

# Kidderminster & Worcestershire Prostate Cancer Support Group



Leapgate - New home for our Support Group?

## **SUPPORTER**

**Sept 2021 issue 81**

[www.kwpcsg.co.uk](http://www.kwpcsg.co.uk)



## EDITORIAL

In June we were so delighted to see members face-to-face at our Malvern coffee morning (see page 3) for the first time since the March 2020 lockdown. The Cube was the perfect location for our South Worcestershire PCSG to run events in different towns in the area. Now we can also look forward to our first evenings in October involving outside speakers – **on Wednesday, October 13<sup>th</sup>. in Pershore and Tuesday, October 19<sup>th</sup>. in Kidderminster (see back cover for more details).**

Now to a big mystery which we hope you can help us solve. On average about 50 new members join KWPCSG each year, many of them shortly after a diagnosis for PC or after treatment. In 2020 the number of new members was a paltry 6 and this year by late July only 5 had joined our ranks.

We know that there have been far fewer operations during the time the Covid pandemic has taken centre stage and our oncologists assigned to other duties. We know that our open meetings, suspended since mid-March 2020, tend to attract new members, so that will account for some of the shortfall. It is, however, estimated that between 500-600 men in Worcestershire are diagnosed with PC each year, so why are only 1-2% rather than 10% or more choosing to seek membership?

One major problem has been the refusal of hospitals, medical practices, libraries and civic centres to put our recently revamped posters and flyers on display during the pandemic. This surely will change soon. Meanwhile we have to improve our own act by ensuring that all PC patients get an information pack at the time of their diagnosis and that we work more closely with CNS nurses and Macmillans. But, more than anything, we need you, our members, to guide people towards us so we can make a difference to their lives.

*Peter Corbishley*



## FIRST 'LIVE' EVENT AS LONG-DELAYED COFFEE MORNING IN MALVERN WENT AHEAD

Back in 2019 the South Worcestershire Prostate Cancer Support Group (SWPCSG) committee decided to trial events not based at the Wychavon Civic Centre in Pershore. The first, rather modest decision was to put on a coffee morning at The Cube in Great Malvern on April 1<sup>st</sup>. 2020. Little did we know at that time what lay ahead.

With the first Covid-19 lockdown involving the closure of such venues as The Cube from March 23<sup>rd</sup>. 2020, the event was shelved until June 16<sup>th</sup>. 2021. With positive cases in Worcestershire rising in the weeks before the coffee morning but with the inaptly- (some would argue ineptly-) named 'Freedom Day' just 3 days away the decision rested on the protocols at The Cube.

We had visited the venue, which hosts many U3A groups, in early 2020 and did so again in May 2021. We were impressed with the centre on our first visit

and even more so on our second. The manager, Nicola Turrell, had transferred us to the theatre, so there was lots of space for our tables, excellent ventilation with tall glass doors open, high ceiling, waitress service – far better conditions than any pub, café or restaurant could provide.



So it went ahead, the first 'live' event

that either KWPCSG or SWPCSG had organised since the open meeting in Pershore on April 17<sup>th</sup>. 2020 with Steve Allen as the guest speaker. Numbers were unsurprisingly modest, but all those who attended were just so pleased to exchange views with people they perhaps did not know, about life in general and medical conditions in particular.

The feeling among those committee members who attended was that The Cube was not only the perfect venue in Malvern for future coffee mornings (lots of free on-site and on-road parking, welcoming and extremely friendly staff, plus superb cakes) but also for one of our evening events in 2022, so watch this space.

Writing this on July 19<sup>th</sup>. it is difficult to predict where we, here in Worcestershire, will be in mid-October in our struggle against the virus. We hope, however, that the two open evening events we have planned (see back cover for more details) will be well attended by members and also men diagnosed since the outbreak of the pandemic. Looking forward to seeing you there.

*Peter Corbishley*

## Readers' Letters

To all at KWPCSG,

In April I had the pleasure of presenting to Kidderminster and Worcestershire Prostate Cancer Support Group and once again found myself among a warm hearted, concerned and supportive group of men and women. Thank you for the way in which you received me. It was a group such as this that helped me when, as a bewildered and frightened newly diagnosed man, I found advice and support that helped me on the journey to being cancer free. I know you all know the work you do as members or officers of the group is crucial... its value incalculable.

I have made it my business to spread the word about Proton Beam Therapy as one of the first men in the UK to have this treatment at the first UK centre. Of course, this is just one of a number of effective treatments and in 'spreading the word', I hope to bring it to the attention of as many newly diagnosed men as possible. For some of them, it may be the right treatment choice. If anyone reading this would like to know more, please see [www.menaretalking.co.uk](http://www.menaretalking.co.uk) or the FaceBook group of the same name or please email me [timon@menaretalking.co.uk](mailto:timon@menaretalking.co.uk).

Warmest wishes to all the members of KWPCSG,

*Timon Colegrove*

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I went to Leapgate yesterday to have a look around and see what was available and had a pleasant afternoon with Martin (Harrington) and Paul (Markall). I would advise anyone visiting not to come to any conclusion or impression until they have seen everything. You are, after all, visiting a farmyard! The new garden plot demonstrates the effort undertaken by the team and shows great promise and I hope to be able to help in the future. The new barbecue area looks like it will see a lot of use once summer arrives along with the use of the new building for social events.

I had a very long chat with Paul about treatment and our own experiences and what the group has to offer. I left after a few hours with some freshly picked rhubarb and lettuce. The lettuce formed part of a salad for dinner and the rhubarb was lovely in a crumble for dessert.

*Mark Howard*



### ***Mary's Corner,***

It is lovely to be getting back to some normality in our lives and with the hope of getting together as a group.

I must apologise that the decision was made at the last committee meeting in July not to go ahead with the Kidderminster Town Hall meeting due to the rise of Covid cases. I was unable to join this meeting because of health problems, but I was informed of

the decision and was very upset to find out that some members had turned up at the town hall.

We hope to make it up to you in October with a meeting in Pershore on the 13th and Kidderminster on the 19th. We have arranged our speakers for the Kidderminster meeting and are also trying to arrange some entertainment, as we no longer have the wonderful Richard Leadbetter playing the piano for us. He is a great loss and will be missed by all our members and our thoughts are with his family.

Our speakers at Kidderminster had agreed to speak in July but were happy to come in October after the July meeting had to be cancelled. They are two Macmillan nurses, Claudia Waterhouse (Urology Cancer Coordinator for Worcestershire) and Clare Arthur Macmillan (Information and Support Lead). They have both been involved in Zoom meetings, which some of our members attended, but it will be good to meet them.

The speakers for the South Worcestershire meetings are Peter Tomlinson (read all about him on pages 6 and 7) and one of the speakers from the Kidderminster meeting.

I am looking forward to seeing you all at some time and would encourage any members who are aware of a newly diagnosed man with prostate cancer to bring them along to one of our meetings.

*Mary Symons (Secretary to Group and Acting Chair)*

### **MALVERN COFFEE AND CHAT**

The Cube, Albert Road North, Malvern WR14 2YF  
**FRIDAY, NOVEMBER 12th. (10.30-12.00)**



## PETER TOMLINSON: MOVING ON, MOVING FORWARD

**Peter Tomlinson has given talks to our PCSG members in Kidderminster and Pershore about his life and his own prostate cancer journey. In the first of two articles we chart his career to the time he moved to Ombersley.**

I interviewed Peter Tomlinson on a day when he had put his house – purchased in 1996 – up for sale. Having shared Lineholt Grange with his second wife Ali, for so many happy years, Peter could have been forgiven if

his mood had been affected by this decision and his thoughts more backward-than forward-looking.

This was not the case. At 78 Peter is still a formidable presence, a man with more to offer to his community and someone with strong views about what needs to be done to improve life in Worcestershire. Having first entered local politics at the age of 67 as a district councillor for Ombersley, becoming a county councillor for the Ombersley division in 2017 and 2 years later elected as Chairman of Worcestershire County Council – ‘a meteoric rise’, he chuckled – he wants to inspire retired KWPCSG members to think seriously about taking on new challenges.

Born in Bristol in April 1943 and educated at Bristol Grammar School, he gained a place to study Law at Worcester College, Oxford, but converted after the first year to studying for a degree in English. His aim at university was to develop a career in broadcasting. By 1968 the TV sector was changing dramatically with new regional franchises being created and Peter succeeded in landing the role of one of the first continuity announcers on Harlech Television (later HTV).

His wit and his distinctive voice helped him to move on in 1972 to ATV, based just off Broad Street in Birmingham. A year later he came up with the idea that became Tiswas. And from 1974 to 1977 he presented this anarchic children's

TV programme alongside Chris Tarrant and John Asher. Tiswas became so successful, creating huge viewing figures on a Saturday morning for ATV that the BBC was forced to come up with their own show. Peter describes the difference between the shows as Mods versus Rockers, with Rockers obviously being Tiswas! “The Health and Safety Inspectorate would have been shocked



*Tiswas team, including Chris Tarrant (second right) and Peter (right)*

(literally) if they had been around in those days,” Peter commented, “Buckets of gunge and water don’t really mix with electric cables to TV cameras and sound equipment!” ‘With me there’s no such thing as a straight career path,’ was how Peter characterised his various moves over the years. In 1979 he moved out of television into radio, taking over as managing director of Beacon Radio in Wolverhampton. Commercial radio provided him with a new challenge, and he spent 5 years there before going freelance.



*Peter at Harlech TV*

His next challenge, still in commercial radio, was to weld unsustainable stations in Cardiff and Newport into one, which was then sold off. By this time there seemed to be a growing disillusionment with the sector: In Peter’s words, ‘Huge opportunities for local and regional services were being lost in order to maximise financial gain.’ Creating his own company (Jones Tomlinson Associates) devoted to voiceovers and company videos was providing him with a pathway into business associations. From 1982-4 he was president of the Wolverhampton Chamber of Commerce, driven by the desire to promote the Black Country as equally attractive as Birmingham for advertisers. The next decade would see him become president of the Kidderminster Chamber of Commerce (1994-6) and vice-president of the Herefordshire & Worcestershire Chamber of Commerce (1998-2001).

**In the concluding article in our December issue we focus on Peter’s life in politics, his own encounter with prostate cancer and his views on aspects of the health service.**

## **KWPCSG COMMITTEE 2021**

Mary Symons	Acting Chair / Secretary	01299 823166
Paul Markall	Treasurer	01562 751355
Dick Langley	Publicity / Website	07861 233930
Derek Scully	Support Contact Co-ordinator	01886 833236
David Underhill	Federation representative	07817 518201
Mark Hall	Minute Secretary	01299 879953
Gordon Kingston	Chair, SWPCSG	01386 462253
Martin Harrington	Men’s Shed Co-ordinator	07817 518201
Peter Corbishley	Co-Editor Supporter Magazine	01386 556434
Dick Herbert	Trustee	01299 250598
Val Markall	Co-opted Member	01562 751355
Nicky Langford	WAHT Fund Raiser	07590 624426
John Mills	Co-Editor Supporter Magazine	

**Please contact us if you need support or advice**



## MEMBERS

### **DEREK SCULLY : SUPPORT CONTACT CO-ORDINATOR**

One of our key committee members is Derek Scully, who ensures that every new member of KWPCSG is assigned to a support contact

who will be responsible for keeping in regular touch – if so required (not all wish to do so) – providing help and advice and possibly even putting that new member in touch with other members at a similar stage in their prostate cancer journey. In other words, Derek's is a vital role in the activities the support group attempts to cover.

Derek was born in 1945 in Flintshire, but, at the age of just 4, he and his family moved to Kidderminster. After attending St. Ambrose Catholic School, he transferred to Hagley RC High School. Having left school he completed an apprenticeship at Carpet Manufacturing Co. Ltd. (CMCo) in Kidderminster. Soon after, however, he decided to go self-employed, then set up his own business employing 7 electricians.

It was in 1978 that his career took an important turn when he was appointed as an electrician at Worcester Royal Infirmary in Castle Street. Soon he gained promotion as a supervisor. An HND in Building Services followed before Derek took on the role of Estate Officer, first at the Infirmary and then later at Ronkswood Hospital.

This new role included responsibility for the cottage hospitals in the South Worcestershire Community Trust (SWCT) area (Malvern, Evesham and Pershore), plus many of the medical practices. In 1992 he moved to the post of Estate Officer at Evesham Community Hospital.

More study was required, this time involving a Master's Degree in Facility Management at Strathclyde University, before he landed the post of Facilities Manager at the SWCT, Soon after that South Worcestershire merged with the North Worcestershire Community Trust based at Bromsgrove. His final post, however, took him back to Evesham, this time as Estates Manager, before he retired at the age of 70.

Derek has a son and 3 grandchildren from his first marriage but, after their divorce, he moved to Storridge to a Grade 2 listed cottage which backs on to woodland owned by the Woodland Trust. He remarried 25 years ago and his wife, Libby, loves their location as she is very into wildlife and nature.

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In the past Derek has been involved in Grass Track Racing at the Radford GT circuit. His main interests are DIY and looking after their large garden, but for 4 years he was on Cradley & Storridge Parish Council and is still Chairman of Storridge Village Hall.

His prostate cancer journey involved a radical prostatectomy performed by Adel Makar at the Alexandra Hospital in Redditch. Our acting chair, Mary Symons, whose husband, Mick, had been a good friend of Derek's dating back to his 20s, was his CNS nurse.

After joining KWPCSG Derek joined the committee as Membership Secretary before succeeding John Banner as Support Contact Co-ordinator. **One of his main concerns is the fact that a number of longstanding support contacts are about to retire, so he is keen for others to step forward to replace them.** Training is required for the role, which is not an onerous one.

*Peter Corbishley*



*Derek and family*

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## **ENZALUTAMIDE AND ADVANCED PROSTATE CANCER**

After three years of appraisals the life-extending drug, enzalutamide (brand name Xtandi), is now permanently available for men diagnosed with advanced prostate cancer. This is very welcome news, coming so soon after both abiraterone and apalutamide had been rejected by the National Institute for Health and Care Excellence (NICE).

Prostate Cancer UK challenged NICE and pharmaceutical companies to work together to get novel hormone therapies to PC sufferers. In April 12,673 people signed letters to NICE to show their support for men caught in the middle of a drug approval tug-of-war. This approval signifies a great achievement, particularly for men with advanced prostate cancer. Those who have additional illnesses which renders them unsuitable for chemotherapy will have access to a treatment which is deemed just as effective as chemotherapy. It won't cure prostate cancer, but it can help keep it under control.

Most prostate cancers need the hormone testosterone to grow. The testicles make almost all testosterone in men. Just above each kidney are 2 adrenal glands, which also make a small amount of testosterone. Enzalutamide is a hormone treatment that blocks testosterone from reaching prostate cancer cells. This can slow the growth of the cancer and may shrink it.

The news was greeted with joy by Karen Stalbow, Head of Policy, Knowledge and Health Information at Prostate Cancer UK, who wrote, "Every single one of the 400,000 living with prostate cancer in the UK should have access to the best prostate cancer tests, treatment and support ,wherever they live and no matter who they are."

## LEAPGATE ACTIVITY CENTRE - KWPCSG'S NEW RURAL RETREAT AND POTENTIAL HQ

Regular readers of the Supporter Magazine may recall articles dating back to December 2018 about the Men's Shed, first as a concept and then in June 2019 as a members' group. Initially the members cultivated a small patch of land at Leapgate Activity Centre (LAC), based at Leapgate Farm situated between Stourport and Kidderminster. Two years on there is much to report about LAC and our links to it.

Early in 2018 Canon Paul Brothwell, was invited by Wilden Parish Church to discuss potential links with the newly-created Leapgate Activity Centre. It was soon clear that the availability of land for growing crops and the access to workshops for woodwork and art could provide much-needed recreational activities and companionship for PC sufferers.

Leapgate Farm had been the family farm of the Pratt family for many years. The farm is now run by Malcolm Pratt. His sister, Jan Jones, created a facility which caters for the needs of young adults with learning difficulties. The catalyst and the inspiration for the project was seeing how her own son, Martin, benefited from working on the farm with his cousin, Michael Pratt.

The centre currently provides daytime sessions for more than 30 people with wide-ranging disabilities. Martin, along with other members of the Jones family, continues to be a beneficiary of the activities provided by LAC.

Over the last 4 years the centre has developed with Michael as Centre Manager, Wendy Wilde running the café and Jason Foster as Activity Co-ordinator. In the past two years the centre has raised funds for a central hall which was completed last year. In addition to providing valuable space for LAC activities from art to Zumba, it is used by other disability groups during the week.

Paul Markall is the KWPCSG treasurer and the driving force behind the link-up with the Activity Centre. His group of gardeners have now moved to a larger site



*Malcolm Pratt and Jan Jones*



*The Leapgate family*

on the farm of about half-an-acre and, despite the sweltering heat when I visited in mid-July, they are producing an excellent crop of potatoes, beans, lettuce, tomatoes and rhubarb. And what a location! From the KWPCSG plot there are superb views over the rolling hills around Wilden.

But it's not just about gardening, woodwork and art. Adjoining the

cultivated plot is a recreational area with picnic benches. This also includes an outdoor fitness centre which our members have access to. Paul and his team are currently building a covered barbecue area available to our group, LAC and friends of both.

One ambition is for KWPCSG to transfer its committee meetings to the Centre from its present home at Kidderminster Hospital and to use one of its offices for storage purposes. The hall also offers a flexible space for seminars, keep-fit sessions, drama and even indoor sports. In other words, the full potential for our members has yet to be realised.

Talking about the centre with Michele Handley, one of LAC's trustees, it became clear that this odd partnership – young adults with learning difficulties and much older men recovering from or living with prostate cancer – is bringing benefits to both sides. 'It's good for our young adults to be working on the same site as your members,' she said. 'You represent the outside world coming into their world and we value the friendships we are making with your group.'

Much of the time the two groups are engaged in different projects, but sometimes mutual assistance is required and freely offered. In Michele's words LAC is 'delighted to have a relationship with KWPCSG and in awe of the work you are doing to support those with prostate cancer and their families.' This mirrors the huge respect we have for LAC and all they have achieved over the past 4 years.

So how does the finance work out? LAC has been extremely generous, offering these facilities to our members at no cost. On two occasions, however, the KWPCSG committee has agreed to support LAC on certain projects, the most recent being the barbecue area which involved a grant of £1500. Paul expects the project to be completed by late August.

Looking ahead Paul is very hopeful that a growing number of KWPCSG members – and not just those in the north of the county – will find their niche here and enjoy this unique opportunity to share thoughts and experiences with fellow members while being engaged in a range of activities.



*Left to Right. Paul Markall, Fred Penn, Scarecrow, Martin Harrington, Ray Rogers*

After 16 months of various forms of lockdown he is keen to see the resumption of quizzes at the centre for members and their partners and for group excursions, all of which were spin-offs from the original Men's Shed concept.

**So where is Leapgate Activity Centre?**

**From the north: take the A449 Worcester Road out of Kidderminster to the railway viaduct island and turn right**

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onto Wilden Lane. After about 1 mile take a left turn onto Bigbury Lane (just before the Washhouse showroom). At the next crossroads continue straight across onto Leapgate Lane. After about 500 metres you will see the Leapgate Activity Centre on your left. If the car park is full, use the overflow car park just past the centre on your left.

From the south: take the A449 Kidderminster Road out of Worcester.

Continue for 12 miles. After the traffic lights and junction with the A450 continue on the A449 for about 600 metres, then turn left into Charlton Lane immediately before the De Beers Garden Centre. Proceed with caution for about one mile along Charlton Lane (narrow lane with few passing points), keeping to the right at the only junction. There is a car park on your right as you approach the centre and further parking immediately outside the centre.

Postal code for Satnav: DY13 9JH

More information: [www.leapgateactivitycentre.co.uk](http://www.leapgateactivitycentre.co.uk)

*Peter Corbishley*



Our special thanks go to KWPCSG member Ray Rogers for his excellent photographs of Leapgate in this and previous Men's Shed reports.

### 3rd Age Talents : Could yours be put to good use?

Have you managed to keep yourself motivated during the pandemic? Have you kept in touch with family and friends? Do you have a garden that keeps you busy? Does your hobby mean engrossing evenings?



#### Questions, Questions, Questions,

Some of us are fortunate to be able to give positive answers to these questions, but many have been locked in at home with too little to keep either mind or body in good shape. Whilst some of us have managed to get out regularly for some daily physical exercise, keeping our minds and mental health in tune has been more difficult. Normal social contacts - having a chat over a beer, a round at the golf club or perhaps regular visits to church - have been missed by large numbers. So our recent “Chat & Coffee” morning at The Cube at Malvern was a real joy. A number of people joined us - just to meet and chat! The great joy of the morning was the animated natter & discussion that took place on one particular table. Four men, who had not known each other before the day, spent a couple of hours in enjoyable conversation. Indeed, so animated that they determined that they would meet up again and 3 non-members joined the KWPCSG. What we all took from the meeting was the need to facilitate social events, of all sorts.

And it is clear that many talents exist in our membership that could help us to develop “coffee & chat” events in the coming year. What we would like to do is harness the enthusiasm and talents that were so much in evidence at Malvern. We wondered whether we could entice you to share your interests and skills at future events. One idea is to have similar events managed by a larger group of members who may have organised discussions and change in their previous organisations and careers. So – ideas please. If you would be willing to join a small group to discuss



*Members meeting at the Malvern Cube*

how such “Coffee and Chats” events might be developed or you would like to come along - please get in touch - we would love to hear from **you**.

**Gordon Kingston**

– 01386 462253.

**gkingston@**

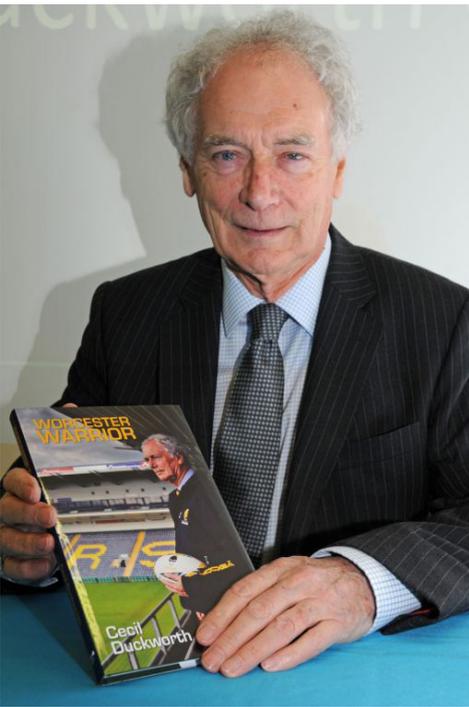
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## **CECIL DUCKWORTH/ WORCESTER LEGEND**

### **PART THREE THE LEGACY**

**In the final part of the tribute to Cecil Duckworth we will chart the ways that he created or supported new ventures in Worcestershire which have been to the benefit of so many thousands of its citizens.**

In 1996 Cecil was able to retire, selling his remaining 30% share of the company and having secured the long-term future of Worcester's biggest employer, Worcester Bosch. Now the question – how to put some of that money to good use. In 1992 a plan had been developed to turn Worcester Rugby Club into a centre of junior excellence. These were



exciting times for rugby, which had moved to a league structure in 1987 and become a professional game in 1995. Could Worcester, languishing in Midlands Division One, eventually rival its M5 neighbours, Gloucester and Bristol?

Its location just 600 metres from M5 junction 6 was perfect. There were no West Midlands teams in the top flight of English rugby. A successful lottery bid in 1996 meant £ 2m was available for the new stand, clubhouse, floodlighting and approach roads. Newcastle under Sir John Hall had paved the way into the new era. Worcester were soon to follow, with Cecil not only Chairman of Worcester Warriors but also of National League One and a member of the RFU Council.

In just a few seasons the club had reached National League One (today the second-tier Championship) but the promotion to the Premiership proved elusive until the 2003-4 season when 26 wins out of 26 saw Worcester ready to compete with the other top 11 English teams.

As a season ticket holder at Sixways from 2003 onwards I could write reams about the ups and downs - mainly downs, in all honesty - of the following 18 years. In this article it suffices to say that Cecil's financial contributions to the club and his business acumen have given a national and international profile to the city of Worcester that no other winter sport has achieved.

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Who could have imagined back in the early 1990s that, less than 12 years later, Warriors would be hosting Bath, Gloucester, Saracens, Leicester and top European clubs including Stade Francais, Biarritz, and Ospreys and occasionally beating them? Sixways with its 12,000 ground capacity, 20 rugby pitches, 65-acre site, thriving junior section, and Academy which has produced England international players Ted Hill and Ollie Lawrence in the last couple of years alone - what a legacy!

But Cecil's legacy is not just Worcester Warriors and boilers which still bear the brand name Worcester. The plight of a family friend led to Cecil becoming aware of the Acorns Trust established in Selly Oak in 1988. Why not create an Acorns children hospice for Worcestershire? A 3-acre site on the Bath Road in Worcester was identified and purchased. Cecil began the fund-raising with a £1m donation. The £ 4m required was raised and the centre now provides support to life-limited children and their families across the Three Counties. And finally there's the Duckworth Environmental Trust, set up in 1998 and providing employment for disadvantaged local people to conserve, protect and enhance Worcestershire's natural and urban environments. In its first year it purchased Chapter Meadows, 35 acres of meadowland bordering the River Severn. In 2000 it set up a litter warden scheme in Worcester and Malvern with over 100 volunteers. It took over the management of the Worcestershire Resource Exchange on Shrub Hill, recycling and managing waste, linking individuals, families and schools engendering a real sense of community. The Pump House Environmental Centre in Gheluvelt Park, opened in 2004, raised community awareness of environmental issues and is a popular location for walkers, friends and families to enjoy a coffee and a chat. Cecil's contributions were recognised with the award of an OBE 'for services to the community, especially the environment and sport in Worcestershire' in 2004. Four years later he was made a Freeman of the City of Worcester.

**Cecil's legacy is quite an extraordinary one in 21<sup>st</sup>. century Britain. Few cities have benefited so comprehensively from the talents and business acumen of a single industrialist as has Worcester. Let us hope that the community takes over where he left off in ensuring the long-term future of his many projects and that other successful business leaders are inspired by his example to plough their profits back into their communities.**

*Peter Corbishley*

(based on Cecil Duckworth's autobiography, 'Worcester Warrior'. Photos courtesy of Jerry Johns, Polperro Heritage Press, Clifton-on-Teme)



*Cecil Duckworth OBE*



*Dr Chris and Dr Gill Perks*

## OPENING OF THE PERSHORE WELLBEING HUB

The Pershore Wellbeing Hub opened in June at the Broad Street end of the High Street two doors away from Number 8, the town's cinema / theatre.

A key part of our raison d'être is to provide a link between the health, local authority, and voluntary sectors, trying to empower collaboration between these areas in order to improve the overall experience for all people within the community. Where groups already exist, we will act to signpost people to these, promoting them from the Hub base, and via our website.

Where such support does not exist, we hope to use our links to help these groups develop: this might be through finding the physical space for meetings, or facilitating support group discussions, or by bringing one group together with another service to help.

Report after 5 weeks of The Hub opening :

- The Hub website went live during the week beginning 14th June, accompanied by a Facebook page
- The Website has had 4.7K views and 4.2K user engagements up to 8th July.
- FB page has reached 3.5K people, with 46 page likes and 110 page followers
- In the first 5 weeks of opening (Wed – Fri 10am - 3pm), we had had 185 visitors
- Of these 39 were from “partner organisations” wishing us well, and others forging new links
- 31 were “lonely” and just wanted a chat, 36 required information on other services, and 19 needed help with officialdom.
- 12 had mental health issues ranging from mild anxiety through to at least two people under the care of secondary MH Teams who needed some human contact. I see this as a way of contributing to their social needs whilst their physical and emotional needs are helped elsewhere.
- 24 people were referred on to other agencies, and 50 helped in house.

These are the bare statistics, but they don't tell the whole story. We've been greeted with an enormous amount of enthusiasm and warmth. To be honest, that has done the wellbeing of the volunteers the world of good in itself!

So many people have commented positively upon the lovely atmosphere that we have



created, which is warm and welcoming, calm, and yet functional. It's still a work in progress as we find our feet and work out exactly what is going where, what we've forgotten, and what we hadn't anticipated, but we are really proud of the ambience, and how it has been greeted by visitors. The artwork in particular has gone down very well.

Anecdotally, we've had at least a few return visits this week, and one visit this afternoon with a lady who was so pleased that we'd helped her poorly son. So not only had we helped him, but we'd also helped her indirectly too. *Dr Chris Perks*

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## **PERSHORE WELLBEING HUB AND PROSTATE CANCER**

We will be supporting and promoting the activities of the local prostate cancer group. It may become apparent, however, that there is a need for sufferers' or carers' support that we haven't so far identified: this could be help with applying for attendance allowance, enabling or facilitating a carers' support group, or even establishing useful links to other organisations such as ACAS, Cruse, and groups to support mental health. As we sit between many voluntary sector organisations, the local government and health sectors we should be ideally placed to do this.

At its most aggressive prostate cancer can be a cause of death, but it is, more often than not, a disease that men live with. The effects of the diagnosis, and any associated symptoms as well as the side effects of treatments, can, however, have a significant impact upon men's mental and physical health. By supporting wellbeing, we aim to help men live their remaining lives to the full, even under the cloud of prostate cancer.

The diagnosis should not necessarily be the disaster that many often fear, but almost inevitably will lead to a sudden confrontation with one's own mortality that most men are unprepared for. Moving along this emotional rollercoaster is not easy for us men who do not like to admit any weakness at all.

If we can help men to accept and express their feelings and develop good social support networks, then we can make life with prostate cancer better. If we can do that for all men before any diagnosis, then so much the better. If we can spread this message and allay the fears of prostate cancer, then we could shift diagnoses to an earlier stage, thus potentially enabling a reduction in mortality and morbidity.

The focus of the Wellbeing Hub in respect to prostate cancer is not to prop up services that should be funded by the NHS. It is rather to ensure that people know about prostate cancer, before and after diagnosis, debunk some of the harmful myths and empower sufferers and their families to continue to enjoy life to the maximum, whether that be a few months or several decades.

*Dr. Chris Perks*

## **NEW DRUG COMBINATION TO TACKLE AGGRESSIVE PROSTATE CANCER SETBACK**

A combination of an existing hormone drug (abiraterone) and a new one (ipatasertib) has been shown to have positive results on advanced prostate cancer sufferers, extending the time before the cancer spread further.

The phase 3 trials, involving over 1100 men in 26 countries, were conducted by teams from the Institute of Cancer Research (London) and the Royal Marsden NHS Foundation Trust. The combination is an effective treatment for men who lack a gene known as PTEN, one of the most commonly deleted tumour suppressor genes in cancer.

61% of those who received the combination saw their tumours shrink compared to 39% who took abiraterone only. 19% of those taking the combination had a complete remission compared to 6% taking abiraterone on its own.

Sadly, however, the National Institute for Health and Care Excellence (NICE) rejected the use of abiraterone for a second time in June for use on NHS patients as not being cost-effective after an appeal by the manufacturers, Janssen, and cancer charities.

## **PROSTATE CANCER : FACTS UPDATE**

### **SOBERING STATISTICS**

- Prostate cancer is the most common cancer in men
- Currently there are 47,500 new cases in the UK each year
- One in eight men will develop this illness in their lifetime
- The cancer kills more than 11,500 men a year in the UK

### **REASONS FOR OPTIMISM**

- Survival rates have tripled in the past 40 years
- In the 1970s only 25% of men with PC survived beyond 10 years
- Now more than 80% survive beyond 10 years
- Earlier detection has had a huge impact e.g., PSA tests for men over 50, as has innovation in treatment e.g., precision radiotherapy
- New drugs or hormone treatments are awaiting regulatory approval almost every month
- Macmillans, PCUK, Tackle and your own KWPCSG are there to provide ever-improving emotional and mental support for men and their partners affected by prostate cancer

# tackle

## prostate cancer

### TACKLE WEBINARS

Tackle, the umbrella organisation of the UK's prostate cancer support groups (PCSGs), has announced that it is working closely with Prostate Cancer Research (PCR) to produce a series of educational and informative webinars for those living with and affected by Prostate Cancer.

What, however, is a webinar? In brief, it is a seminar conducted over the internet. In essence it allows a speaker to share Powerpoint presentations, videos and web pages with audiences such as ours. During lockdown KWPCSG members were able to access, for example, such webinars presented live by Steve Allen and Timon Colegrove via Zoom, while others could access the same presentation at a later date directly from our website ([www.kwpcsg.co.uk](http://www.kwpcsg.co.uk)).

From August 2021 – January 2022 Tackle will make a range of video webinars initially available to you on Zoom. They cover topics such as:

Nutrition

NHS and your care

Future treatments (inc. genetics and artificial intelligence)

Sex and intimacy

Each session is live via Zoom and places are limited, but all are recorded and will become available from the Tackle website ([www.tackleprostate.org](http://www.tackleprostate.org)) or from our own website. The first took place on August 4<sup>th</sup>. and was entitled 'Building Resilience.'

**We view this development as one of vital importance to our membership. Our open meetings will be resuming in October, both in Kidderminster and in Pershore, but we appreciate not all our members are able to attend, so a mixture of webinars from Tackle and recordings of our own meetings uploaded to our website can help to keep large numbers of you informed about developments in treatment and support for prostate cancer sufferers.**

## HOW TO SUPPORT THE RADIOTHERAPY UNIT

Many of us have good reason to be grateful for the radiotherapy treatment we received at Worcestershire Royal Hospital. There's now a perfect way for us to express our gratitude.

Our WAHT Co-opted member, Nicky Langford, has let us know about a great opportunity to help the Oncology Centre there. The unit is aiming to raise

£ 24,000 to purchase two abdominal compressors which can be used to improve stereotactic ablative radiotherapy (SABR) now being introduced into every UK radiotherapy centre.

Basically, the compressors work by pressing on to the patients' abdomen, reducing their movement as they breathe. This means a more targeted area can be treated and that this reduces the potential side-effects during radiotherapy. This treatment will be of great benefit to PC patients with tumours in the abdominal area.

KWPCSG will be discussing how to support the appeal at its September committee meeting, but please look through the SABR Appeal flyer on the KWPCSG website for more details of ways of adding your personal donation to the fund. Alternatively, you can donate by following this Just Giving link:

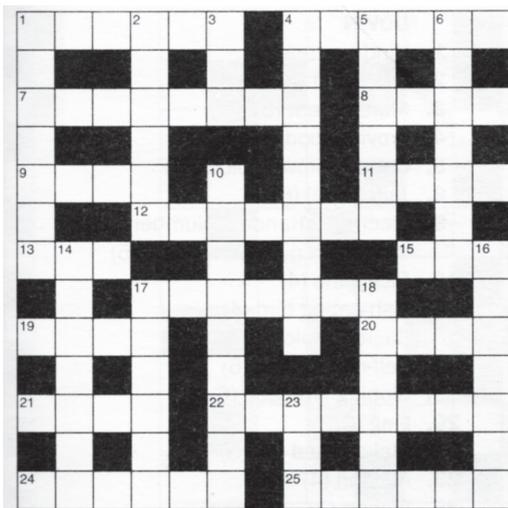
*[https://justgiving.com/v1/charity/donate/charityId/108040?  
tipScheme=TipJar2.1&amount=5.00&reference=SABR](https://justgiving.com/v1/charity/donate/charityId/108040?tipScheme=TipJar2.1&amount=5.00&reference=SABR)*

or by texting SABR to70085

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**Finished with your Supporter?**

**Please pass it on to a friend or colleague**



**ACROSS**

- 1. Red salad fruit (6)
- 4. Coachman (6)
- 7. Definite (8)
- 8. Period of time (4)
- 9. Kiln (4)
- 11. Fibber (4)
- 12. Playhouse (7)
- 13. Set of tools (3)
- 15. Certainly! (3)
- 17. Originated (7)
- 19. Gelatine obtained from seaweed (4)
- 20. Animal charity (inits) (4)
- 21. Ram down (concrete) (4)
- 22. Raymond \_\_\_\_, author (8)
- 24. Scale (6)
- 25. Rice dish (6)

**DOWN**

- 1. Tuft of grass (7)
- 2. Emphasis, stress (6)
- 3. Dolt (3)
- 4. Misleading (9)
- 5. Breathe in (6)
- 6. Rival (7)
- 10. Intense anguish (9)
- 14. One lacking gratitude (7)
- 16. Russian region (7)
- 17. Material seller (6)
- 18. Sprinkle with icing sugar, etc (6)
- 23. Electrical unit (3)

**WHY?**

Why do people clink their glasses before drinking a toast?

**BECAUSE**

In earlier times it used to be common for someone to try to kill an enemy by offering him a

poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

# Allan Morris

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# CALENDAR OF EVENTS 2021

## PERSHORE COFFEE AND CHAT

The Angel Hotel, High Street, Pershore WR10 1AF  
**FRIDAY, SEPTEMBER 24th. (10.30-12.00)**

## MEETING FOR SUPPORT CONTACTS

Ombersley Golf Club, Bishops Wood Road, Droitwich WR9 0LE  
**SATURDAY, SEPTEMBER 25th. (10.00-12.00)**

## SOUTH WORCESTERSHIRE PCSG

Wychavon Civic Centre

Queen Elizabeth Drive, Pershore, WR10 1PT

**WEDNESDAY, OCTOBER 13th. (from 6.30 pm for 7.00 pm start)**

**SPEAKERS :** PETER TOMLINSON (former TV presenter and  
Chairman of Worcestershire County Council)

CLAUDIA WATERHOUSE (Urology  
Cancer Coordinator for Worcestershire)

## KIDDERMINSTER & WORCESTERSHIRE PCSG

Kidderminster Town Hall,

Vicar Street, Kidderminster, DY10 1DB

**TUESDAY, OCTOBER 19th. (from 7 pm for 7.30 pm start)**

**SPEAKERS :** CLAUDIA WATERHOUSE

(Urology Cancer Coordinator for Worcestershire)

CLARE ARTHUR (Macmillan Information and Support Lead)

## MALVERN COFFEE AND CHAT

The Cube, Albert Road North, Malvern WR14 2YF  
**FRIDAY, NOVEMBER 12th. (10.30-12.00)**