

Kidderminster & Worcestershire Prostate Cancer Support Group



Complex Renal Surgery Team aka The Robot Team

Back row Left to Right

Eydata Koczona, Adel Makar, Paul Rajjayabun, Dennis Gourley, Farah Tomas, Jennie Stokes

Front row Left to Right

Mo Mohammed, Wayne Rutherford, Bhindu Korah

THE ROBOT HAS LANDED!

SUPPORTER

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EDITORIAL



It may sound clichéd to be writing about the perfect Christmas present for future prostate cancer patients, but having robotically assisted surgery at the Alexandra Hospital in Redditch in 2022 available to all those in Worcestershire and beyond requiring PC surgery would have been beyond our dreams a year ago. So, a huge thanks to all those who made this possible.

Having covered the robot saga extensively in our June magazine and on pages 12-15 in this issue, I would like to invoke the spirit of Christmas and extend our thanks, on behalf of all our members, to the fundraisers who help to keep our charity afloat. In this issue we devote space to:

- **Alan Jones-Bratt, an inveterate and, at 80, a veteran fundraiser whose exploits over many years for the support group have been recognised in articles in the September magazine and also on page 20 of this issue**
- **Ella Holden, who will be setting off on a half-marathon to support the group, inspired by her mother, Kerry's, work with PC patients as one of two nurses responsible for the Survivorship Programme (page 17 / please give generously to her appeal)**
- **John Barrett and his band of county veteran cricketers who raised money in September for PCUK and also for the Bob Willis Fund (page 10)**
- **Rainbow Cancer Care Foundation, based at Cleobury Golf Club, who once again raised a very significant sum for the support group (more details on page 4)**

The support group receives money each year from various sources. These include donations from individuals or groups through sponsored events and from events, such as the Bewdley Tractor Rally and Pershore Plum Fayre, where our members are active participants. In 2022 the group donated £6000 of its funds towards the purchase of 2 SABR compressors (total cost: £24,000) for the Worcestershire Royal Hospital's Oncology Department. Over £4000 also covers the cost of the quarterly Supporter Magazine which we send out to every KWPCSG member, GP surgeries, hospitals and other suitable venues. More modest sums support our programme of 3 open evenings in Kidderminster and 3 in Pershore - always with guest speakers - plus 3 Coffee & Chat events in other towns across the county and beyond (see pages 11 and 21).

Finally, I hope you'll grant me a little self-indulgence in allowing me to pick out some of my Supporter Magazine's highlights this year:

- **Simeon Greene's appearance on the panel of experts in Pershore in June, his email to us and the story of his early childhood in the UK (September Supporter)**
- **The Fundraisers' Stories – meeting and reporting on those good souls who had supported the Rory Appeal over many years but had been badly affected by the years of indecision which almost led to the cancellation of the robotic surgery project (June Supporter)**
- **Maggies, the Cancer Care centres, which we featured thanks to the input of our good friend and regular columnist, Mark Howard (March Supporter)**

Keep in touch with those you know with PC this winter and do contact us if you or they require more support.

Peter Corbishley / editor@kwpcsg.co.uk / Tel. 07876 556466

FUTURE EVENTS



COFFEE & CHAT MOVES ON TO EVESHAM

After our incursion into Warwickshire in November, the Coffee & Chat roadshow pitches up back on the Worcestershire side of the border in early March when it visits **Evesham**. I'm sure Harry Edwards, Mark Howard, John Staite and our trio of members from South Littleton will make us very welcome. Make a note in your diary for **Friday, March 10th. (10.30-12.00)**. But where will we meet? That is largely up to you, because we need ideas and recommendations from our members. We try, if we can, to find a location that is easily accessible, where parking is not a problem and ideally free, where we have room for up to 35 in a pleasant and comfortable location (no high bar stools, no bean bags) and where we have a café on site with good quality cakes or pastries and coffee which is not out of a jar. So, as you see, no sweat! If you know just the place, Gordon and I will try it out and report back. We'll make sure the venue will be on the website by early December and on our A5 laminated adverts in the Evesham, Broadway and Pershore area by early February. Please contact Gordon on gkingston@btinternet.com with your ideas.

UROLOGIST SURGEON PAUL RAJJAYABUN TALKS ROBOT TO US

The first open evening is scheduled for **Tuesday, March 21st. (6.30 for 7.00) at the Wychavon Civic Centre, Pershore WR10 1PT**. We are delighted to announce that our main speaker will be **Paul Rajjayabun**, one of the WAHT urological surgeons who are now using robotically-assisted surgery on patients requiring or opting for prostatectomies at the Alexandra Hospital in Redditch. Paul is one of the team on the front cover and he was interviewed for the RAS main feature on pages 12 and 13. We are hoping for a great turnout to hear more about the long journey to reach this historic point and to ask Paul about his hopes for PC surgery and radiotherapy in Worcestershire in the next few years.



Paul Rajjayabun

KIDDERMINSTER HOSTS AIDAN ADKINS IN APRIL



Aidan Adkins

In the September Supporter magazine our main feature centred upon Tackle, the umbrella organisation representing over 90 prostate cancer support groups (PCSGs). Adorning the front cover in his hi-viz jacket as a volunteer at the Commonwealth Games in Birmingham was **Aidan Adkins**. Aidan is the chair of Solihull PCSG and a trustee on the national Tackle board. Those who attended will remember him for his talk at the Droitwich C&C in June. The date is **Monday, April 17th. (7.00 for 7.30 pm)**. If you turn over to page 4, our chair, Mary Symons, explains the reason for the move from the town hall to the new venue, the **Harriers Social Club, Kidderminster DY10 1NB**

MARY'S CORNER



Our events over the past year have been uplifting after the Covid lockdown for the past two years. We started the year with a meeting in March at the Wychavon Civic Centre, with Simon Adams (Healthwatch). Our President **Adel Makar** (Consultant Urologist) and **Lisa Capaldi** (Consultant Oncologist) were the guest speakers in April at Kidderminster Town Hall. We have had meetings regularly throughout the year with good support from our members.

I can confirm **Aidan Adkins**, the Solihull PCSG chair and Tackle trustee whom we featured in the September Supporter Magazine, as our main speaker in April. Unfortunately, the Town Hall is definitely closing before Christmas this year, so I have rebooked events for North Worcestershire to continue at the **Harriers' Social Club, Stadium Close, Hoo Road, Kidderminster, DY10 1NB**. They could not offer us Tuesday evenings, so we have had to arrange for Monday evenings instead. Our first meeting takes place on **Monday 17th April** at the normal times 7.00 for 7.30 p.m. There is one major benefit - they have their own free car park and there is plenty of room. We have decided that our **AGM meeting** in January will be held on **Zoom, on Tuesday 17th January 2023 at 7.00 p.m.**, and will be delighted if you can join us (see back cover for more details).

We have been extending our events with **Coffee & Chat** mornings throughout the county, and the last one in **Studley Village Hall** was organised by Gordon Kingston and Peter Corbishley. As the venue was in Warwickshire, we invited the **South Warwickshire PCSG** members to join us. It was a chance to talk to another group and very helpful. We will certainly continue to hold these events, trying out different venues throughout the local areas.

I was invited again to attend a coffee morning at **Cleobury Golf Club** to receive a cheque from the **Rainbow Cancer Care Foundation**, founded by Ange & John Gaskell. **Paul Brothwell**, our previous Chairman, Dick Herbert, Martin Lewis, John Wilner & John Reddy (Consultants and GP's) all played golf regularly at Cleobury. Paul was approached by Angela about the work our group did supporting men throughout the area with prostate cancer and made us one of the charities they support. In memory of Paul, I love attending these events and listening to the amazing work they achieve for the charities they support. Their next big fundraiser will be a golf tournament at **Cleobury Golf Club on 30th June 2023**. Please support it if you can.

I wish you all a happy Christmas and hope to see you in 2023.

Mary Symons

REMINDER

Annual subscriptions of £5 are due on 3rd January 2023

If you have not completed a standing order with your bank, payments can be made either by cheque or cash to any member of the committee. If you no longer wish to remain as a member of the Support Group, please inform a committee member in order that we can amend our records.



RECENT EVENTS

NICK OWEN FRONTS KIDDERMINSTER EVENT

KWPCSG members were delighted to welcome the group's patron and veteran BBC presenter, Nick Owen, to its October meeting at the Kidderminster Town Hall, the final one scheduled there for at least a year due to imminent building work.

The format of the evening was a cosy chat with former ATV presenter and long-time friend of Nick's, Peter Tomlinson, who invited his guest to reminisce about their careers in the media. Peter, whom we featured in articles in our September 2021 and December 2021 Supporter magazines, delved into Nick's early life, which included creating a newspaper aged 11 at prep school and only deciding in his final year at Leeds University which career path he would like to follow.

Nick remained in Yorkshire for a couple of years post-university, working on a regional newspaper, before transferring to the Birmingham Post. His break into radio came when he was offered work for BBC local radio at Pebble Mill as a news reporter, followed soon by an opportunity to host a Saturday sports magazine.



BBC presenter and KWPCSG patron Nick Owen with former ATV presenter Peter Tomlinson

His move into television saw him working as a sports presenter at football-dominated ATV before he jumped at the opportunity to join TV-am, the ITV franchise for the

totally new concept of breakfast television, which launched in February 1983. With the 'Famous Five' (David Frost, Robert Kee, Angela Rippon, Michael Parkinson and Anna Ford) as directors, the new company had a bumpy start and almost went under, but the appointment of Greg Dyke steadied the ship and, as Nick related, upfront payments for advertising meant that Roland Rat and its merchandise helped save the broadcaster financially.



Nick Owen

Nick had been in action from day one, first as a sports presenter, then, just 8 weeks later, as an anchor-man replacing David Frost, but another big break came when, on Nick's recommendation, Dyke brought in Anne Diamond who would share much of the presenting with Nick. The hours were dreadful, Nick stressed, particular for someone now married with two young children, having to be in the Camden Lock office by 03.45 each morning!

When asked which interviews stood out in his memory, Nick mentioned he had interviewed 7 prime ministers, his favourite being John Major due mainly to their mutual love of cricket (Nick is a former president of Derbyshire CCC). He has interviewed Jane Fonda (his teenage pin-up, he admitted) in Hollywood, Bob Hope in his back garden and Enoch Powell ('frightening intellect'). Among the many musicians he has interviewed were Elton John, Tom Jones and Paul McCartney. His all-time favourite, however, was Eric Morecambe, and his hilarious anecdotes of those interviews explained why.

The special link with one of the country's all-time favourite comedians extended to their love of and service to Luton Town, Nick as chairman until 5 years ago (he's now a vice president) and Eric as a director from 1970-75. Nick spoke lovingly of the 'rickety old ground' at Kenilworth Road and attending his first league football match there with his father in 1958. Responding to a 'Why Luton?' question, Nick explained that he was born in nearby Berkhamsted.

Questions received from audience members were posed by Peter Tomlinson, allowing Nick to talk with passion about Birmingham and its music scene which he felt rivals that of Liverpool and Manchester. The same depth of feeling was expressed when questioned about the demise of Worcester Warriors. What an insult and a travesty this had been for the Duckworth family, he felt, but added that Luton had gone into administration 3 times in 10 years, dropped down into non-league football but had now bounced back into the Championship, so don't lose hope was his message.

Returning to his career, Nick became the presenter of ITV Sport in 1986. His 6-year stint there included being the main presenter for the 1988 Olympics and the 1990 World Cup. His next move was back to Pebble Mill to work again with Anne Diamond on a show entitled 'Good Morning with Anne and Nick' with breakfast television no longer a new phenomenon, but this successful on-screen partnership was abruptly ended four years later by Alan Yentob as the Controller of BBC1. These years, Nick acknowledged later, had been among the happiest and most fulfilling of his life.

Out of work for almost the first time, Nick was delighted to take up an offer in 1997 to join Midlands Today to present the evening programme. 25 years later and now aged 75 ('the oldest regional news presenter in the BBC', according to Nick), he is now working part-time, which allows him more time to enjoy life. He loves walking with his second wife, Vicki, on Kinver Edge and working as a guest speaker on cruise ships.

He finished his talk with poignant recollections of a special time spent with

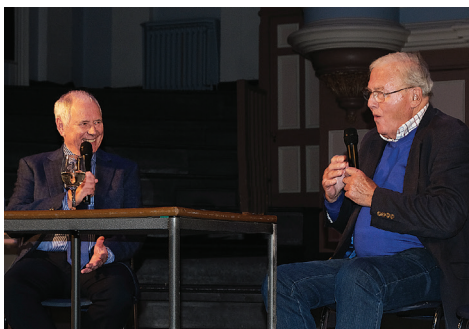
his father in Dunkirk, reimagining the latter's days on the beach, waiting desperately to be assigned to one of the boats sent to rescue what remained of the British invasion force. This visit meant so much to Nick, who was able to listen, with other family members, to his father's stories of the mayhem on that very beach.

This well-attended event completed the 2022 programme of evenings in Kidderminster and Pershore, plus Coffee & Chat mornings across the county, that are open at no cost to all our members.

Peter Corbishley



Nick and Peter with KWPCSG Chair, Mary Symons



*Nick reminiscing on his life in television
Photos courtesy of Ray Rogers*

KWPCSG AGM VIA ZOOM

**AGM meeting in January will be held on Zoom, on Tuesday 17th January 2023 at 7.00 p.m.
(see back cover for more details)**



RECENT EVENTS

STEVE ALLEN RETURNS TO PERSHORE

Dr. Steve Allen, the current acting Chair of Tackle, made a welcome return to Pershore in mid-October. Steve, who was a Consultant in Anaesthetics and Chronic Pain Management at the Royal Berkshire Hospital in Reading from 1981 until his retirement, has visited both Pershore and Kidderminster several times over the years, often discussing more delicate issues such as incontinence and erectile dysfunction in his ubiquitous forthright, but often amusing and always engaging, style.



Dr. Steve Allen

As someone who has had prostate cancer and had to come to terms with, then gradually overcome, dreadful side-effects from his treatment, few are better placed to talk in detail about PC than Steve. This time, however, he concentrated on new developments in the field of prostate cancer treatment.

His talk moved rapidly from improved MRI scans (mp MRI scans which can be assessed by artificial intelligence) to Protagrams (which take just 15 minutes and could become an important screening tool). He assured us that biopsy techniques were now much improved. Prostate specific membrane antigen (PSMA) scans were now available privately, but not in many areas, Bristol being the nearest for us.

Steve urged those with advanced cancers to sign up for clinical trials, which were nearly always positive, and to use their right to be treated at the hospital of their choice. He was, however, delighted to learn that, just a few days earlier, robot-assisted surgery had been used in Worcestershire for the first time.

The SWPCSG organisers were pleased with the turn-out (35) and, even more so, with the fact that those included 9 recently diagnosed attendees, most of whom have decided to become members of the support group and one of whom had travelled down from Solihull to attend the event.

Peter Corbishley

KWPCSG COMMITTEE 2022

Mary Symons	Acting Chair / Secretary	01299 823166
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Dick Langley	Publicity / Website	07861 233930
Derek Scully	Support Contact Co-ordinator	01886 833236
David Underhill	Tackle Representative	07817 518201
Mark Hall	Minute Secretary	01299 879953
Peter Corbishley	Editor Supporter Magazine	01386 554650
Dick Herbert	Trustee	01299 250598
Val Markall	Co-opted Member	01562 751355
Nicky Langford	WAHT Fund Raiser	07590 624426
Peter Spencer	Co-opted Member	01562 914797

Please contact us if you need support or advice



MEMBERS



PHIL RUDD: PAR FOR THE ROUND SO FAR



Phil Rudd

In 2013 when I retired at 60, I decided I would have a "Wellman check" every year at my local Droitwich medical centre. Everything was fine at first, but at no time was a PSA test or the prostate gland mentioned.

In 2016 two friends who were fellow golf club members were diagnosed with prostate cancer, so, on my next visit, I asked if I could have a PSA test. The doctor asked me several questions to see if I had any symptoms. All my answers were negative. "Oh, no, you're fine, nothing to worry about."

12 months later I mentioned it again. Lady doctor this time. Same questions, same answers from me. She said that the PSA value was not an exact science. You can get false positives, so if it was high and I went through a biopsy on the gland, I may go through some terrible pain unnecessarily. Anyway, at the time as I had no symptoms, I agreed to leave it.

Fortunately, however, in 2018, with still no symptoms - and that's the important point to remember - another lady doctor I had for my 'Wellman check' was passionate about the health of middle-aged men, including those without a family history of PC and

without symptoms. She arranged for me to be tested. I was quite shocked when she rang me 2 days later to tell me my PSA value was 33. At the time, they expected it to be no higher than 4.

First there was an internal examination, followed by an MRI scan, and the biopsy on the prostate gland that I mentioned earlier. Later on, I also had a bone scan, which confirmed the cancer had not spread.

I then got called in to see my consultant, so I knew something wasn't right. At this point my wife obviously wanted to accompany me. I'm so glad she did, because when they mentioned the 'C' word, I didn't really take in anything about the treatment procedure. My wife was a Head Teacher, organisation is her middle name. She has been fantastic and organised everything during those really difficult months, such as dates, times of appointments and medication. I didn't know about the support group at this time.

I couldn't have the prostate removed, which in a funny way made it easier for me, because I didn't have to make the difficult decision between a tricky prostate removal operation with potential complications, or the chemotherapy / radiotherapy line that I took. That is purely a decision that I assume some people reading this article have had to take already.

I had 6 rounds of chemo in the Oncology department at the Worcestershire Royal Hospital which was basically 1 hour every 3 weeks. Hair thinned, and I wore a cap for a few months, but I didn't lose my hair completely and it soon thickened up. I wasn't continuously tired, as I thought I might be, and wasn't sick thanks to the anti-sickness tablets. Following this, I had a PET / CT scan, and for me this was totally successful, but I did go through a month of radiotherapy as well. 20 continuous days (excluding weekends). None of these procedures was

painful for me. Anyway, if they had been, what was the alternative? We all want to live as long as we can, don't we?

Again, the radiotherapy was successful, and during all the treatment and the hormone implant injections, my PSA value continued to drop. I continue to have the quarterly implant injection and my current PSA value, which is checked every 3 months, is now less than 0.01 and has been for over two years. Keeping active is so important, and I do this by playing regular golf, and I feel very

lucky to still enjoy life with my family.

I joined KWPCSG in January this year and have encouraged many friends and colleagues to get tested, even though they may have no symptoms. Some have listened, some have not, but I'll keep on trying. Plenty of bunkers and water hazards (!) on the early holes, but still hoping to go round in par.

Phil Rudd

PERSHORE PLUM FAYRE: A ROARING SUCCESS

The day dawned fair at 8:30am. The Prostate "Gang" arrived with tables, chairs, brand new tombola drum, and all the prizes were unloaded for the day.

What a day! Large crowds returned to greet the August Bank Holiday Pershore Plum Fayre. Our stand had been moved to Broad Street, and this central location meant we were kept extremely busy through the long day.

The Rota "Gang" were magnificent – so a huge vote of thanks is due to Michael Amies, John Bayliss, Stephen Branchett, John Charuk, Peter Corbishley, Gerard Kenny, Eric & Val Scrannage and Derek Scully. We coped surprisingly well despite the excitement of children winning teddy bears bigger than themselves.

We sold over 1200 Tombola tickets via our bright red Tombola drum and raised over £650. The tickets sold were a measure of the vast number of passing visitors who were able to see our banners and message about Prostate Cancer. Our main purpose of raising awareness about PC was more than well met. A few dozen Knowledge Empowers booklets were distributed, and we chatted to dozens individually.

Our heartfelt thanks go to the Pershore Prostate Cancer Support Fund for helping to finance the day and of course to the countless friends who donated all the Tombola prizes.

Gordon Kingston



Gordon with Marion Gough at the tombola stall



Group's new pitch in Broad Street



FUNDRAISING



CRICKETERS RAISE FUNDS FOR PC CHARITIES

Following an initiative started by Buckinghamshire two years ago when walks were organised from cricket grounds to raise money for Prostate Cancer charities, a decision was made to try to make it a national initiative. As such, Worcestershire, along with a number of other counties playing senior cricket, agreed to organise their own charity walks.

In Worcestershire it took place on Wednesday 28th. September from New Road, Worcester. The walk, which started at 10am, was a short one along the river and back to the city centre before returning to New Road.

WCCC kindly agreed to support the walk and offered free tickets for entry to the ground on the day which was the third day of the final LV County Championship game against Middlesex. A number of Middlesex players indicated that they would try to attend the start of the walk for a photo shot.

This was obviously an initiative to raise money for Prostate Cancer UK and also the Bob Willis Fund, both of which do fantastic work raising funds to support research and treatment of Prostate Cancer.

John Barrett (SWPCSG)



*New Road: John Barrett
(SWPCSG committee member 4th. from left)*



Iconic view on a perfect day for the walk



Heading back over the bridge to New Road



RECENT EVENTS

COFFEE & CHAT HEADS TO STUDLEY

What is the purpose of our Coffee & Chat meetings, you might ask. After all, we hold 6 larger public meetings at Kidderminster and Pershore, have really great speakers and they are clearly well supported.

Well, our recent meeting at Studley Village Hall rather exemplified why we have been holding these sessions in the past year across the county. This time was slightly different, in that we had a joint meeting with colleagues from the South Warwickshire support group (& many thanks to Doug Badger, its chairman, for his help). Over 20 attended.

Some points help to ensure that these events are successful. It is important that the cakes are OK, and Brunos cakes at Studley were fab-u-lous (as someone on the TV says!). There is something about having a coffee in congenial surroundings, chatting with like-minded colleagues and putting the world to rights.

Men much prefer to share their own concerns in small groups with others affected by the same issues. Those afflicted by prostate cancer can share and compare the side effects of medication treatments. Occasionally, it is comforting to know that you are not alone in feeling anxious about dealing with the whole “journey”, as it is so often called these days.

So, should we hold these C&Cs again? Would you come along? Where should we hold them - near to you? Do you know of somewhere suitable to hold one? If you have suggestions, do please let us know. Email gkingston@btinternet.com with your views.

Gordon Kingston



Colin Maisey from South Littleton was attending his first SWPCSG event



Andy Hyslop from Fernhill Heath was also attending his first support group event



THE ROBOT HAS LANDED: LANDMARK DAY FOR WORCESTERSHIRE AHT

It may be many years behind schedule and it has certainly been at the centre of questionable NHS regional and national decision-making for the past 5 years, but at last the robot has landed. The Worcestershire Acute Hospitals Trust (WAHT) has at last a state-of-the-art robotic-assisted surgery (RAS) theatre at the Alexandra Hospital in Redditch where its first operation to remove a patient's prostate was performed early in October.



The newly refurbished theatre at the Alexandra Hospital with the da Vinci robot.

This is without doubt the most important development in the county in the sphere of prostate cancer for decades. To understand why, it was my privilege to interview two of the prostate team who performed the first RAS operation and to convey in the articles below their sense of relief, achievement and pride.

PAUL RAJJAYABUN (CONSULTANT UROLOGICAL SURGEON)

The last time I spoke to Paul Rajjayabun was on June 16th. 2016 at the Evesham Community Hospital. In what I recollect as a very small office he informed my wife, Barbara, and I that I had been diagnosed with locally advanced prostate cancer, that the situation was serious but that he was determined that, after treatment, I would be completely cured.

More than six years, a radical prostatectomy and 35 sessions of radiotherapy later, it was great to speak to him again. What struck me from the first few moments of our 45-minute telephone conversation was his positivity and excitement. After so many images of medics battling through Covid in understaffed departments, overworked and often at breaking point, it was so special to listen to someone who joined the urology team back in 2007 and whose enthusiasm

for his work has gone up several notches since robotic surgery was introduced to the county and to its PC patients.

First, however, some biographical details. Paul's father was sent by his parents, who lived in Bangkok, to attend school in the UK in the 1950s. He went on to study medicine at the University of St. Andrews, married a Scottish lady and settled in Dumfries, where Paul was born. While Paul was still quite young, the family moved to the Halifax area in West Yorkshire, where Paul attended Bradford Grammar School. Having inherited his father's passion for medicine, Paul studied at Birmingham University Medical School before graduating in 1994.

He started his medical career working under Professor Temple at the QE in Birmingham, then continued his early training under

Professor Lewis at Rinkwood. Having decided in his third year at medical school that surgery was going to be his career path, Paul went on to spend two years in Newcastle-upon-Tyne, not in clinical work but in laboratories where he was engaged in cancer research involving the molecular biological mechanisms of bladder cancer. He then returned to the West Midlands, spending 6 years as a registrar in urology in a variety of training units, including one in Worcestershire.

It was in 2008 that Paul was appointed as a consultant by the Worcestershire AHT. His speciality was keyhole surgery, and much of his work involved the removal of malignant kidney tumours. In those early years there were already outline plans for robotic surgery and fundraising had begun in 2008, only to be paused so that the focus in the county could concentrate exclusively on breast cancer and the Haven unit project.

By early 2017 the resurrected fundraising, spearheaded this time by Ian Jukes, had seen £ 315,000 amassed, and Lisa Thompson, the Director of Communications at WAHT, announced the trust had been given the green light and the acquisition of the robot was now entering the procurement stage. Sadly, the next 5 years saw the project halted and at risk of being scrapped altogether. 'In those years recruiting new urologists became almost impossible,' Paul said, as Worcestershire AHT became one of the diminishing number of trusts without robotic surgery.

'The uncertainty meant we couldn't evolve as a department, and it led to some consultant colleagues leaving the trust,' he added. Paul then referred to 'co-dependent' specialities, meaning that a strong urology department was vital to the work done by other departments, such as the gynaecological and the colorectal teams who often required the additional support of the urologists if complications were anticipated or arose during surgery.

He admitted to feeling elated after the decision to go ahead with the Rory project became known. Over the summer the training began, and in early October the first patients were undergoing robotically-assisted surgery. 'What was really striking

was how well the patients looked the next day. They were sitting up in bed, eating normally and able to walk around the ward unaided.' In most cases the patients were well enough to leave hospital the day after their operation.



Paul Rajjyabun

When asked if open surgery would be phased out, Paul was adamant that there would be a need for such surgery for years to come as, in some cases, it will still be the better or the only viable option for patients. 'At least in Worcestershire there will continue to be a choice.' He felt the urology department would go on to become one of the finest in the country.

His final comments, however, reflected a deep concern regarding the detection of prostate cancer. In 2018 no fewer than 730 men in the county had been diagnosed with prostate cancer. In 2021 that number had fallen to just 420, reflecting the devastating effect Covid has had on GP visits and hospital referrals. Those missing 300-plus from 2021 are probably still out there, their cancer undetected or detected at a later stage. This translates into more pressure in the next 2-3 years for the oncology and urology departments to deal with this backlog, but now they have the tools to make significant progress.

Peter Corbishley



Paul with his father at his graduation ceremony

PAUL SOUTHALL

(CONSULTANT ANAESTHETIST)



Paul Southall

If you have undergone a radical prostatectomy at the Alexandra Hospital in Redditch over the past 4 years, it's quite likely that the man administering the sedatives immediately before your operation or the pain relief afterwards was Paul Southall (39), one of WAHT's consultant anaesthetists.

Paul was born in Dudley and attended the Ellowes Hall Comprehensive School in Lower Gornal before studying at Birmingham University Medical School. Once qualified, he worked as a registrar in a large number of West Midland hospitals, including Worcestershire Acute hospitals, before landing a post in 2018 as consultant anaesthetist with WAHT.

His is a diverse working pattern, spending Mondays at Kidderminster Hospital, Wednesdays at the Alexandra and Fridays at the Worcestershire Royal. In addition, his post includes the responsibility of Countywide Clinical Sustainability Lead, so he is closely involved in the work on the new operating theatres at the Alex.

'It was back in January', Paul recollected, 'that we first had an inkling that something was afoot.' Since moving to Worcestershire Paul had experienced the frustration shared by the urology team of the constant moving of the goalposts which had thwarted attempts to bring robot-assisted surgery (RAS) to the county. By the end of 2021, with huge NHS expenditure being diverted to the Covid pandemic, few thought that there was an imminent prospect of the project going ahead. 'Then in March, two weeks before the official press release, we knew we'd got it.'

Paul described his friend and fellow consultant, Paul Rajjayabun, as being 'like a kid in a sweetshop' after the news came through. The difference it made to the team was immense. Everyone knew that the project now had greater ramifications for the hospital and for the county beyond the improvements which RAS would bring. It should secure the future of the urology department in WAHT and give a huge boost to recruitment. Together with the recent announcement of new operating theatres at the Alex, it seems to be a big step towards securing the future of the hospital.



Paul Southall (left) and Paul Rajjayabun (right) in front of the Da Vinci robot before the first-ever RAS prostatectomy

The first-ever radical prostatectomy in Worcestershire was carried out on October 5th. Paul was one of the anaesthetists and he reflected on the sense of relief after a 10-year wait (which was described in detail in the June 2022 Supporter Magazine – Editor). When I interviewed him on November 4th. the team had completed 9 such operations. At present they were taking on average about 5 hours, with just one operation per day, but it is hoped that, over the next few months, time spent in theatre will be reduced and 2 operations per day will be possible.

'We have been amazed that the majority of the 9 patients so far have been well enough to leave the hospital the very next day.' Traditionally, a patient would need to remain in hospital for 3-4 nights after open surgery, so this will have a positive impact on the availability of beds on the surgical wards. So far only RAS prostatectomies have been carried out using the Da Vinci equipment, but it is hoped that RAS kidney operations will be possible next year and bladder repair in the years ahead.

Peter Corbishley

State of the art surgical robot arrives on site at Alexandra Hospital

Press release by the WAH NHS Trust September 8th

Plans to bring state-of-the-art robot assisted surgery to Worcestershire have taken another significant step forward this week with the arrival of the surgical robot on site at the Alexandra Hospital.

The much anticipated and exciting delivery was made on Wednesday afternoon, with engineers working on the construction and installation of the robot at the hospital on Thursday morning.

The delivery of the robot follows the upgrade and refurbishment of an operating theatre which included reinforcing the theatre floor to take the weight of the robot as well as upgrading the ventilation system, general refurbishment and redecoration.

Senior clinicians aim to begin providing robotic surgery at the Alexandra later this year with robot-assisted prostate surgery for men with prostate cancer being the first procedure offered.

For those patients who are able to have it, Robotic-assisted Radical Prostatectomy (RARP) can offer equivalent or better outcomes, less pain, shorter stays in hospital and quicker recovery for patients with prostate cancer, which is the most common form of cancer in men.

Currently, any prostate cancer patient from Worcestershire who wants this type of surgery as part of their treatment has to travel out of the county for it. That means around 80 patients a year having to travel away from Worcestershire for their operation.

Mr Stephen Goodyear, the Trust's Divisional Director for Surgery, said: "After working for many years to bring robot assisted surgery to Worcestershire, to take delivery of the robot on Wednesday was extremely exciting for all colleagues involved and is another very positive step forward which is great news for our patients and our service. As well as offering state of the art care for our patients, this new facility will also help to make our Trust an even more attractive place to work or train for clinical staff from a wide range of roles and specialties including surgeons and theatre practitioners."

Matthew Hopkins, Chief Executive of Worcestershire Acute Hospitals NHS Trust, says: "This development is a vital part of our plans for the future of our services and our hospitals and a further demonstration of our commitment to providing the best experience of care and outcomes for our patients."

The robot is a further addition to the range of high quality elective (planned) surgical services already provided at the hospital for patients from across Worcestershire and beyond.

Worcestershire Acute Hospitals NHS Trust, which runs the Alexandra as well as Kidderminster Hospital and Treatment Centre and Worcestershire Royal Hospital, is investing more than £3.5 million in the new service. Thanks to the generosity of local supporters, a fundraising appeal in aid of robotic surgery had already raised around £500,000, before plans for the development were paused during the Covid-19 pandemic.



MEMBERS



IAN JUKES (RORY APPEAL FUNDRAISER)

I was delighted to receive an unexpected phone call in early September, to inform me that the refurbishment of the theatre to be used for robotic surgery, had been completed and that the robot would be delivered and be ready for installation in the following week or two. I was kindly invited to pop in one afternoon to see the results and arranged to visit a couple of weeks later.

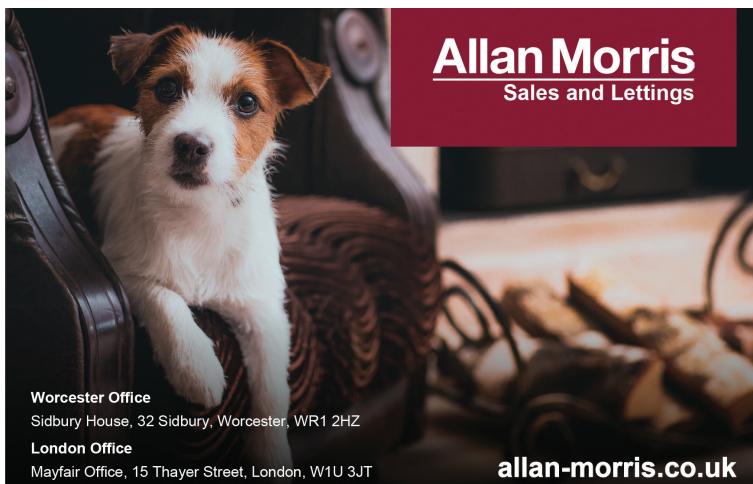
You can imagine my delight to see the robot for the first time during that visit and meet with some of the staff and surgeons who would be using Rory in the future. Although the robot was missing the theatre operating table at the time, the majority of kit was in place and installed allowing the staff to become familiar with the unit.

It was a very emotional experience to see the robot actually there in the metal as it were, after so many years of hard work and countless contributions made by everyone associated with the Rory Appeal. At long last it was in its rightful place at the Alexandra hospital and is now performing its duties.

The introduction of robotic surgery to our Worcestershire community has already helped to attract new enthusiastic urology consultants wishing to join our existing talented and dedicated team. Rory offers those patients identified as suitable for this type of non invasive procedure, an additional option other than open surgery locally as previously, patients electing to having robotic surgery were sent many miles away.

This is yet another milestone in the journey to confirm Worcestershire Acute Hospitals as centres of excellence for prostate and other cancer treatments which we are all very proud of. My sincere thanks and best wishes to everyone involved in one way or another, especially to the committee team who helped this become a reality for our county.

Ian Jukes



Allan Morris
Sales and Lettings

Worcester Office
Sidbury House, 32 Sidbury, Worcester, WR1 2HZ

London Office
Mayfair Office, 15 Thayer Street, London, W1U 3JT

allan-morris.co.uk



FUNDRAISING



ELLA SEEKS YOUR SUPPORT

Christmas is approaching and if you, as a KWPCSG member, are seeking a good cause to support, look no further than Ella Holden. Ella is the 22-year-old daughter of Kerry Holden, whom many of you will know as the nurse specialist, along with her colleague, Sarah Holloway, on the Prostate Cancer Survivorship Programme set up in the county in 2009 by Adel Makar (WHAT Urological Cancer Lead) and Mary Symons, our very own chairwoman. **Ella's challenge will be a half marathon at the Birmingham Running Festival and her run takes place on Sunday, February 19th.** Having represented her university in cross country, Ella is well equipped to tackle the 13-mile course.



Ella at her graduation ceremony with mum Kerry Holden

Ella and her family live in Wolverley, near Kidderminster. She graduated from the University of Liverpool earlier this year in English Literature and is currently applying to Trinity College, Dublin, for either an MA or a different course e.g. a law conversion course. From our conversation it sounds as if she is very interested in journalism, so **I am hoping to receive a written contribution from her after her run when we all hope she'll smash the modest £400 target she has set on her fundraising.**

"We are very proud of her achievements and her graduation was something we will never forget," said her mother, Kerry. "She is a kind, friendly and thoughtful person who has always had an awareness of the importance of community."

Choosing KWPCSG I understand was influenced by my role in the Survivorship Programme for Worcestershire. She has heard me speak about my job over the years and what it involves."

Kerry's job involves PC patients being referred to the Survivorship Programme by the Urology or Oncology clinic setting at least 2 years since curative prostate cancer treatment, with a stable PSA and recovery. It is a remote monitoring service. As part of the role, she orders PSA requests and monitors the PSA for specific rises, liaising with consultants accordingly. Holistic needs health assessments are completed as required so patients are dealt with as individuals.

If you would like to support Ella, click onto her link : <https://gofund.me/86500fb0>

Peter Corbishley



Ella as a member of the Liverpool University cross-country team



I NEVER SAW THAT COMING!



FOURTH TIME LUCKY!



'Government Health Warning' I have waited three years for this

In early 2019, before I even knew what my prostate did or where it was located, I had planned a short holiday in Jersey. My diagnosis, subsequent treatment and Covid meant I had to cancel plans on three occasions.

The 25th August 2022, 1171 days after starting out on another unwanted journey, found me, my brother Phil and sister-in-law Sonia at Heathrow Airport for the flight to Jersey, the fourth - and this time hopefully successful - attempt. British Airways decided to ratchet up the tension. The flight was delayed due to a late incoming aircraft and problems unloading baggage, but this proved only a minor inconvenience as it meant a longer stay in the business lounge, unlimited coffee and cake for me, champagne for Sonia and Phil. Being frequent flyers before the pandemic, we kept our status, but this will shortly lapse.

The holiday was excellent, everything that I hoped for - beautiful blue skies, temperatures in the low 20s. The shorts came out, and we did the tourist sites - Elizabeth Castle, Mont Orgueil, the German War Tunnels and Zoo. We had the benefit of some spectacular food thanks to advance planning and research by Sonia and Phil.

British Airways had a second attempt at ruining our enjoyment as we waited over an hour in the baggage area when we got back to Heathrow. Does anyone see a pattern here? They failed miserably. I completed 9 years' service in the army, so I can claim to have been messed about by professionals!

I met another PC sufferer, a total stranger, one of the unfortunate group who started out on the curative pathway but found himself joining me on the palliative pathway after a prostatectomy some years ago. He is about to undergo chemotherapy. In his own words, "They didn't get it all." He spent some time on hormone therapy but came off it at one point because of side effects. What was refreshing in the frank discussion was that we both admitted to emotional issues - dark days, when the world is against us, other days when watching something on television would start an episode of crying. He has had help from St Richard's Hospice which has a well-being service, (this requires referral from one of your medical team.) I mentioned that I visit Maggie's when I need to talk.

I am slowly picking my way through the minefield that we all live with. For example, what do you say when introduced to someone in the support group? Earlier this year someone asked me if I had undergone a radical prostatectomy or radiotherapy. I replied, 'Neither, I had chemotherapy.' I could visualise the emergency exit button engaged in his mind as the conversation dried up very quickly. It's so British - "How are you?" "I'm fine, thank you." Nobody says, "Well, actually I had chemo 5 days ago, feel like **** and spent the evening in the toilet firing at both ends!"

I sometimes say to people I know, “Do you want the 5 second answer or have you got ten minutes to spare?” Someone I have known for over two years recently told me he was on the same medication as me, so I knew he had problems, but he had never given me any indication previously as to his status. The number of people I have talked with invariably say something like, “You look okay.” Recently on one of my volunteering jobs, where they know I have cancer, I was asked what stage I was. When I replied, “Stage 4,” out came the often heard, “You don’t look sick.” I sometimes wonder just what I am supposed to look like.



I used to fit in here before three years of hormone therapy and steroids, and that chocolate sundae (Elizabeth Castle, Jersey)

Along with rising PSA levels, now at 16.5 (November 8th.), a recent scan showed that at least 3 lymph nodes were active. Worst case: one had gone from 16mm to 28mm. As I was still basically asymptomatic, Lisa Capaldi, my consultant oncologist, suggested I wait a few months and get every last benefit from the abiraterone hormone treatment, which is, after all, still controlling some of the cancer in my lymph nodes.

Mark Howard

TACKLE MEETINGS FOR ADVANCED PC SUFFERERS

I had received information that Aidan Adkins, a Tackle trustee, was planning on holding a virtual meeting on Zoom for patients with advanced cancer. Its aim is to overcome a perceived lack of involvement at support group meetings, which regularly feature articles about surgery or radiotherapy but rarely enter the realm of chemotherapy or treatments for advanced or metastatic disease.

The first on-line meeting was in September. After an initial introduction by Aidan, we broke up into small groups and introduced ourselves. The nature of the subject means we are bound by confidentiality. It sounds bizarre, but it was so refreshing talking with other sufferers who knew where I was in my treatment and where I was going. I have long quoted my PSA level at diagnosis and managed to shock those around me who were in the minor leagues, but I was now talking to patients who put me in the lower divisions. I thought my level at 572 was high, but I soon found out I was not particularly unique.

Aidan showed a graph of his own PSA levels at various phases of his treatment. You can always tell an engineer because he always has a graph about something somewhere. I know because I have a graph of my own PSA levels! He had even used a logarithmic scale which prevented the small levels from being dwarfed by the high numbers. It was almost like being back at work where I used logarithmic numbers and decibels every day.

At the second meeting on October 31st. there was more interaction between participants, with discussions about treatments and different forms of PC. The small breakaway groups are ideal for talking. One thing we cannot do is to offer advice or suggestions on treatment. After all, we are not clinicians. We can, however, talk about our own experience, say how we reacted to treatments and give tips for dealing with medication.

Mark Howard



FUNDRAISING



ALAN (80) COMPLETES DAUNTING CHALLENGE

In the June 2022 edition of our magazine, we included an article about one of our honorary members, Alan Jones-Bratt. In the past Alan has donated to our Group substantial amounts of money from events that he has organised.

Just prior to his 80th birthday Alan set himself a daunting challenge of completing 80 rounds of golf, 80 ends of indoor and outdoor bowls and an 80-mile walk. He described the event as his 80x80 challenge. The plan was to raise money for four of his nominated charities, one of which was ours.

Alan has completed all of his planned events, raising £6000 in the process.

The challenge did not go without its hiccups, as two weeks prior to the event while training he severely twisted his pelvis. On visiting a local osteopath and following bone-crunching exercises his torso was reset.



Paul Markall (KWPCSG treasurer) receives cheque for £ 1500 from Alan

During his 80-mile walk, which was completed over 4 days, he was walking along a disused railway line and stepped to one side to enable a vehicle to pass, lost his footing and slid down the slope, injuring his shoulder and back again, ending up in a bed of nettles. Fortunately, members of his family were accompanying him on the walk and were able to patch him up.

I would like to congratulate Alan on behalf of our group for achieving his challenge and for his determination to complete all of the events he had planned. A further thank-you for the donation of £1500.

Paul Markall

REMINDER

Annual subscriptions of £5 are due on 3rd January 2023

If you have not completed a standing order with your bank, payments can be made either by cheque or cash to any member of the committee. If you no longer wish to remain as a member of the Support Group, please inform a committee member in order that we can amend our records.

In order that we can claim **Gift Aid** it is essential that the donor must have paid enough annual UK income or Capital Gains Tax to cover all of their annual charitable donations and not just the donation made to us. Other taxes such as Council Tax and VAT do not qualify. If you have in the past completed a Gift Aid declaration to our Group and you now no longer meet the above requirements, please contact the Treasurer, Paul Markall Tel: 01562 751355

REVIEW OF GROUP'S COFFEE & CHAT MORNINGS

One of our great concerns back in spring 2021 was that, as we were beginning to emerge from 2 Covid lockdowns, our members would be reluctant to venture forth and attend our meetings. As I wrote in my June 2021 editorial:

“ the magical date of June 21st. (2021) when, if all goes well, the remaining lockdown restrictions are eased, and life returns to normal. Or does it? Will there still be a reluctance to leave the house, go into shops, jump on a bus, join in a quiz night at the local pub or book a holiday abroad? Will people approaching you on the footpath continue to leap out into or even cross the road to avoid you? Will they, will you continue to wear masks?”

After discussions in the KWPCSG committee meetings, the South Worcestershire PCSG was given permission to reach out to current members – and hopefully attract new members – by putting on so-called Coffee & Chat sessions in different parts of the south of the county. Gordon Kingston, the chair of SWPCSG, led the project, checking out the most suitable venues and promoting the events on a shoestring budget and with assistance from Derek Scully, who emailed members in the relevant postal codes. The simple idea was to provide a coffee (or tea) and a cake (or two) free of charge to entice men, who have or have had PC, and their partners to sit down and chat with others.

Numbers were small for our first 3 events in 2021 (see list below / number of attendees in

brackets) but picked up this year with 2 well-attended events in Worcester and Droitwich. We became more adventurous, inviting Tackle trustee Aidan Adkins to speak at our Droitwich C&C and then venturing over the border to invite our South Warwickshire PCSG members to join us at Studley Village Hall just a few weeks ago (see article on page 7).

There are cost implications, offset in part by donations on the day, sometimes for the hire of a room, always for the refreshments. That is why we need to review these sessions. Do those who have attended one or more C&Cs think we are bringing members and non-members together? Do you think that, with an average nett cost of around £ 100, this is money well spent or not? If you wish us to continue, do suggest new venues for our 2023 programme across the county and beyond e.g. Ledbury, Bridgnorth..

Please let us know by contacting Gordon Kingston on 01386 462253 / email gkingston@btinternet.com

C&Cs SO FAR

Fri. July 16th. 2021

The Cube, Malvern (18)

Fri. Sept. 24th. 2021

The Angel Hotel, Pershore (15)

Fri. Nov. 12th. 2021

The Cube, Malvern (13)

Tues. April 5th. 2022

Worcestershire CCC (23)

Fri. 15th. June 2022

Gaudet Luce Golf Club, Droitwich (35)

Tues. Nov. 8th. 2022

Village Hall, Studley (22)

Number of attendees in brackets

South Worcestershire & South Warwickshire

Prostate Cancer Support Groups

Studley Coffee & Chat
10:45—12:30 Tues Nov 8th

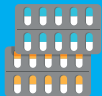
**Studley Village Hall, High Street,
B80 7HJ**



**Come and join us
for a chat**
**FREE coffee & delicious cakes
from Brunos Bakery**

Contact: 01386 462253
Email: contact@kwpcsg.co.uk

One of the 35 mini posters distributed in the Studley, Evesham and Alcester areas



Abdominal Compression Devices for Stereotactic Ablative Body Radiotherapy (SABR)



Worcestershire Acute Hospitals Charity is pleased to announce that two abdominal compression devices have been purchased following our SABR fundraising appeal.

The SABR Appeal aimed to provide support for the roll out of SABR treatments within the Radiotherapy Department based within the Worcestershire Oncology Centre, which we are pleased to announce is now progressing to the next stage.

How SABR treatments work and the difference it will make for our patients

SABR treatments are a type of radiotherapy that uses high energy x-rays to treat cancer.

Standard radiotherapy usually delivers treatment over a number of daily doses given over a period of weeks.

Whereas SABR treatment is given over a smaller number of treatments compared to standard radiotherapy, giving a high dose of radiation to the tumour whilst minimising the dose to the normal health tissues.

SABR treatments are usually given in 3, 5 or 8 treatments on alternate days.

Currently within Worcestershire Acute Hospitals Trust SABR may be used to treat:-

- Cancer that has started in the lung that is small in size
- A cancer that has spread to a limited number of parts of the body such as lymph nodes or bone (oligometastasis)
- Prostate cancer (as part of a trial)

SABR is not suitable for every one and the clinical oncologist will talk to the patient if it is an option for them.

When treating tumours that move a lot due to a patients breathing motion, it can be difficult to treat the tumour to a high dose whilst minimising the dose to the normal tissue.

An abdominal compression device will help to reduce the breathing motion of the patient, by restricting the movement of the abdomen when breathing (although it is not suitable for everyone).

The service at Worcestershire Acute Hospitals NHS Trust is still in the initial set up phase and no patients have yet to require the compression device, it is expected that patients with tumours that move in the lung and abdomen will benefit from the device.

Without the device the movement of these tumours may have meant that they were not suitable for treatment in our Hospitals and would have been referred to other Hospitals out of the county.

Staff have been practicing with the device in preparation for the first patient and are ready to go when the first patient has been identified.

Claire Bode (Radiotherapy Service Manager) says;

"It is great to be able to offer SABR locally, previously patients would have had to travel to Birmingham or Bristol to receive treatment. Having the abdominal compression devices will mean that more patients can be treated locally without the need to travel to long distances."

**Thank you for your support of our SABR Appeal
and we look forward to keeping you updated on
the progress of SABR Treatments at
Worcestershire Acute Hospitals NHS Trust.**



**WORCESTERSHIRE
ACUTE HOSPITALS
CHARITY**
Putting patients first

Press release by the WAH NHS Trust

And finally.....Matt Rudd

The end of the world is nigh.

Now I need a teenager to work the TV

Six months ago I got Dad – 81 years old, fiercely intelligent, can't work the microwave – an iPhone. I set it up for him, nice large font size, put the numbers in and gave him a demo. From there things went downhill, because in our last IT class 6 years ago I had managed to teach him when to click a mouse and when to double-click it. Unfortunately, he transferred these skills to the phone and that caused chaos. No, just one tap, Dad. No, not for that long. No, that's a swipe. No just go back to the start. No, just press the home button. No, that's not hard enough. No, that's too hard. Now it's locked. Now you're calling the emergency services.

A month later, after some therapy, some breathing exercises and some whisky, we were both ready for another go. Just relax, Dad. You're not diffusing a bomb. Nothing bad can happen. No, you're moving your finger when you're tapping. No, that's not, how did you – which emergency service do you require? Is the patient breathing? Oh, God!

Recently I was the one requiring assistance when I tried – and failed – to send a video to the manufacturer of a faulty power bank bought to keep the fridge running in the event of a power cut. 'Help' I called to the 13-year-old probably hacking the Pentagon in his bedroom. And there, coming down the stairs in teenage form, was my bleak future. It rolled its eyes It marvelled at the simplicity of the task. It said, 'You just have to compress the file using bespetchzcock.net taking care not to moogle the flingenmark or the spank won't pimple the brangelina.'

This week alone my parents and parents-in-law have variously been confronted with

NHS apps, banking apps, customer service live chats and 19-step verifications because no one answers the phone anymore. Two things make it worse. First, the rush to make every inanimate object smart. Humanity never needed an app for a doorbell, for Greggs or for the central heating, but that's what we've got. Things that were once dumb and easy are now smart and mind-bending faff.

Second, the arms race between companies and fraudsters. I miss the days when I could buy something without having to type a 6-digit code having already identified 5 sailing boats, the colour of a car I once owned and the 7th. and 13th. characters of a 12-character password. If I feel like that, how does the 81-year-old feel?

I shouldn't have called in the teenager, because since then I can no longer work the TV and I've lost all my holiday photos in a cloud. The technology knows. It knows that it's my turn to join the bewildered masses, blinking back tears of frustration because the Bluetooth won't Bluetooth and the wi won't fi. What will it be like when I'm 81?



Matt Rudd

Matt Rudd The Times

CALENDAR OF EVENTS 2023

KWPCSG AGM VIA ZOOM

AGM meeting in January will be held on **Zoom**, on **Tuesday 17th January 2023 at 7.00 p.m.**, To access the AGM, please go on to the support group's website, **www.kwpcsg.co.uk/agm**

EVESHAM COFFEE & CHAT

Friday, March 10th. 2023 (10.30 – 12.15)

Venue to be confirmed in New Year

Free coffee and cake for every member and partner!!!

The perfect opportunity to get to know others who are being treated for or who have recovered from prostate cancer

SOUTH WORCESTERSHIRE PCSG

Wychavon Civic Centre, Queen Elizabeth Drive, Pershore WR10 1PT

Tuesday, March 21st. (doors open at 6.30 pm for a 7.00 pm start)

SPEAKER: DR. PAUL RAJJAYABUN

(Consultant Urological Surgeon for Worcestershire Acute Health Trust who will be talking about Robotic-Assisted Surgery at the Alexandra Hospital, Redditch)

KIDDERMINSTER & WORCESTERSHIRE PCSG

Harriers' Social Club, Stadium Close, Hoo Road, Kidderminster, DY10 1NB

Monday April 17th. 2023 (doors open at 7.00 pm for a 7.30 pm start)

SPEAKER: AIDAN ADKINS

(Chair of Solihull PCSG and Trustee of Tackle, the representative body of 93 PCSGs in the UK, Aidan will be talking about his own PC journey and what PC patients can do to improve their chances of surviving cancer)

Free and ample parking in the club's own car park

FITNESS WITH DI FOX (VIA ZOOM)

EVERY MONDAY MORNING (09.30-10.30)

Go to **www.kwpcsg.co.uk** for login details

Keep in touch with us via: / Tel. 01299 832166

www.kwpcsg.co.uk / contact@kwpcsg.co.uk