CAN WE CONVINCE YOU TOO?
“Prostate cancer is blokes’ breast cancer”

At 12:20 one April lunchtime, journalist Bill Elliott was told by a hospital consultant, “You have prostate cancer.” It was a shock, and the shocker was that my 50-year-old baby brother Val learned she has breast cancer.

It’s hard to imagine that evening at home. What happened in the coming months, however, is a lesson in how differently people with prostate cancer and breast cancer are cared for in the UK.

“Val moved into a well-oiled process, receiving treatment within six weeks,” says Bill. “All I received was a letter from my doctor saying, ‘Sorry, the Primary Care Trust (PCT) is not funding the treatment. You may of course appeal.’

“I’d been advised that brachytherapy would be a good option for me, where radioactive ‘seeds’ are implanted into the prostate to destroy the cancer. It’s less invasive than surgery, and I was concerned about the risk of incontinence and erectile dysfunction, and it doesn’t cost much more either.

“Men were coming for this treatment from all over Britain to the Royal Surrey Hospital in Guildford where I live, yet I was living 10 miles away and couldn’t get it. It felt marooned.

“I contacted The Prostate Cancer Charity, and the health editor at The Observer, where I work, and we mounted a campaign. It resulted in the PCT changing their mind to fund brachytherapy – not just for me, but for 12 others too. The Prostate Cancer Charity was so helpful, and I’m still supporting them, in return, for the rest of my life.

“Prostate cancer is blokes’ breast cancer. When I saw a notice at the golf club about the annual breast cancer fundraiser, I asked ‘And when’s the prostate cancer do?’ It’s fantastic that it’s been started for breast cancer. We’ve got to do the same for prostate cancer.

“Do any issues affecting men with prostate cancer and their families?

“Information – trustworthiness, sensitive and free.

“Support and advice – through our Helpline, specialist nurses and a nationwide network of men who have had prostate cancer.

Medical research into all aspects of prostate cancer including screening, improved diagnosis and new treatments.

Public awareness – so everyone knows about their risk and learns what symptoms to look out for and the need for action.

Campaigning to ensure politicians and policy makers understand prostate cancer, and put money and effort into tackling it.

No other charity in the field of prostate cancer offers this breadth, with all our work feeding into the central aim of improving the lives of men with prostate cancer.

When people and organisations are considering supporting a charity, they rightly ask some challenging questions...

For example, “How do you know you are making a difference?” It is the most important point, after all. I explain that we have strong evidence of the impact we are having from our Helpline nurses who speak to around 25 men, family members and health professionals every day, who contact them for information and support.

We’re also embarking on market research to feed into our next five-year plan. This will include hard measures for how we are influencing critical outcomes for men, such as early diagnosis, access to treatments, and survival.

“How can you be sure you aren’t duplicating research?” is another concern. I point to our rigorous process for evaluating research projects, like those we’ve funded this year, which you can read about overleaf. Sitting on the board of the National Cancer Research Institute also gives us a bird’s eye view.

Of course, we’re always asked how much we spend on fundraising. I answer that as a relatively young charity, we must invest in fundraising, which is paying off. Fast. We’re on track for every £1 spent on fundraising to be generating a net contribution of £3 for research, information and support and campaigning by 2011 – but it will take all of us pulling hard together to make sure it happens.

If you have any questions about The Prostate Cancer Charity, just ask. We’ll be open, honest and responsive. We need you with us.

John Neate, Chief Executive
johne@prostate-cancer.org.uk

The Prostate Cancer Charity
One in 11 men in the UK will be diagnosed with prostate cancer. It is a crucial men’s health issue.

In 2006 we invested £3 million in prostate cancer research. We’re always looking for new donors.

Mike Gooley has pledged almost £900,000 to The Prostate Cancer Charity over the last five years for medical research. He explains why:

“When deciding whether to support a charity I look to see if there is a reasonable hope that my money will make a difference. Prostate cancer is an under-funded cause which is still little publicised or understood. Having helped The Prostate Cancer Charity for years it continues to impress me with its deliberate unpretentious, pragmatic but still ambitious approach to research.

“We now need more prostate cancer research scientists to take forward all the new knowledge that is emerging, and raise the profile of prostate cancer on the research agenda. I have helped the Charity create The Trailfinders Charity Studentship Programme, to encourage more scientists into the prostate cancer research field. They know what they’re doing, and we need their expertise.”

Mike Gooley CB
Founder and Trustee, The Trailfinders Charity

This Annual Review relates to the financial year 1st April 2006 to 31st March 2007. For fuller information, please request the Trustees’ Report and Accounts, or visit www.prostate-cancer.org.uk
It’s been a ‘blast off’ year for research, with the Charity embarking on a new phase of promising projects around the UK to improve the lives of men with prostate cancer and their families.

Getting to this point has taken a massive amount of work. We’ve had to build up our Research Action Fund, which now has 3,105 members who have given £1.89 million in the last three years. We’ve encouraged charitable trusts and companies to invest in us. And we’ve set up a stringent process for reviewing research applications. In March 2007, this enabled us to kick-start seven new research projects.

Seven ways to tackle prostate cancer
Three applications from Imperial College London were successful:

- Exploring how to make prostate cancer cells more sensitive to chemotherapy and radiotherapy, so treatments are more effective – Dr Dmitry Pshezhetskiy.
- Investigating a molecule that may act like a ‘Red Piper’ to prostate cancer cells, leading them out of the prostate into bone. This could provide a target for stopping prostate cancer spreading – Dr Justin Sturge. (The two projects above are part of the Trailfinders Studentship Programme.)
- Exploring how to diagnose early on which prostate cancers are aggressive and radiotherapy, so treatments are more effective – Dr Dmitry Pshezhetskiy.

A project at the Institute of Cancer Research will study biopsy samples from several hundred men with prostate cancer and then follow the men’s progress, to see whether certain biological ‘markers’ in their biopsies can be used to predict how cancer develops. Doctors could use these markers to determine who needs radical treatment quickly, and who doesn’t.

- Professor Hing Leung at the University of Glasgow is looking at developing a possible drug treatment for aggressive prostate cancer.
- At the University of Sheffield Medical School, Dr Manitha Muthana will be developing a new treatment using white blood cells to target prostate cancer cells with anti-cancer genes, wherever the cancer cells are in the body.
- There is more to tackling prostate cancer than medical research. Paul Sandra from the University of Leicester will be gaining a better understanding of the experiences and needs of those caring for men with prostate cancer. Paul hopes to come up with ways of offering the right kind of practical support at the right time.

• Exploring which prostate cancers are aggressive and need immediate treatment.
• Investigating how to make prostate cancer cells more sensitive to chemotherapy and radiotherapy, so treatments are more effective – Dr Dmitry Pshezhetskiy.
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“WHEN PROFESSOR HAMDY WAS FIRST ASKED TO sit on the Prostate Cancer Charity’s Research Advisory Committee, which chooses research projects for funding, he declined because of work pressure. He then changed his mind. Why?

“I reconsidered after learning how the Charity was expanding opportunities for scientists to tackle prostate cancer. I was convinced by the robust research strategy, the independent peer review, and the commitment to full transparency. So I said ‘Yes, I’d like to contribute’. I’m glad I did. The work has been rewarding.

“We do a lot of homework when assessing applications to avoid duplication and ensure funds are awarded to those groups most likely to make a difference. There has to be value for money. We’re looking for applicants with the ability to advance the field, make a change and attract funding from other sources, with a systematic evolution of their research.”

New applications will be invited between 3rd September and 6th November 2007. Please visit www.prostate-cancer.org.uk for more information.

“PROFESSOR FREDDIE HAMDY
Head of Urology, Sheffield University and Royal Hallamshire Hospital

Thank the person with whom you made the decision that led you to choose the current research strategy. Why?

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Many men calling our Helpline for reliable information and sensitive advice and support, would like this to be available in their hospital or at their GP surgery. They want to learn about diagnosis, treatments and possible side effects from the people providing their care, so we’ve been working in new areas to make this a reality.

Specialist nurses in hospitals
Over a six year period, we have funded six specialist prostate cancer nurses in selected treatment centres, to help the NHS create a rounded service that looks after the person, as well as the patient. King’s College London has evaluated this initiative and we’ll use their findings to help shape our campaigning for better patient care.

Gold standard care looks like this
To push gold standard supportive care out more widely, Georgia Dobiel, manager of our specialist nurse programme, is moving into a new role: our first Health Services Liaison Manager.

“in 2005, the National Audit Office found that prostate cancer patients reported a poorer experience of care than patients with other common cancers, and that there’s a big variation in prostate cancer services across the country. So my new role is to develop partnerships with the NHS and to help professionals provide the quality of care to men with prostate cancer they aspire to.”

Nurses applied a new online course
Until 2006, there was no specific course on prostate cancer for nurses. Now there is – promoted and supported by an educational grant from us, written by Macmillan Nurse Consultant Nicola James, and given a platform by CancerNursing.org. The free, online ‘Cancer of the Prostate’ course has been applauded by nurses – some 600 have taken the course in the UK in the first six months.

As one said, ‘It has certainly increased my confidence whilst looking after a man with prostate cancer. I have gained so much knowledge. It is highly recommendable.’

Masterclasses for nurses
What skills does a specialist prostate cancer nurse in the NHS need? How can the NHS develop its services for men with prostate cancer? These are some of the areas we intend to cover in a pilot two-day, specialist Masterclasses for uro-oncology nurses we’re developing with King’s College London.

In 2006/07
We responded to around 25 calls every day to The Prostate Cancer Charity Helpline, which is unique in being staffed by specialist nurses.

Increasing donations enabled us to add two more Helpline nurses, bringing the team to the equivalent of 6.8 full-time staff. Common issues people wanted to talk through were symptoms, the PSA test, understanding treatment options and side effects, and advanced prostate cancer.

350,102 people visited our website, with almost half visiting our online forum enabling men and their families to discuss issues around diagnosis and treatment, swap tips on lifestyle and diet, and offer each other support.

By 2007/08
525 health professionals and people affected by prostate cancer attended our National Conference, which was supported by AstaZeneca, sanofi aventis and Novartis.

Coming up in 2007/08
The NHS will start prescribing patient information in a scheme being piloted by the Department of Health. This gives us an opportunity to reach every man diagnosed with prostate cancer.

“YOUR INFORMATION AND SUPPORT UNDERPIN OUR ENTIRE PROSTATE CANCER SERVICE.”

- Nicola James

Macmillan Nurse Consultant: Cancer Care, Chesterfield NHS Foundation Trust

More and more health professionals are recommending that patients contact The Prostate Cancer Charity. Nicola James explains...

“All patients considering having a biopsy to check for prostate cancer are given the Charity’s Helpline number and website. And we specifically ask men not to make up their minds about which treatment they’re going for until they’ve read all the literature.”

“Some want to meet others who know what they’re going through, so we make sure they know about the Chesterfield Prostate Cancer Support Group. Each meeting includes a ‘round-up’ of news from The Prostate Cancer Charity.”

“The Charity’s also excellent for keeping up to date in a busy clinical job. Once a week, the urology nurse consultant checks the website for news and research publications, which are precise superbly.”

The Prostate Cancer Charity Helpline: 0800 074 8383 Monday to Friday 10am - 4pm plus Wednesday 7pm - 9pm www.prostate-cancer.org.uk
So, what do you know about prostate cancer?

If you’d come across Phil Kesi at his local post box and admired his patience as he pushed in 144 packages of information about prostate cancer, addressed to local community groups, there’s every chance he’d have grabbed the opportunity to ask you what you know about the disease. His determination to make men and the women in their lives aware of it is borne out of personal experience.

Phil, a Diversity Equality Manager for the Department of Work and Pensions, was watching BBC1’s City Hospital programme when he saw something about prostate cancer. Black men are three times more likely to develop it than white men, so he took himself off to his GP.

“I didn’t have any symptoms but I knew a couple of PSA tests were a bit high. I’d been on The Prostate Cancer Charity’s website, and knew I could ask for a biopsy, so I did, and it turned out I had early stage, aggressive prostate cancer.

“My nurse at Guy’s Hospital, Pat, said, ‘We can do nothing. But you need to get up to speed quickly’, and she gave me The Prostate Cancer Charity’s ‘Tool Kit’. It’s an A-Z of prostate cancer. A walk-through of everything you want to know. It’s brilliant, and it put me in a mood where I wasn’t scared. It helped my fiancee too.

“Since having my treatment, which was successful, I’ve photocopied in 70 people. I just want everyone to know about this.”

Prostate cancer is the most common cancer in men – it kills 10,000 UK men a year. Although awareness is growing, there is still huge ignorance about the disease, symptoms and treatments.

Awareness Week makes a noise

‘Why the big fuss about prostate cancer?’ shouted colour ads in Time Out in the run-up to our seventh Awareness Week. This advertising space was donated free, as were countryside poster sites by Dowdle/Broadax. Extensive media coverage also generated awareness.

In total 793 groups, companies and individuals across the country organised information stands or fundraising events during the week.

As well as encouraging men to think hard about their health, Awareness Week persuaded people to give donations to support the Charity’s work. “What are you going to spend your £3 on?” drinks mats asked customers – 250,000 of which were kindly distributed by AIB Wholesalers and Moles Brewery. A Real Man Quiz included a set of questions about prostate cancer, for awareness and fundraising, while a Blue for the Boys fundraising pack encouraged people to show their support by wearing blue for a ‘dress down’ day at work.

Everybody needs to know about prostate cancer: young men and old; anyone with a man in their life; health professionals; and policy-makers whose decisions affect the lives of men with prostate cancer and those at future risk. The Prostate Cancer Charity has moved up a gear in raising awareness and lobbying with others for better support for men affected by prostate cancer.

In 2006/07

Prostate cancer continues to move up the news agenda and there is growing interest about the disease. The media is an excellent vehicle for pushing out the message widely and with the help of our supporters we achieved wide-ranging media coverage. We therefore created a third media and public affairs post.

We also collaborate with others to make sure decision-makers understand prostate cancer. As a key member of the Prostate Cancer Advisory Group we contributed to the Government’s Cancer Reform Strategy, which will set out the shape of cancer services for the next five years.

Coming up in 2007/08

We’re launching a three-year ‘Older and Wiser’ programme to train ‘community champions’ from black and ethnic minority communities in London to spread the word about prostate cancer. It will be funded by the City Bridge Trust.

In 2008

The Prostate Cancer Charity has always shown a massive commitment to improving the profile and understanding of prostate cancer. As a key member of the Prostate Cancer Charter for Action, a group of 25 key charities and professional groups combining knowledge and resources to campaign for a better future for men with prostate cancer.

Over the year, we discussed patient choice in prostate cancer with MPs and candidates in the Welsh and Scottish elections. This secured a commitment from the Department of Health to review advice given to GPs on counseling men without symptoms who ask for a PSA test. Vivienne Parry, writer, broadcaster and chair of the Prostate Cancer Charity for Action says, "The Prostate Cancer Charity has always shown a major commitment to collaborative working – adding real power to our collective voice.”

We’d had posters in restrooms and loos. It’s been in office newsletters and we’ve had something on prostate cancer twice in our magazine for customers and suppliers. We see this as an ongoing thing.”

– VICKY BANHAM

Communications Manager, Rok plc

‘This is Prostate Cancer Awareness Week. Look out for the posters and on the website for more information.’ So beeped 2,000 mobile phones, as employees at building company, Rok, received text messages from their employer in an initiative with The Prostate Cancer Charity.

“There’s a huge amount of importance placed on being aware of dangers on a construction site,” says Vicky Banham. “But we also have a responsibility to support health campaigns affecting our workforce. It’s unusual that we get involved with a charity on a national basis – usually our 50 offices do something locally – but our Chief Executive was so impressed, he asked all our staff to do something about increasing awareness of prostate cancer.

“We’ve had posters in restrooms and loos. It’s been in office newsletters and we’ve had something on prostate cancer twice in our magazine for customers and suppliers. We see this as an ongoing thing.”

If you’d like to get involved with Awareness Week in March 2008, please contact: awarenessweek@prostate-cancer.org.uk
Men raising money to help other men

“We all help cancer charities, but as a man raising funds for a men’s cancer charity and for other men, it felt really meaningful,” says Phil Marsh, one of 280 men who took part in our first Real Men Cup this year, a 5-a-side football tournament which raised £10,000.

“I knew little about prostate cancer or The Prostate Cancer Charity before the event. Maybe it’s a bit of a taboo subject. I guess men tend not to think or talk about these things. But I learned a lot. The statistics are startling – I never knew just how common it is. Everything possible should be done to tell people about symptoms and about the help the Charity can offer.

“A colleague was sent details of the event in London and passed them to me. My friends and I jumped at the chance to get involved – a football tournament and a men’s cancer charity go well together! I saw raising money for a football tournament and a men’s cancer charity as an insurance policy before I get to the age of higher risk.

“It was a brilliant day, very well-organised too. I was so excited – he’s my hero! There was a real sense of camaraderie and it was great to see so many men coming from all over the UK. I got talking to a team who had travelled six hours to get there.

“I can’t wait until next year, I’ll definitely get a few more teams together.”

Clocking up miles for prostate cancer

Running is turning into a big fundraising success for The Prostate Cancer Charity, with 132 people taking part in the last Flora London Marathon for us, and raising £297,000 between them. We work hard to support our runners, as Gian Quattromani, noted when he wrote to us after the event: “...thank you for your support – you and your team do a fantastic job in keeping us informed and motivated.”

We are going to have our biggest ever teams in the Great North Run, Great Manchester Run and the London Triathlon in 2007/08.

Nearly 100 pledge a legacy

Because The Prostate Cancer Charity is a relatively young organisation, it doesn’t have a bedrock of income from legacies to rely on, as many older and larger charities have. So when our Chairman, Paul Forster, wrote to supporters about the opportunity legacies offer for doing something big, important and long-lasting about prostate cancer, it was inspiring to see nearly 100 people responding, saying they are now going to leave a legacy to the Charity.

“I confess I was a bit apprehensive about writing to people about such a private and sensitive thing as legacies,” says Paul. “But when letters started coming in from people like Trevor Godbold in Kent, who said, ‘I feel your Charity is invaluable. I am convinced, I realised it was the right thing to do.’

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“Through the sale of pin badges on every till point, and a donation from the company, we’ve raised £100,000. Just as importantly, we’ve increased awareness of prostate cancer among customers and staff with leaflets, point of sale materials, messages on till receipts and tannoy announcements.

“We did some research and got feedback about what customers had picked up. It showed two thirds now know that prostate cancer is the most common cancer in men, and almost half had heard of The Prostate Cancer Charity. That’s great!”

Our Research Action Fund attracted 1,064 new members whose first donations amounted to £502,000.

In 2006/07

97% of our work is paid for by donations, sponsorship, charitable grants and legacies.

Local fundraising events organised by individuals raised £270,000, while groups such as Rotary Clubs, the Freemasons and sports clubs generated £35,000 as well as making more men think about their health.

Coming up in 2007/08

Celebrate Father’s Day with a fundraising Fest. Join us in 2007, in your home, with friends, at your club, church or pub. Celebrity chefs have created menu’s that are delicious, healthy and nutritionally balanced. Find them at www.prostate-cancer.org.uk/community.

Would you like to contribute to progress in tackling prostate cancer, and supporting men and their families?

Please contact: supportercare@prostate-cancer.org.uk 0208 222 7666
2006/07 was another strong year for income growth following the previous year’s impressive performance. For the first time the Charity broke through the £4m income barrier with a total income of £4,454 million. This significant increase of 15% will enable us to further develop our services and research programmes. It is a direct result of our investment in fundraising, which has enabled the Charity to create interesting and innovative programmes that not only raise substantial funds for the Charity but also increase awareness of prostate cancer in the process.

Outgoings were considerably higher in 2006/07 compared with the previous year. The greater part was due to additional expenditure on Charitable Activities which rose by £843,000; this included £584,000 in new research grants.

Increases in investment in other key areas of Charitable Activity included Information Services, The Prostate Cancer Charity Helpline and the Community Engagement programmes including a key project in Scotland.

Finally, a word on Governance Costs. At £172,000 this represents only 4.1% of total costs, a reduction of 0.5% over the previous year.

Moneys Matters