note we had from Fiona.....

It is very important that patient voices (and their families) are at the centre of what we do. Therefore we would like to include direct quotes from Buckinghamshire residents very similar to the anonymous comments in the survey;

“My employer lacked understanding, while I was going through treatment and afterwards when I was trying to resume my working life”, “services that are available do not seem to be joined up to support patients”, “I do feel very lucky, however; I have a constant fear of my cancer returning and am always anxious.”

We are looking for quotes about returning to work/being an active member of your community; psychological/emotional aspects of living with cancer; needs of carers and family members; communication and joined up care; difficulties in managing pain/fatigue. These will be published with the person name and nearest town/area. Please let me know over the next two weeks if you are willing to provide a quote. I am happy to discuss this further over the phone.

Best wishes,

Fiona Tearle, Macmillan Living Well With & Beyond Cancer Project Manager

email: fiona.tearle1@nhs.net | tel: 07789 652309

Report from Tackle Conference

The annual Tackle Conference at Edgbaston this year had the theme “Healthy Mind, Healthy Body”. Some 70 members listened to four interesting speakers: Professor Robert Thomas spoke about lifestyle and prostate cancer, Dr Stephanie McArdle spoke on a holistic view of managing health, nurse Sue Cooper spoke on integrating the art of living with the science of health and Connell McNelis shared his personal battle with terminal cancer. If you want to read more about these sessions, or the conference in general, go to www.tackleprostate.org/conferences.php

Future Events

The committee is currently putting together a full programme for the rest of the year but in the meantime please make a note of these events in your diary



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| July 28th | Relay for Life, RAF Halton |
| August 30th | Bucks County Show, Weedon |
| September 10th | Lunch meeting, Chinnor Rugby Club |
| November 20th | Autumn Quiz, Chandos Arms |

Two handwritten signatures in black ink. The first signature is 'Bruce' and the second is 'Roger'.

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