

# NEWSLETTER



Prostate  
Cancer  
Research  
pcr.org.uk



## Rishi joins us as ambassador to champion screening

Rishi Sunak acts as our first official ambassador shining a spotlight on our Proactive for Your Prostate campaign, see page 6 >

### SUMMER 2025

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# Welcome



As summer arrives, we're taking a moment to reflect on the progress we've made and the people powering that progress forward.



In this edition, you'll read a powerful story from Mark Stevenson, who was diagnosed with prostate cancer at just 46. Fit, healthy, and focused on building a new business, Mark never imagined he could be at risk until a chance conversation prompted him to book a PSA test. That moment may well have saved his life. His account of the shock, the treatment, and navigating life afterwards is honest, moving, and deeply human. We're incredibly thankful to Mark for sharing his experience and reminding us all how vital early action can be.



That same commitment to early diagnosis is what drives the innovation featured in this edition. You'll read about Less Grey Imaging, a startup using cutting-edge sound wave technology to make prostate cancer easier to detect, earlier. Backed by our translational research arm, Proven Connect, this breakthrough could help thousands of men get the answers they need, faster. It's just one of the ways your support is helping turn scientific discoveries into real-world solutions.

Elsewhere in this issue:



A look at our growing Proactive for Your Prostate community



The announcement of Rishi Sunak as a PCR ambassador



A celebration of the infopool's birthday; our trusted hub for patient information



A Researcher Q&A with Dr Feier Zeng



An update on our Big Give campaign, including reflections from David and Anjli, who chaired our Bone Mets Patient Panels



And an inspiring fundraiser spotlight

**Oliver Kemp**  
CEO

As we continue to build on these foundations, your role remains at the heart of our mission. Each newsletter, each update, and each breakthrough is part of a larger narrative that you help write – of advancement and collective action.

Thank you for being a part of our mission to transform lives through research. Your commitment allows us to drive change and offer hope to countless individuals and their families.

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



@prostatecancerresearch



@PCR\_News



/prostatecancerresearchnews



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Cover: Rishi Sunak MP visiting the Oxford BioDynamics lab in February 2025

## Mark's story



# Diagnosed at 46

Life was good. A happy family, a well-paid job, and my wife and I had just launched a small co-working business in Hereford. We were renovating our home, enjoying the occasional sunshine holiday and things felt full of momentum and promise.

Then I got a phone call from the Chair of a local business board I'd recently joined. He asked if I could cover an upcoming meeting because he was having a prostatectomy. I had no idea what that even meant. He explained he'd had a PSA test after noticing he was getting up a lot in the night to pee, turns out he had prostate cancer, and they were going to remove his prostate.

That conversation stuck with me. I wasn't worried for myself as I was 46, fit and well, but it made me look up what a PSA test actually was.

Fast forward a few months, and I started noticing I was needing to pee more often. At first I brushed it off, too much coffee, nothing serious. But something about that earlier conversation nudged me to act. I booked a PSA test with my GP in early February.

Two days later, I got the call: "Your PSA is quite high, we're referring you to Urology." Mine was 18.1. At first, the number meant nothing. But a quick online search confirmed it wasn't great, especially for someone my age. The panic set in.

After a series of scans and a biopsy, I was diagnosed with prostate cancer. It hit me hard. I didn't feel ill. There was no pain, no visible sign that anything was wrong. I thought prostate cancer was for older men, not someone in their mid 40s.

I had surgery to remove my prostate, followed by a course of radiotherapy to the prostate bed as a secondary treatment. I also had a period of hormone therapy as part of my treatment plan. That came with side effects, but thankfully that stage is now behind me.



Today, I'm doing well. I'm on active monitoring, with regular three-monthly PSA checks to make sure things remain stable. It's reassuring to know I'm being looked after and that any changes will be spotted early.

I came across Prostate Cancer Research when looking for more information and support. Reading real stories made me feel less alone and reminded me that there's a whole community out there and one that's growing thanks to awareness and research.

Research is vital. It's how we improve diagnosis, make treatments more effective, and ultimately save more lives. My hope is that in the future, fewer people have to go through what I did, or if they do, it's caught earlier and treated more easily.

If you're reading this with any sort of worry and haven't had a PSA test, just book it. It's quick, easy, and could save your life. It certainly changed mine.



You can learn and discover more about prostate cancer, treatments and side effects at [theinfopool.co.uk](http://theinfopool.co.uk)





Funding to move brilliant ideas into life-saving reality

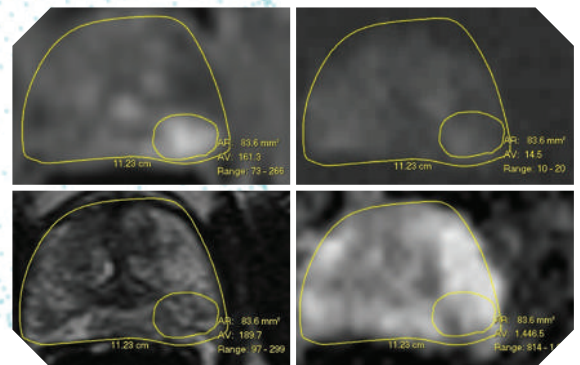
# You can support the next research breakthrough

How a micro-bubble can change our view on prostate cancer forever. Discover why we think investing into projects like Less Grey Imaging is so important.

## The problem

Too many men are told they don't have cancer when they do, or have painful, invasive biopsies when they don't need them.

**The PSA test isn't 100% reliable.** MRI misses 20% of cancers and six in ten men undergo unnecessary invasive procedures

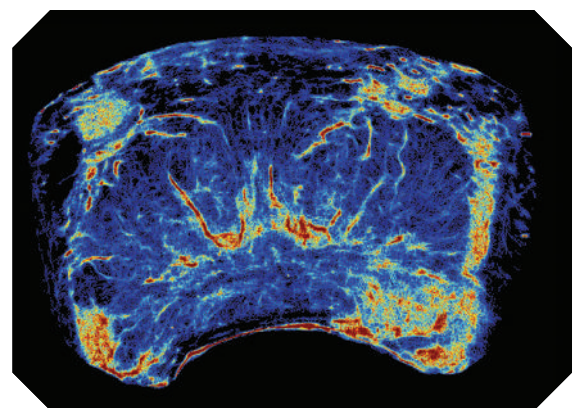


Traditional MRI scans

## The solution

Doctors inject tiny, safe, gas-filled bubbles into the bloodstream. As these bubbles move through the body, an ultrasound machine watches them flow. Less Grey's smart software tracks each bubble, one by one, and "paints" a picture of the tiny blood vessels in the prostate. These vessels are where cancer often grows first.

The result? **Super clear, super detailed and super helpful images** – (right bottom) lights up red showing a potential cancerous tumour where (right top) the MRI scan requires expert analysis to spot the same tumour. These images can help radiologists spot cancer earlier as well as avoiding mistakes that could lead to pain, worry or unnecessary treatments.



Less Grey Imaging scan

## Benefits

Less Grey is **cheaper and less claustrophobic** than an MRI scan. It is easier for doctors to use and faster to get results. If successful, it could even help deliver the national screening programme we've been calling for by reducing costs and improving accuracy.



The BBC described the tech as the biggest breakthrough in 60 years

<£20

Each scan will cost £20 – a fraction of MRI costs



Proven Connect is the translational arm of PCR. Find out more about our investments on our website [provenconnect.com](https://provenconnect.com)

## Next steps

Early testing on preclinical data showed **94% of tumours being correctly identified**. Less Grey now plan to run a Phase II clinical trial to take the technology forward.



# Please give today

## Help fund future projects

You can make a donation by using the QR code shown here or follow the weblink

<https://tinyurl.com/4x69xphc>



## Why your support is so crucial

It's only thanks to wonderful supporters like you that Proven Connect can invest in projects such as Less Grey. In the coming year, we have ambitions to invest up to £250,000 in five more research projects. **However, we need your help to make this dream a reality. So please, make a donation today to help fund the next breakthrough in treatment and diagnosis.**



**Maurice Blake, patient ambassador**

**Why I support research to reduce the number of biopsies**

*After being on active surveillance for a period of 12 months my MRI scan showed that the cancer had increased in size. I was going to need another biopsy... I really didn't want another biopsy!*

*I almost had to be dragged in there kicking and screaming. I knew what was to come – a scaled down version of the electric chair! Even the nurse trying to distract me whilst they collected prostate samples didn't work this time.*

*That's why I'm so supportive of research projects like Less Grey Imaging. There really needs to be a better alternative to the current procedure for assessing cancers within the prostate. A less intrusive method and one that doesn't add to the trauma of the diagnosis.*



Proactive For Your Prostate

# Building a movement to transform screening



Visit our  
campaign website  
**ProactiveForYour  
Prostate.co.uk**



**Proactive For Your Prostate is Prostate Cancer Research's flagship campaign, launched to change health policy and public attitudes, and to push for equitable access to prostate cancer screening.** At the heart of the campaign lies a simple belief: men at risk of prostate cancer deserve better. The current system – which relies on individuals requesting a PSA test through “informed choice” – is failing too many. Our campaign calls for a smarter approach: one that identifies higher-risk men earlier and uses cutting-edge tools to improve outcomes for all.

We are calling for the introduction of a targeted screening programme for men over 45 who are at the highest risk – particularly Black men and those with a family history – and for the piloting of newer diagnostic tools like Stockholm3, Episwitch PSE, and AI-assisted MRI scans. These innovations would pave the way for a future universal screening programme for all men aged over 50.

## What we've achieved so far

The campaign has captured hearts, minds, and headlines.

### We've built a broad, vocal coalition:



Over **138,000 people** signed our petition calling for reform.



More than **6,000 people** contacted their MP to back screening.



**100+ MPs** have formally backed our call for change.



Our All-Party Parliamentary Group on Prostate Cancer now boasts **52 MPs and Peers**, with two dedicated meetings already hosted – one on overdiagnosis and overtreatment, and another on equity and case finding.



Over **20 Proactive Champions** – other charities, industry and corporate partners – have signed up to the campaign to help champion screening.

Supporters of the campaign include Karen (pictured above right with her deceased husband Mark) and Brian (above left), whose lives have been impacted by prostate cancer

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Supporting people living with an aggressive prostate cancer

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FOUNDATION

SIEMENS  
Healthineers

tackle  
prostate cancer



**The campaign has secured landmark visibility across the political and media landscape:**

**Former Prime Minister Rishi Sunak became an ambassador** for the charity and campaign – a rare and powerful sign of political support (more on page 6).

**The Times published a prominent editorial** endorsing prostate cancer screening – a major win in shifting public perception.

**Oscar-winning director Sir Steve McQueen featured in *The Guardian's* Saturday Magazine**, telling his personal story, highlighting the risks faced by Black men, and calling for change.

**The Daily Mail has launched a campaign alongside us**, amplifying the message to millions of readers and helping to push Secretary of State for Health and Social Care, **Wes Streeting**, to state his own personal support for screening.

Alongside public campaigning, we've worked to **build a robust and credible policy case for screening reform**. Working with **Deloitte**, late last year we published our *Socio-economic Impact of Prostate Cancer Screening* report showing the substantial socioeconomic benefits of earlier detection. We've also **commissioned a feasibility report**, to be published later this year, demonstrating how a targeted screening programme could be delivered in practice. This will build on the case we've already made – that **a new approach is not just clinically and cost-effective, but practically achievable**.

We commissioned **independent research that has shown that over 90% of GPs support targeted prostate cancer screening**. This overwhelming support from the medical profession signals a major shift and underscores the urgency of reform.

#### **How you can be more involved:**

We've also **launched our Proactive Ambassador programme**, equipping supporters with the training and resources to engage MPs, pitch to local media, and raise awareness in their communities.



Sign up to become a Proactive Ambassador  
<https://mailchi.mp/pcr/pfyp-ambassadors>



## **What's next?** **A year of action**

As we enter the decisive phase of the campaign, the momentum is only building.

The **UK National Screening Committee (NSC)** is expected to publish its recommendation on prostate cancer screening before the end of 2025. Between now and then, we will continue to make the case that the time for action is now.

The rest of the year will focus on **deepening local engagement, growing our supporter base, providing new evidence to the National Screening Committee** and making prostate cancer impossible to ignore. Our ambassadors are already driving change across the country – meeting MPs, sharing personal stories with the media, and recruiting businesses to back the campaign.

We'll continue building pressure in Parliament ahead of a key debate in the autumn, while launching a national **TV and online ad campaign** to reach millions. Alongside this, we'll publish our **APPG report on overdiagnosis and overtreatment**, further strengthening the case for screening reform.

### **A movement for change**

The power of **Proactive For Your Prostate** lies not just in data or endorsements – but in people. Our campaign is **fuelled by personal stories**, shared by patients and their families, and echoed by local support groups and healthcare professionals across the UK.

Just as breast cancer advocates won a national screening programme in the 1980s through sheer persistence and coalition-building, we believe we can do the same for prostate cancer today.

The stakes are high – but so is our resolve. With your support, we will continue to push, to speak out, and to be Proactive For Your Prostate. **Because nobody should die from a cancer that could have been found earlier.**

**[ProactiveForYourProstate.co.uk](https://ProactiveForYourProstate.co.uk)**



First PCR Official Ambassador

# Rishi Sunak joins PCR to champion screening



**In February, former Prime Minister Rishi Sunak became an official ambassador for Prostate Cancer Research, lending his voice to our mission to create a world where no one suffers from the impact of prostate cancer.**

In his first act as ambassador, he visited the Oxford labs of cancer diagnostics company Oxford BioDynamics, where he met the team behind the groundbreaking EpiSwitch PSE blood test. This next-generation test, now available privately in the UK, has been shown to detect prostate cancer with greater accuracy than the traditional PSA test alone and could play an important role in any future screening programme.

During his visit, Mr Sunak also spent time with prostate cancer patients, hearing directly about the critical importance of early diagnosis and the pressing need for change.

Writing in the Daily Mail, where he announced his new role, Mr Sunak said men “tend to ignore pains hoping they’ll go away,” but warned that this “reticence can have devastating results. Men are quite literally dying of embarrassment.” He went on to call forcefully for “a targeted national screening programme, using the latest diagnostic techniques, to catch prostate cancer early.”

As an ambassador, Mr Sunak supports our mission to transform the landscape of

prostate cancer diagnosis and treatment. His involvement is helping to shine a spotlight on the Proactive For Your Prostate campaign, which calls for a targeted national screening programme for high-risk men—such as Black men and those with a family history—and investment in better diagnostic tools and AI to support a future universal screening programme. He raised the topic on the floor of the House of Commons at Prime Minister’s Questions and continues to advocate both publicly and privately for urgent reform.

Together, with supporters like Rishi, we are moving closer to a future where no man dies from prostate cancer. We will continue to roll out more ambassadors across the year in support of our campaign.

*Pictured above:*  
Rishi meeting  
with prostate  
cancer patient  
representatives

*Pictured right:*  
Rishi in the Oxford  
BioDynamics lab





# Our activities and those of our supporters

## Climbers against Cancer

**Our long-time partner Climbers against Cancer (CAC) have been selling their blue CAC branded t-shirts in aid of people affected by prostate cancer, donating a generous £3,000 from sales.**

CAC have been a partner for a couple of years, and they've not only provided vital funding for life-changing projects and research but also supported us to get our message out loud and clear. Together, we're changing the landscape for prostate cancer diagnosis, treatment and care. To mark reaching 10 years, CAC have created a YouTube channel where you can find their 10-year anniversary short film, featuring Oliver Kemp, our CEO, talking about the projects CAC have recently funded. We can't wait to continue our valuable work with CAC, reaching climbers across the country.



Watch the CAC 10-year anniversary film  
<https://www.youtube.com/watch?v=HOEI19n8GAE>

**CAC**

## Create a lasting tribute in memory of your loved one

**We know how important it is to honour and celebrate the lives of those we've lost.** That's why we've partnered with MuchLoved, the UK's leading memorial platform, to offer you a free, personalised online Tribute Page. Tribute Pages serve as a dedicated space where you can:

- Share cherished memories through stories, photos, and videos
- Light virtual candles to commemorate special occasions or anniversaries
- Post funeral notices with any service details
- Collect funeral donations
- Add music playlists and create personalised slideshows
- Invite others to contribute messages, photos, or light candles

Setting up a page is straightforward and free. Whether you're a family member or a friend you can create a page to celebrate the life of someone special. If you need assistance, our Supporter Care team is here to help, please call Jasmeet on **020 3735 5444** or email **JKShah@pcr.org.uk**.



Visit our tribute page  
[prostate-cancer-research.org.uk/create-a-tribute-page/](https://prostate-cancer-research.org.uk/create-a-tribute-page/)

## PCR at the EAU Conference

**At the EAU25 Congress, two important sessions tackled the unfair impact of prostate cancer on Black men.** Our CEO, Oliver Kemp spoke at a powerful round-table highlighting how late diagnosis, medical mistrust, and poor access to care are leading to worse outcomes and how we must work together to change this. The Diversity in Prostate Cancer PROMS Study was also launched to ensure Black men's experiences are reflected in research and care. In a second session, Clinical Nurse Specialist Pauline Bagnall showcased patient-friendly tools that help men understand treatment options and make more informed choices.



**We'd love to hear from you – complete our survey**

Please take the time to complete our survey and help shape the future of our communications. By sharing who you are and what matters most to you, your feedback will be invaluable in shaping how we communicate, fundraise, and ultimately make a bigger impact.



Complete the survey online  
<https://bit.ly/PCRSurvey>

The infopool

# Celebrating 2 fantastic years



**infopool**  
*the prostate  
resource*

[theinfopool.co.uk](http://theinfopool.co.uk)



**This spring marked two years since we launched the infopool – our groundbreaking online hub for people affected by prostate cancer.**

Designed to provide trusted, accessible, and empowering information, the infopool has become a vital companion for men and their families navigating a prostate cancer diagnosis and the complex decisions that follow.

Since launch, the infopool has created a uniquely human, accessible space where real experiences shape understanding and reduce feelings of isolation. Whether it's a newly diagnosed man watching a peer explain treatment side-effects, or a partner reading about recovery after surgery, these stories continue to resonate and reassure.

**250k**

**250,000 visitors, each seeking clarity, comfort, or connection**

**1k**

**More than 1,000 personal stories**

**200**

**Over 200 personal videos**

Feedback has been overwhelmingly positive, with 87% of over 1,500 users rating their experience positively. From explaining complex medical pathways to offering tips on recovery and mental health, users tell us that the infopool helps them feel more informed, more in control, and less alone.



## But we're not stopping here

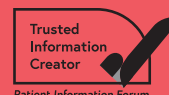
By the end of 2027, we aim to empower approximately 500,000 men and their families through the infopool, giving them the knowledge and confidence to make informed decisions, better understand treatment and support options, and ultimately reduce treatment regret.

Looking ahead, we're thrilled to be developing a new virtual wellbeing service that will be embedded within the infopool. Developed in partnership with the teams at Guy's and St Thomas' NHS Foundation Trust, this interactive tool will guide users to personalised support based on their medical history, lifestyle, goals, and side effects. Initially focused on men undergoing hormone therapy, this tool will offer prehabilitation support, help men self-manage side effects, and improve health outcomes by preparing them physically and mentally for treatment. It's one more way the infopool is putting men's wellbeing at the heart of everything we do.

Two years in, the infopool is already changing lives. And thanks to all our generous donors and a grant of £496,344 from the National Lottery Community Fund, it will continue to go even further – reaching more men, delivering new services, and making sure that no one faces prostate cancer without the knowledge, tools, and support they need.

**BAUN**  
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Content endorsed by BAUN: 1 March 2024 next review 28 February 2027





# Making decisions about your care and treatment



## Mastering healthcare conversations

Attending a healthcare appointment can make some people feel anxious. There are many things you can do to help.

**1 Bring someone else to your appointment**  
They can take notes, ask questions you may not have thought of and offer moral support.

**2 Prioritise your questions**  
Focus on questions related to your treatment options, their outcomes and the impact of possible side effects on your everyday life.

**3 Know what to do if you're running out of time**  
Make sure you get the contact details of your healthcare team before you leave. You can then call or email them any further questions.

**4 Don't be afraid to share your concerns**  
Make a list of what has been worrying you the most and share with your team.

**5 Always share your symptoms**  
Tell your team about any new or unusual symptoms. Say whether existing symptoms have improved or worsened. Say how they're affecting your everyday life.

**6 Don't be afraid to talk about sensitive issues**  
Don't be embarrassed to talk about peeing or sexual problems or your mental health. Your healthcare team have heard it all before.

**7 Don't be afraid to ask questions or say you don't understand**  
Repeat back what your doctor or nurse says in your own words to make sure you have understood correctly.

**8 Always discuss your treatment options with your healthcare team**  
Talk to your team about what matters to you most for example, your lifestyle, relationships, sexuality or culture.

## Working with your healthcare team to make good decisions about your care

Shared decision-making makes sure you are supported to make decisions about your care that are right for you. It involves conversations between you, your healthcare team and your partner or family.

### Why does shared decision-making matter?

- Improves your knowledge of your condition
- Helps you feel more confident in your decisions
- Helps you manage expectations about your treatment
- Increases satisfaction with your care
- Minimises treatment regret
- Increases feelings of control over your situation
- Ensures you receive more tailored care



Find out more about how to master your conversations with our toolkit [theinfopool.co.uk/mastering-healthcare-conversations](https://theinfopool.co.uk/mastering-healthcare-conversations)



For more information about prostate cancer, download a free copy of our patient booklet <https://tinyurl.com/2d2er3ae>



# Research transforming lives

## Surgery technique offers hope for fewer side effects

**Researchers from University College London (UCL) and University College London Hospitals NHS Foundation Trust (UCLH) have found that using a technique called NeuroSAFE for prostate cancer surgery means almost twice as many men recover their erectile function compared to those who undergo standard surgery.**

The NeuroSAFE method preserves the nerves that run through the outer layers of the prostate. It also includes an additional test to ensure all the cancer cells are removed. The method could offer younger patients and those who would not normally be eligible for nerve-sparing surgery the chance to avoid side effects like erectile dysfunction.

The trial looked at 344 men diagnosed with prostate cancer who were due to have their prostate removed and who had no history of erectile dysfunction. Half received NeuroSAFE surgery and half received standard surgery. One year on from their operation, 38% of those who underwent surgery using NeuroSAFE had severe erectile dysfunction compared to 56% who had standard surgery.

Whilst these results offer hope of greater quality of life following surgery, more research looking into the longer-term cancer outcomes is needed.

## A new spit test for prostate cancer?

**You may have seen recent headlines claiming that a new spit test could be used to detect prostate cancer. These headlines were based on results from the BARCODE 1 study which aimed to identify men who are at greatest risk of developing prostate cancer.**

Researchers analysed saliva from over 6,000 men aged between 55 and 69 years old and looked for mutations in their DNA linked to prostate cancer. Participants found to be at high risk were invited to undergo screening with 187 men ultimately being diagnosed with prostate cancer.

Professor Ros Eeles, from The Institute of Cancer Research explained "Building on decades of research into the genetic markers of prostate cancer, our study shows that the theory does work in practice – we can identify men at risk of aggressive cancers who need further tests and spare the men who are at lower risk from unnecessary treatments."

The saliva test will now be investigated further as part of the TRANSFORM trial, a landmark study launched by the charity Prostate Cancer UK, which is looking into options for prostate cancer screening in the UK.

## Uncovering treatment delays

**Our Director of Research, Dr Naomi Elster has contributed to vital research that has uncovered delays in hormone treatment for prostate cancer patients in England.**

The study wanted to look at treatment adherence for over 32,000 men undergoing a type of hormone treatment called LHRH agonists. Researchers uncovered delays in the administration of LHRH injections within England's primary care settings, with a large proportion of patients experiencing delays of over 27 days.

While further study is needed to assess the full impact of these delays on patients, these results underscore the importance of ensuring the healthcare system is adequately resourced to deliver appointments and treatments on time. We thank all partners and co-authors who we worked with to deliver this important work.





Researcher Q&A

# Dr Feier Zeng

## Could you tell us about your journey into cancer research?

My journey began with my master's pan-cancer pharmacogenomics study, which sparked my passion for understanding cancer biology and treatment. Then I pursued a PhD in medicine from 2020-2024 (University of Sheffield), where I focused on testing novel compounds for their anti-inflammatory, anti-cancer, anti-metastatic, and anti-osteolytic (breakdown of bone) effects in multi-cancer bone metastasis. Bone metastasis is a serious complication in advanced prostate cancer, so I chose to continue my research on developing treatments for prostate cancer bone metastasis.

## Your project is looking at the glycan sugars. What are they and why are they important in cancer?

Glycans are sugar molecules attached to proteins and lipids on the surface of cells in the body. They are different from the sugars we consume in food, and can influence how cells interact with each other and their environment. In cancer, changes in glycans can make tumour cells grow faster and spread more easily to other organs.

## Could you give us a brief overview of your PCR project and the team you are working with?

My current project aims to address bone metastasis in prostate cancer, which affects over 70% of patients with advanced prostate cancer. This condition significantly impacts quality of life, causing severe pain. In our project, we inject prostate cancer cells into mice and treat them with novel

drugs targeting glycans to see if we can stop or reduce bone metastasis. **This project, led by Dr Jennifer Munkley (University of Newcastle) and Dr Ning Wang (University of Leicester),** will provide critical data to develop potential therapies for prostate cancer bone metastasis.

## What will this project mean for those living with prostate cancer?

By targeting the glycans that help prostate cancer spread to the bones, we hope to slow or stop the process, offering new treatment options for patients with bone metastasis, a group currently lacking effective treatments. Our goal is to develop life-changing therapies for these individuals, improving their quality of life and survival rates.

## What does your typical day look like?

A typical day of mine starts with conducting experiments or tutoring students in the morning. In the afternoon, I usually focus on data analysis, discussing results with colleagues, academic writing, and planning future research. Throughout the week, I also take time in the evenings to review and recap my progress, ensuring I stay on track with my work.

## What's your favourite thing about working in cancer research?

What I love most about cancer research is that every day brings new challenges and opportunities for learning. We continuously raise new hypotheses, test them, and collaborate with multidisciplinary scientists, making cancer research an exciting and dynamic field.

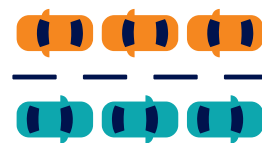
## FUNDED RESEARCH: Unlocking the powers of sugars to revolutionise treatments for bone metastasis



- 1 Prostate cancer often spreads to bone. This can be very painful and there is currently no cure



- 2 Glycan sugars surround our cells and cancer makes changes to them



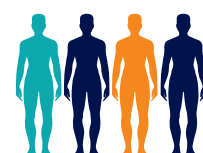
- 3 The team have proven that two glycans make prostate cancers grow very fast and make them more likely to spread



- 4 They are testing drugs which interfere with these glycans to see if they might be able to both prevent and treat bone metastasis



- 5 These drugs are already being used in other cancers, so if they work, they can be quickly crossed-over to prostate cancer



- 6 This could revolutionise prostate cancer treatment for patients at high risk of having their prostate cancer invade their bones, and for patients who already have secondary bone cancer

Update on our Big Give campaign

Christmas  
Challenge

BigGive

We're incredibly grateful to all our supporters who gave to our Big Give Christmas Challenge appeal last December, directly helping to fund this work.

**Thank you!**

# The Bone Metastasis Collaboration Fund

Any research we make possible must be relevant to the people it's designed to help, and we believe that the best way for us to make sure our research is relevant is to ask people who have been directly affected by prostate cancer. We would like to say a huge thank you to our Bone Metastasis Collaboration Fund patient panels who played a crucial role in helping us to decide which projects deserved funding.



## Patient perspectives by Anjali Khawani and David Matheson

In 2024, Prostate Cancer Research and Breast Cancer Now ran a joint funding call for research projects to address Bone Metastasis in these diseases. As joint chairs of the Patient Panel, we facilitated group sessions with a total of 24 volunteers from both charities, who brought a rich diversity of lived experience to evaluate the lay summaries of 12 proposals shortlisted by the Science Panel.

We held 3 group sessions totalling 9 hours to gather feedback and discuss the merits of each proposal. Evaluation criteria included the strength of patient involvement throughout the project phases, intended impact or benefit for patients with prostate or breast cancer also living with bone metastasis, as well as feasibility of the research teams successfully delivering their proposals.

The feedback from the Patient Panel was integrated with the Science Panel's own review to guide the charities in selecting projects that are scientifically robust and aligned with patient needs and expectations for where real improvements are truly desired or needed.

These panels provided a valuable opportunity to collaborate and learn what matters most to patients across the country, challenges faced by people living with bone metastases and the importance of funding innovative projects to tackle these issues.

**We look forward to announcing our new projects very soon!**



Clare's fundraising story

# Raising the roof for 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](mailto:events@pcr.org.uk)



*Pictured here: The Fugitives  
performing at the fundraising concert*

*Pictured below: Clare and Phil Peak,  
Ted and The Fugitives*

**In January 2020 my husband, Phil, was diagnosed with Prostate Cancer.** The cancer was found when he was being treated for something completely unrelated. Fortunately, it was found very early, he had surgery in February 2020, and he has been clear ever since. We were so grateful for the treatment he received, and we know that this was a result of all the research into prostate cancer, so we wanted to do something to say 'thank you'.

In 2017 we had seen a Canadian folk band called 'The Fugitives' in concert in a small village hall in Cumbria and we have been fans ever since. In January, I noticed The Fugitives were doing another tour in the UK, and I had a mad idea to ask them if they would do a fundraising concert for us in our local village hall. I emailed them and within two hours they had replied to say 'yes'. With six months to go, I got stuck in organising it.

The first thing I did was contact PCR's Events & Community team and Ted could not have been more helpful. He suggested using Eventbrite to sell tickets and this proved to be an excellent service. The money went directly to PCR and Eventbrite kept track of everything.

Marketing was our next challenge. Again, Ted was a great help with designing some very professional looking posters and we also paid to have some flyers printed. We put posters up locally with a QR code that took people directly to Eventbrite. I made good use of Facebook and promoted the concert weekly on my own page and local group pages. I directly contacted family, friends and neighbours and we were overwhelmed with their support.

The event was a sell out with about 2 weeks to go which was a great relief, and in total we sold

130 tickets. We also had a raffle on the night with good quality prizes. I wrote personal letters to local businesses and was delighted by their generosity. Finally, we also set up a JustGiving page as many people donated who were not able to come to the concert.

I learnt so much organising this event, the most important being that if you don't ask you have no idea just how generous people will be. We both felt motivated to do the best event we could and reach our fundraising goal of £3,000. If you are thinking of organising an event, go for it! Ted from PCR was a great help with this, checking in with us regularly when we set ourselves goals and timescales.







Prostate  
Cancer  
Research

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Phone: 0203 735 5444

Email: [EWhatmore@pcr.org.uk](mailto:EWhatmore@pcr.org.uk)



**Ready to make or update your Will? Essential information that you'll need:**

Charity name: Prostate Cancer Research

Charity number: 1156027

Address: 23-24 Great James Street,  
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A world free from prostate cancer? Seems like a dream, but with the right level of investment we believe it can be a reality for the next generation. Please consider leaving a gift in your Will to Prostate Cancer Research.

**Together we can make sure no man dies needlessly.**