

NEWSLETTER



Prostate
Cancer
Research

pcr.org.uk

Transforming research. Transforming lives.



Identifying why prostate cancer spreads to the bone

Read about the new research that Dr Munkley and Dr Wang (pictured) are pioneering, page 8 >



WINTER 2022

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Welcome



This has been a fabulous few months for the organisation. We have worked harder than we've ever had to before and have made some significant breakthroughs.

We have been hard at work on the End Needless Prostate Deaths campaign, which is pushing for the increased use of the vastly improved range of diagnostics and therapies that are now available to us. As a result, I have lost count of the number of articles that have appeared in the press on improved MRI, the postcode lottery, and breakthroughs that we need to be using across the country. We hope to see some significant announcements in the next few days and weeks.

In addition to this, the team have approved new grants, developed new strategies and recently won a Charity Times award for our work on reducing racial disparities. Judges praised a well-developed project with likely global impact, which is no mean feat for a charity our size. I hope you enjoy reading about all this work in this issue. Thank you, as always, for your support. Without you, we could not understand the issues, develop the projects and push for change.

Oliver Kemp
CEO



Prostate cancer accounts for 26% of male cancer diagnoses and is now **the most commonly diagnosed cancer in the UK.**

While prostate cancer is treatable when localised within the prostate, it becomes life-limiting and potentially terminal when cancerous cells spread around the body. We are committed to funding innovative research that fills gaps in current understanding. It is only through research that we can make progress.

Connect with us to stay up-to-date with our latest news and tell us your stories:

-  [@prostatecancerresearch](https://www.instagram.com/prostatecancerresearch)
-  [@PCR_News](https://twitter.com/PCR_News)
-  [/prostatecancerresearchnews](https://www.facebook.com/prostatecancerresearchnews)
-  [/prostate-cancer-research](https://www.linkedin.com/company/prostate-cancer-research)

< Cover: Dr Wang working with Dr Jennifer Munkley at Newcastle University on revolutionising prostate cancer bone metastasis treatment. Read more on page 8.

Jamie's story

Be patient. Manage expectations.



Watch Jamie's story and discover others' experiences on the infopool theinfopool.co.uk

In late 2020 my GP ordered a PSA test, even though I had no prostate cancer symptoms. Though my PSA was elevated, the proceeding MRI found nothing. Yay! I thought. However, after a urologist had his way with me (pro-tip, try to find a urologist with tiny fingers) I was dispatched for a biopsy.

The biopsy was uncomfortable. There was a local anaesthetic but if you're a pathological coward like me, request sedatives. A lot of sedatives. This removed tiny parts of my prostate to examine, and all my dignity.

The results came back with a Gleason score of 10 (to date, the only 100% I've ever scored on any kind of test). I was then sent to a radiotherapist who agreed surgery was the way to go. I proceeded with a radical prostatectomy.

After surgery, I had a catheter for about 12 days. After its removal I had to urinate around eight times a night and couldn't sleep for more than an hour at a time. Happily, this got better quite quickly, and my urologist was very happy I was having almost no leaks: maybe once or twice a day. You learn quickly to not trust a sneeze, fart or laugh.

The post-surgery results showed it hadn't spread and they were happy with the margins. However, because my Gleason score was so high, they are saving radiotherapy for an almost inevitable return.

My doctor explained how you could get prostate cancer even with your

prostate removed. It's a bit like turning up at your favourite restaurant, discovering it's been demolished and going to eat at the kebab place next door instead. It's three years down the line, my PSA is slowly rising and there's a smell of kebab wafting so they're now mentioning radiotherapy next year or the year after.

All this talk of biopsies and incontinence has probably got you in the mood and you're thinking... what about sex? Understandable. There's sex post-surgery, including dry orgasms and orgasms without an erection. Be patient. Manage expectations and, if you have a partner, the intimacy of a simple late-night hug in bed was a psychological life-saver for me.

I'm facing the likelihood of it coming back, but not waiting to enjoy life. We're moving out of London and have adopted a rescue dog earlier than planned.

I'm feeling pretty good now. I'm trying to enjoy life. I even think it brought me closer to my partner, who survived her own cancer a few years earlier. With this, my hope is for research to focus on saving men's lives.

When this started, I found support through an organization in Canada, and I hoped similar resources existed in the UK. To my relief there was the infopool, where I have decided to share my own story via a video in the hope that it may help others going through their journey with this disease.



For a printed booklet about prostate cancer and its treatment, please request a free copy of our patient booklet pccr.org.uk



The Big Give Christmas Challenge

Doubling your support for the infopool

28 Nov–5 Dec

Now is the time to give big and help prostate cancer patients through our 2024 infopool outreach appeal.

This winter's Big Give aims to widen the reach of the infopool to ensure every patient gets accurate, up-to-date information about treatment choices and the potential impact of prostate cancer on their lives. With thousands of personal testimonials, the site also offers real-time, real-life experiences from men in similar situations.

Bruce Emerton tells us how he responded to his own diagnosis and how the infopool helped him along the way:

“ Diagnosis is a life-changing experience

I felt alone with this heavy burden of making the right decision. Once I was diagnosed, the NHS and doctors did not engage with me again until my six-month check-up. This left me frightened and vulnerable. It would have been good to have the infopool handy, so that I could look at and read other people's stories.

I was able to share my experience with others through the infopool and tell them the story of my journey. The infopool was not active when I was diagnosed, but it would have been good to hear other people's opinions and their stories.

I know that my work colleagues could benefit from having a link to the infopool and letting them understand a little more of prostate cancer.

The infopool was kind of therapeutic to be able to share and express my feelings and share my story. I hope that someone has listened to or read what I had to say and that it made a difference and also steered them to their decision.

Bruce

Bruce Emerton (left), with his brother, is aged 62 and lives in Hertfordshire



The infopool is partly funded by the National Lottery Community Fund

Gift the infopool to someone this Christmas

You can help men like Bruce by supporting our Big Give Christmas Challenge.

Join the UK's biggest matched funding campaign 28 November–5 December only

Double your donation by giving online at the Big Give. Every donation to PCR will be matched by the Big Give Trust, instantly doubling the value of your gift.

Simply Google 'The Big Give Christmas Challenge' and search for Prostate Cancer Research in the 'Find a Charity' section.



Help us reach this year's target of £80,000 and support more men like Bruce. Thank you.

Make a donation, at any time

Every single pound helps towards our funding target for the infopool. You can give online, via bank transfer, through the post and on the phone. Please see the donation form with this newsletter for details.



infopool
the patient
resource

theinfopool.co.uk



This website has made me feel more comfortable talking to others about my cancer as I've seen I'm not on my own and there are others going through the same as me.

infopool user



Learn more about the infopool in this video

What happens when I finish treatment?



You might be relieved when your treatment is finished, but you may feel worried or anxious. These feelings are completely normal.

Ongoing checkups

You will have follow-up appointments to monitor your PSA, how your treatment has worked and if you have any bothersome side effects. Where and how often these appointments take place will depend on your cancer experience and local arrangements. These meetings are also for you to ask questions and discuss any concerns.

Wellbeing

If you feel it is difficult to cope, it's very important to speak to your healthcare professional. Treatments in the form of medication or professional talking therapies may be needed and can be helpful.

The following suggestions may help improve your wellbeing, but remember that different things work for different people.

Talk about how you feel

It can be difficult to talk about your emotions, but it may help. You can talk to people you know and trust – such as friends and family. Some people find it easier to talk to someone they don't know, and your doctor or nurse may be able to refer you to a counsellor.

Join a support group

Support groups offer a safe space to ask questions, share experiences and listen to others. This can help you understand your emotions and realise that you are not alone.

Eat well

A healthy, balanced diet can increase your energy levels and improve your mood.

Exercise

Physical activity can increase energy levels, improve your mood and reduce stress. Many treatments affect your ability to exercise, but even gentle exercise, such as walking up the stairs, can help.

Take time for yourself

Doing things you enjoy can give you something positive to focus on.

Treatment side effects

Side effects will be different depending on the treatment you had. Some side effects will improve once treatment finishes. Others may last long-term or even start many years later.

Discuss your side effects during your follow-up appointments. Treatments are available for conditions such as incontinence, erection problems, hot sweats or bladder and bowel problems, and these often help.

Worries about cancer returning

It's normal to worry about cancer returning, but many cancers are successfully treated and never return. However, sometimes cancer does come back. It may affect the same area of the body, or a different area. It's important to know what symptoms to look out for so that you can discuss any concerns or new symptoms with your healthcare team.

If your prostate cancer returns, there are usually other treatment options available – whether to get rid of the cancer or to control it. Prostate cancer can often be controlled for months or even years with additional treatments.

If you are concerned about any new symptoms, contact your specialist cancer team or your GP.

Where can I go for further support?

The infopool

Easy-to-understand information on testing and diagnosis, treatment choices, living with side effects and our clinical trial finder

theinfopool.co.uk

Macmillan

Free, confidential advice from specialist cancer advisors

macmillan.org.uk/information-and-support/prostate-cancer

Helpline: 0808 808 0000 (8am–8pm, Mon–Sun)

Prostate Cancer UK

Speak to a specialist prostate cancer nurse

prostatecanceruk.org/

Helpline: 0800 074 8383 Specialist Nurse Services (9am–5pm, Mon–Fri; 10am–5pm, Wed)

Tackle Prostate Cancer

Find a prostate cancer support group near you
tackleprostate.org/find-a-support-group-near-you



Get insights from other people who have been through prostate cancer at theinfopool.co.uk

Daily Mail campaign

End needless prostate deaths



Earlier this year, we and the *Daily Mail* launched the **End Needless Prostate Deaths** campaign to shed light on inequalities relating to prostate cancer treatment and care for men across the UK. As a rallying call for reform, this campaign raised awareness with the public and helped us create change for people with prostate cancer.

The campaign focused on the facts: not only are men located in the northeast of England six times more likely to receive a late diagnosis of prostate cancer, but men living in these areas also face difficulties in accessing life-saving treatment. Men are having to return to the GP multiple times before receiving diagnosis and, according to the NHS National Cancer Patient Experience Survey, many struggle to contact healthcare workers for support during their treatment. We are supportive of healthcare professionals; we believe that they need to have the time and resources to give patients the best possible care and support. **These barriers highlight the urgent work needed for prostate cancer patients in the UK.**

We also revealed that **3,000 lives a year could be saved in northern counties** by reducing barriers to quality prostate cancer treatment. Our CEO, Oliver Kemp, said 'It's a national tragedy that you are far more likely to die from prostate cancer just because you happen to be living a hundred miles or more further north.'

As a result of our End Needless Prostate Deaths campaign, we have been able to make a significant difference in increasing both prostate cancer awareness and quality of treatment. Oliver

recently met with the UK Health Secretary, Steve Barclay, to discuss the urgency of the situation and what could be done to improve access to diagnostics for patients. We have also garnered public cross-party support for our message with the Shadow Health Secretary, Wes Streeting (Labour), and the Liberal Democrats' Deputy Leader and Spokesperson for Health and Social Care, Daisy Cooper. Both expressing support for the campaign.

The government has announced **13 new diagnostic centres, enabling the NHS to perform nearly 750,000 more tests and checks each year.** This is a good first step to boost testing and cut waiting lists. It came after we called for this type of 'one-stop shop' to be offered for prostate cancer tests, similar to those available for breast cancer.

So far, the impact of our End Needless Prostate Deaths campaign has been phenomenal and a massive win for improving prostate cancer treatment within the UK. **We know that there is still work to be done, however, and we will continue to push for change, innovation and research until all men can live without the fear of a prostate cancer diagnosis.**



Your engagement with us helps us to raise the profile of prostate cancer issues and create change for people with prostate cancer. Join the conversations.





Science news

COULD MRI SCANS BE USED TO SCREEN FOR PROSTATE CANCER?

MRI scans could be used in prostate cancer screening according to results from the ReIMAGINE study, which found that MRI scans could potentially even detect prostate cancer that wouldn't be picked up by a PSA test.

As part of the study, 303 men aged between 50 and 75 were given both an MRI and a PSA test at University College Hospital in London. Forty-eight men received a positive MRI and, following further assessment, it was found that 25 of those had clinically significant prostate cancer. More than half of the patients diagnosed through MRI had PSA test results considered to be at normal levels and so their cancer may have been missed otherwise.

'Our results give an early indication that MRI could offer a more reliable method of detecting potentially serious cancers early, with the added benefit that less than one per cent of participants were "over-diagnosed" with low-risk disease,' explained Professor Caroline Moore, chief investigator of the study.

Larger studies are still needed to confirm the results, but this could have the potential to reduce prostate cancer deaths and over-treatment.

EXERCISE TO IMPROVE SIDE EFFECTS

We know that regular exercise is an important part of looking after both our physical and mental health in general, but there is also a growing understanding that exercise is important for prostate cancer patients.

Researchers at Edith Cowan University (ECU) in Australia have revealed that exercise could improve erectile dysfunction, one of the most common side effects experienced by prostate cancer patients. Our own research found that 86% of men who had undergone prostate cancer treatment experienced erectile dysfunction.

The clinical trial took place over four years and involved more than 100 people with prostate cancer. Participants were split into three groups: one group took part in a supervised exercise programme; another took part in the same exercise programme as well as having psychosexual therapy; and the third group did not take part in an exercise programme or undergo therapy.

The researchers found that men who exercised improved their erectile function by 5.1 points and increased their intercourse satisfaction by 2.2 points. This was compared to those who did not exercise, whose erectile function improved by 1.0 and their intercourse satisfaction by just 0.2. The study reported no improvements as a result of psychosexual therapy.

While more research is needed to explore how exercise impacts patients' sexual health and other side effects experienced as a result of treatment, this study adds to a body of evidence highlighting the importance of exercise for those living with cancer.

NEW TREATMENT STRATEGY TO ATTACK ADVANCE-STAGED PROSTATE CANCER IN MICE

Researcher Akash Patnaik, MD, PhD, MMSc and his team have established proof of concept for a treatment approach that has been effective in treating advance-staged prostate cancer in mice.

Because prostate cancer is hormone-based, treatments such as androgen deprivation therapy (ADT) are often used to lower testosterone levels. However, some patients have cancers that eventually learn to avoid being killed by hormone therapy, and some patients with advanced prostate cancer may not respond to standard hormone-based therapy.

Patnaik and his team discovered a way to enhance the effects of ADT in PTEN-deficient prostate cancer (an aggressive form of prostate cancer) by combining drugs that target different signalling pathways. Through this, they were able to improve immune-activating and anti-tumour responses in mice.

They also investigated the best way to give the drugs and found that intermittent dosing intervals, rather than continuous drug administration, may make it both safer and more effective.

The research is still in the early stages, but Patnaik and his lab team are positive about this initial study. They hope to move forward into clinical trials to test this approach in patients.

1/8

Around one in eight men will get prostate cancer



Olaparib was approved this year by NICE for the treatment of advanced prostate cancer on the NHS

ELEVEN GENE MUTATIONS LINKED TO AGGRESSIVE PROSTATE CANCER

Having analysed samples from 17,500 prostate cancer patients, scientists have pinpointed 11 genes that are associated with aggressive forms of prostate cancer.

Scientists gathered information from 18 studies conducted across the USA, Europe and Australia. This involved comparing blood samples of patients of European descent: 9,185 men with aggressive forms of the disease against 8,361 men who didn't have aggressive forms. They then compared the frequency of mutations among the two groups.

This research uncovered genes associated with high-risk prostate cancer that aren't currently used in genetic testing panels. Interestingly, this study also found genes that are on these test panels but may not need to be, as they may not be linked to aggressive forms of the disease. These findings could help further develop screening and treatment options.

The genetic mutations that influence aggressive forms of the disease were also present in some men who didn't have aggressive prostate cancer. This suggests that these men are at higher risk of developing an aggressive form of the cancer later on. This finding may help to identify men who should have more targeted treatments earlier.

Research updates



Dr Jennifer Munkley and Dr Ning Wang Revolutionising prostate cancer bone metastasis treatment

NEWCASTLE UNIVERSITY



Dr Harveer Dev Liquid biopsies in the early detection of prostate cancer

UNIVERSITY OF CAMBRIDGE

23

Current research projects funded in the UK and USA



If you would like to support prostate cancer research by donating or fundraising for our research grants, please visit pccr.org.uk



Spend on prostate cancer research ranks fifth amongst all other cancer specific sites

When prostate cancer spreads, it most commonly goes to the bones (known as bone metastasis), which is a common, debilitating and incurable consequence of advanced prostate cancer.

Why prostate cancer cells spread to bone, and by what mechanisms, are big unanswered questions. With our support, doctors Munkley, Wang and their team have produced data strongly suggesting that glycan sugars provide a key part of the answer and could be targeted to block prostate cancer from spreading to the bone. You can read about their project 'Clipping Prostate Cancer's Wings' on our website.

Glycans coat all cells in the body, and are secreted by cancer cells, but are different to sugars found in food. In this project they discovered that two specific glycans change on the surface of prostate cancer cells, and this makes tumours grow very fast, making them much more likely to spread to bone. They have generated exciting proof-of-principle data to show these glycans might offer a new way to treat prostate cancer that has spread to bone.

Building on this research, we're excited to report that the team are pressing forward and working on getting these treatments closer to the clinic. They will be using innovative models to really dig into the importance of these glycan changes in prostate cancer bone metastasis. They will also test if next-generation glycan-targeting drugs developed within the last two years can also be developed into new therapies to block prostate cancer spreading to the bone. This could pave the way for new life-changing therapies for men with prostate cancer bone metastasis.

IN PARTNERSHIP WITH

M The Mark Foundation®
for Cancer Research

While PSA testing is a common way to diagnose prostate cancer, the problem is that it's not always reliable. It can also lead to overdiagnosis: many cases of prostate cancer progress very slowly and might not need treatment until much later in the disease. While it's important that we do all we can to diagnose early to save and improve lives, the flip side of the coin is that overdiagnosis means that too many people are having unnecessary biopsies, being overtreated for prostate cancer and likely experiencing harsh side effects of treatment unnecessarily. Finding better, more accurate ways to diagnose prostate cancer so that everyone benefits as they should, and no one has a cancer missed or is overtreated, is a top priority. We're delighted to launch a new project, led by Dr Harveer Dev and his team, to develop an earlier and more accurate method to identify clinically significant prostate cancer.

Dr Harveer Dev and his team have developed a blood test that estimates prostate cancer risk. This is built off research showing that the difference between low- and high-risk prostate cancer can be determined by methylation levels of certain identified genes. Methylation is a chemical modification of DNA, which leaves markers that can be detected in the blood. By analysing these markers, this new test could determine aggressive vs. non-aggressive features of the cancer and be able to predict its likely course. The test will be validated, during this project, in more than 1,000 samples from the UK, Europe and Africa, showing how well the test performs across various settings and ethnicities.

We hope this project will lead to a new way of diagnosing prostate cancer that will be even more effective than our currently available methods and we hope that this test could eventually be used alongside other diagnostic tools in a national screening programme.



PCR takes home major charity award

Above centre: PCR's Director of Research and Communications, Dr Naomi Elster, and Director of Public Fundraising, Ellen Whatmore, accepting the Change Project of the Year Award.

We are delighted to receive the Charity Times Change Project of the Year Award 2023 for our ground-breaking work to use research to tackle the racial disparities we see in prostate cancer. PCR were the first charity that we know of to create a specific funding stream for research into why Black men are at higher risk and what can be done about it and now have eight projects up and running to close the gap between Black and other men, in addition to our broader portfolio of research, which should benefit men of every ethnicity and background.

Dr Naomi Elster, PCR's Director of Research and Communications, who led on the creation of PCR's racial disparities programme, said 'We are making some great advances against prostate cancer and we need to make sure that everyone can benefit. It's a huge achievement to be recognised for our work in this way, and we want to thank all of our supporters, patient experts and community members who helped us to shape this programme. We also want to thank our supporters for their generosity, which has enabled us to expand our overall research five-fold in the past few years, build a new arm, Proven Connect, to help smooth the way for the most promising treatments to get to the people who need them, and to create ground-breaking new patient information resources such as the infopool. Together, we are all making sure that no man is left behind.'

Our news

Our new strategy

We are delighted to be forming our new strategy for 2024–2027, building on the successes we've had from 2020–2023. For those of you who have been supporting us since 2020, we thank you. Since then, we've scaled up our research by five times in four years, launched ground-breaking new programmes to tackle the racial disparity in research, and made great strides in fixing the problem of bone metastasis. We have also made unprecedented connections between our scientists and our patient community, while building strong links between PCR scientists themselves, allowing them to deliver better and faster for patients. We will continue this vital work until the day that no one needs to fear a prostate cancer diagnosis.

Our Patient Projects department has worked hard to launch the infopool in 2023, providing an interactive information, education and empowerment platform for all those affected by prostate cancer. In our Translational Research department, we've successfully launched Proven Connect, helping us influence patient treatment through cutting-edge research and smooth the path for the most promising treatments to reach the people who need them.

All this has been made possible by the phenomenal success of our Fundraising departments, who, together with your support, have increased our funds by 44%, enabling us to continue funding innovative research that impacts the lives of those affected by prostate cancer. Confident in forming our new strategy, our CEO Oliver Kemp states, 'We will become ever more focused on understanding patient need and more able to create targeted solutions to these needs. We look forward to sharing more with you as we develop and gather feedback.'





The Patient Platform

Revolutionising research and care

The Patient Platform is an exciting initiative by Prostate Cancer Research that will revolutionise the way prostate cancer is diagnosed, treated, and cared for. Launching in early 2024, the platform will be an opportunity for anyone living in the UK who has ever been diagnosed with prostate cancer to make a difference to research, future treatments and diagnostics in a way that is simple, safe and convenient.

The Patient Platform will be a powerful resource for patients, doctors and the healthcare system.

- Patients, from all walks of life, have shaped the vision and design of the platform
- It is patient-owned and patient-governed
- Your information is safe and secure
- It will benefit everyone – patients, doctors, researchers and the NHS



'I am delighted to pledge my support for the new Patient Platform'

Stephen Fry
PCR supporter, writer, actor and presenter



Pledge your support!

We invite you to pledge your support now to the Patient Platform, launching in early 2024, to help us impact your treatment experiences. Together, we can unlock a brighter future for prostate cancer care and research. pccr.org.uk/pledge



How will the Patient Platform benefit you?

The Patient Platform is being created to improve your prostate cancer care and to drive forward impactful research for all those affected. By joining the Patient Platform, we aim to help you:

- Better manage your side effects and symptoms
- Predict the course of your disease
- Connect with research studies, clinical trials and new medicines

How will this work?

When signing up to the Patient Platform, you will be invited to share your health records with us. This will include things like your PSA results and any scans or treatments you've had. You will also be invited to fill out occasional surveys so researchers can study how prostate cancer symptoms and the side effects of treatment affect a person's quality of life.

By giving us permission to link your health data and information which you have shared with us, we can help give you and your healthcare team a better view of how you're feeling over time.

Will my information be safe?

Using the latest in data encryption, we will ensure that scientists and researchers receive only pseudonymised data – that means they will never be able to identify you from the information you share with us. The Patient Platform will adhere to the highest standards of data privacy and security, giving you, the patient, reassurance and peace of mind.

How will my involvement impact prostate cancer care and research?

Your health data is the key to transforming prostate cancer for everyone. By joining the Patient Platform, you will:

Elevate care: help us more accurately diagnose prostate cancer, find better treatments and improve the quality of life of those with the disease.

Accelerate research: make research studies and clinical trials more effective, leading to treatments that work better for everyone.

Build a legacy: identify risk factors and protect future generations from prostate cancer.

Make your impact today.

30+

Years supporting prostate cancer research. Help us to do even more with the Patient Platform

Supporting partners & carers

Empowering partners of people with prostate cancer



Watch the webinar when it suits you, at theinfopool.co.uk/partners_carers



Hear from other partners and carers and their experiences as well as learning about support available at [theinfopool](https://theinfopool.co.uk)

In September, we hosted a webinar exploring what a prostate cancer diagnosis means for the partners of those living with prostate cancer – as we know that this is a disease that affects the whole family. We were honoured to be joined by Caroline and Joanne, who are both partners. They shared their lived experiences and talked about support available for fellow partners.

This webinar announced a brand-new section on the infopool, our recently launched prostate cancer educational platform. This new section is entirely focused on supporting partners and carers.

If you are a partner or carer and want to share your story on the infopool, you can do so at theinfopool.co.uk/user/register

Meet Kate

Kate lives in the North West and works in higher education. When her husband was diagnosed with prostate cancer earlier this year, she found that she tends to take the lead on the research because that is what she does professionally – but this sometimes makes her feel she knows more than her husband does. She has found this challenging and, as she is aware of the latest thinking, she can carry more of the anxiety about what might be coming round the corner while he focuses on getting better from his current treatment. There is a mental toll that comes from all this – she finds it hard at times to be his 'rock' and to hold the worry for the whole family. This, in particular, is a lonely experience.

She shared her experience on the infopool and gave the following advice to others: 'Try not to be a super carer or super woman. You can't do it all. It's OK to have anxiety and to get worried or irritated. Find a trusted friend, seek out support from your family and, if possible, speak to a professional therapist. Also, don't let others minimise your feelings and fears. But try not to let this dominate your life, if you can – it is easier said than done, but you still need to live.'



Right: Kate, carer for her husband after he was diagnosed with prostate cancer



If you would like to fundraise for us, drop us a line on 0203 735 5448 or email us at events@pcr.org.uk

Christine's story

Fundraising can start small and grow from there

My husband died in 2020, having had Lewy Body Dementia, Parkinson's and Prostate Cancer. I have participated in previous yard sales with the aim of collecting money for each of the research branches of these charities in memory of him. This year was the turn for Prostate Cancer Research.

Two local volunteers have organised a community-wide yard sale for several years, which gives residents the opportunity to raise funds for themselves or a charity. The volunteer organisers collect the details of all the stall holders and advertise the event throughout the area, in shops, on trees and fences throughout the postcode, in local press and on local radio.

The yard sale took place in September and went very well, with the weather dry and sunny. I had assistance from my family, neighbours and friends, who not only helped on the day but also provided many of the donations for sale. The lovely general public visiting my site to buy the items for sale, buy the refreshments and have a go on the 'posh' tombola, helped raise £1,000.

I had the help of the organising volunteers to advertise the main event and a team of six neighbours, family and friends to help with setting up the site, pricing the items for sale and manning the stalls selling donated goods.

One piece of advice I would give to anyone interested in organising a



fundraiser, is to contact PCR and ask for T-shirts, so that no one is at a loss as to who you are raising money for. They will send balloons and literature to give out, and if you have any bunting left over from the Coronation put it up to make sure you attract the public. The charity will also provide a couple of corporate buckets to leave around your site as people who don't buy anything may drop in a donation as they leave. I received nearly £100 from these.

Please don't be put off if you think you don't have enough items to bring in lots of money or have people to help you. The first sale I did brought in £50, and I know that charities will be happy to receive this amount as much as any higher amounts. Start small and enjoy your day. It's also important to remember that if you are a taxpayer the charity can claim 25% of the total amount raised as gift aid from the Government.



I had so many donations from people who had relatives or friends who were going through treatment for prostate cancer or who had died from it, as my husband did, that I had no problem deciding this was the charity to raise money for this year. From publicity I see on television and read about in the press, I know that research into the health problems we have will turn their discoveries into new treatments, but organisations such as PCR need donations today to make this a reality.

Above: Christine (left) with friends and neighbours at her fundraising yard sale



Prostate
Cancer
Research

pcr.org.uk

Transforming research.
Transforming lives.



We offer a free
will-writing service
with Guardian Angel
(RRP £90)



Downloadable guide
to writing your will
available online

Research has the power to change the future.

You can make that possible.

Gifts in wills fund 25% of our work developing and delivering breakthrough treatments for people with prostate cancer. You can change the lives of future generations to come by pledging a gift in your will today. Visit our website to download your free guide to leaving a gift in your will.

If you would like to leave us a gift in your will, please get in touch with our legacy team.

0203 735 5444
info@pcr.org.uk

[pcr/support-us/leave-a-gift-in-your-will](https://pcr.org.uk/support-us/leave-a-gift-in-your-will)