

# THE 18<sup>TH</sup>

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- Find out how captains across the UK are driving change
- Help your clubmates learn their prostate cancer risk

## THE INTERVIEW Kenny Logan



**PROSTATE  
CANCER UK**



# THE INTERVIEW

## KENNY LOGAN



**Kenny Logan is one of Scotland's most celebrated rugby talents. During a professional career that spanned just shy of two decades, Logan claimed 70 caps and scored 220 points from the wing, landing him in seventh in the nation's all-time points scorers list.**

But post-retirement, the 51-year-old now hopes to turn his attentions towards another sport – golf – as he comes to terms with his treatment for prostate cancer in 2022.

Like many men, Kenny's prostate cancer diagnosis came by chance. A conversation with his wife, sports presenter Gabby Logan, inspired him to visit his GP and have a PSA test. Six months later, he was having his prostate surgically removed.

"My wife has a podcast, The Midpoint, all about mid-life and going through the menopause," he said.

"I said 'well, if women are going through that at this age, what are men going through?' She said I should get my hormones tested and I later found out my PSA was a little high. I was monitored, then had a scan and biopsy, then six months later was told I needed to have my prostate taken out.

"The reaction was quite emotional. I tried to stay as positive as possible and it's always the thing I try to tell people – be positive, you've got it at the right time and you're lucky to have the opportunity you've got. The one thing I've learned about it is that you need to find prostate cancer, you don't want it to find you."

Logan, who has also helped friend, former teammate and fellow Prostate Cancer UK supporter Craig Chalmers through his recent diagnosis, admits that he knew about prostate cancer as a player, but only properly considered his risk as he got older.

"I knew prostate cancer was there, but as a young man you think you're untouchable and as you get older, you realise these things can happen to me," he said.

"As I've got older, I've got more in tune with the medical side of things than I was before. I know that one in eight men will get prostate cancer, and one in four for black men, but I'd thought before that everyone was the same. It makes you realise that it's quite a high statistic."

The former London Wasps man now wants to use his experience of prostate cancer to educate more men on their risk – starting with the golf community.

"When I was going through my process, what I wanted to do was let men know that it's not embarrassing to get a blood test. I'd rather be alive!" he said.

"When you're out playing golf, you're comfortable and can open up to your mates. I love it. One thing I've said since I recovered from prostate cancer is that I want to play more.

"I don't mind the challenge, it's just the concentration. You can play 13 holes really well, then the last five are diabolical! Playing a lot of shots can be numbing for the brain, so having a good mindset and focus is important, as well as having a laugh."



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Kenny Logan



# Friendship drives duo to Big Golf Race success

**A long-standing friendship between two golfers proved to be the foundation for an epic fundraising challenge at a Surrey golf club.**

Mark Taylor and Alan Hodge, of Tandridge Golf Club, have been mates for over 30 years, and after Mark was diagnosed with prostate cancer in 2022, he turned to his pal, who was captain at the time, to ask for his support in hosting a Big Golf Race to raise money for Prostate Cancer UK.

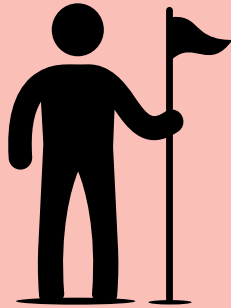
“My prostate cancer was identified through regular PSA (prostate specific antigen) blood tests that I had been having for 10 years,” Mark said. “I had no symptoms. After an MRI and biopsy, the NHS, who have been superb, suggested I was put on active surveillance.

“I later asked Alan at a society day if he fancied arranging 72 holes in a day. He told me that his chosen charity was Prostate Cancer UK, so a plan was made.”

The duo, along with three fellow Tandridge members and three SW1 Golf Society members, then conquered the Big Golf Race last June, teeing off at 4.30am and raising an incredible £46,691.

Through his captaincy, Alan also chipped in, boosting fundraising by almost £20,000.

And after his epic efforts, Mark has the following advice to those taking on the Big Golf Race this summer...



**Change socks every round, rotate two pairs of shoes and importantly, have fun!**



Pictured centre: Alan Hodge



## Hair today, gone tomorrow for club captain George

**A hair-raising idea helped a club captain to an impressive fundraising tally.**

George Sparrow, captain of the Spring Greens section at Westgate & Birchington Golf Club in Kent, was known for his long locks – growing his hair for a full year from December 2022 – before dying it green to raise even more money for Prostate Cancer UK.

As well as hosting fundraising golf days during his captaincy, he went on to brave the shave just before Christmas, clipping off his hair and bringing his total to a fantastic £5,000.

“My uncle died of prostate cancer a few years ago, and many club members have had the disease too, with some being treated now,” he said.

“We were playing for a pound coin each time we played, then it snowballed from there!”

Thanks to George, Prostate Cancer UK is a mainstay at the coastal club, with members and guests joining him in raising money.

“There’s now a permanent Prostate Cancer UK pot in the pro shop, and there’s good awareness of the charity at the club,” he added.

**My uncle died of prostate cancer a few years ago, and many club members have had the disease too, with some being treated now.**



# HowDidiDo smashes record as Peter claims crown at Grand Final

**Another successful year of fundraising from charity partners HowDidiDo came to an entertaining conclusion in Scotland this March - with the seventh annual 'How Do We Beat It' competition Grand Final.**

Europe's biggest golf community has raised over £255,000 through the competition since its inception in 2017, with a competition-high of 12,622 players raising £37,178 in 2023's instalment.

After each golfer logged their scores through HowDidiDo - which holds the handicaps, results, and scores of over one million golfers in the UK - their best eclectic round was then automatically calculated.

From there, the 16 best cards won a place at the final, once again held at the world-renowned Trump International in Aberdeenshire at the end of March, with Teeside Golf Club's Peter Scott being crowned champion.

HowDidiDo's George Stead said: "It's fantastic to celebrate another successful season of raising life-saving money for Prostate Cancer UK through golf.

"We're proud to have smashed through the quarter-of-a-million-pound mark - and I still think it's only the beginning! I'd like to say a huge thank you to every member of the HowDidiDo community that has been a part of How Do We Beat It in the last 7 years, everyone who has taken part, worn a badge and told a mate at their club to get involved, it really does mean a lot.

"Let's play some more golf and help beat prostate cancer at the same time."



**This year's competition is FREE. For your chance to become our How Do We Beat It champion in 2024, enter now at [howdido.com/ProstateCancerUK](https://howdido.com/ProstateCancerUK)**

## Husband's golfing legacy inspires Sarah to support the cause

**A golfer who sadly lost her husband to prostate cancer turned to her golf club for support in raising awareness of the disease.**

Sarah Anderson and her husband John began playing golf together in 2006, before joining Hallamshire Golf Club in Sheffield in 2010.

"We were on holiday and the hotel had a very nice golf course," Sarah said. "I'd never played, and John had played the odd round. I was absolutely terrible, and John said, 'I always thought golf was a game we might take up together.' When I got home, I arranged to have lessons in secret and for his birthday that year I surprised him with a golf weekend. We had a great time and caught the golf bug!"

Sadly, John, who was a consultant urological surgeon and a trustee of Prostate Cancer UK, was diagnosed with prostate cancer in 2012, and died the following year. When Sarah was named lady captain of Hallamshire in 2023, supporting Prostate Cancer UK was a no-brainer.

Through a combination of challenges, captains' days, raffles and collections, Sarah raised over £6,000 to help keep men in the game for longer - but making sure men knew of their risk of the disease was of equal importance to Sarah.

"Men tend not to talk about their health and yet 1 in 8 of them will be diagnosed. It was interesting how many times I was told that someone knew someone with it," she said.

"If we raised awareness, which I think we did, then that's great."



**“It was interesting how many times I was told that someone knew someone with it.”**



# GET KITTED OUT ON THE COURSE



## NEW IN STORE:

Glenmuir polos, golf caps, golf towels, and a 'Man of Men' driver cover.

Head to [shop.prostatecanceruk.org/golf](http://shop.prostatecanceruk.org/golf) to get yours now.



USE CODE **GOLF24** FOR 10% OFF ALL GOLF ITEMS

## Take Prostate Cancer UK's 30-second online risk checker

One in eight men in the UK will be diagnosed with prostate cancer. Catching prostate cancer early saves lives, but early prostate cancer often has no symptoms.

That's why it's vital that men know their risk – and you can find out yours in 30 seconds by using Prostate Cancer UK's online risk checker.

Search 'check my risk now' or visit [prostatecanceruk.org/golf-risk](http://prostatecanceruk.org/golf-risk)



# RESOURCES FOR YOU

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## Support us

We can support you every step of the fairway! For a typical golf day we can provide you with: branded golf balls, tees, pencils, pin badges and a range of awareness literature, posters and banners. Clubs who use our branded materials raise significantly more awareness and funds.

We are happy to provide these materials for free to help you make the most of your day and reach as many golfers as you can.

Register at:

[prostatecanceruk.org/golf](http://prostatecanceruk.org/golf)



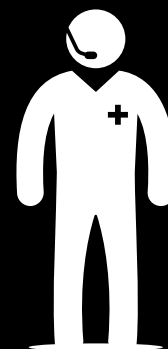
## Speak to our Specialist Nurses

**0800 074 8383\***

[prostatecanceruk.org](http://prostatecanceruk.org)

Whether you've been diagnosed or have concerns about prostate cancer or prostate problems, we're here to support you. We can also help partners, family members, friends, and health professionals with any questions you may have.

**Call our Specialist Nurses from:**  
Monday to Friday 9am – 5pm  
Wednesdays 10am – 5pm



## Contact us

**020 3310 7091**

[golf@prostatecanceruk.org](mailto:golf@prostatecanceruk.org)

[prostatecanceruk.org/golf](http://prostatecanceruk.org/golf)

## Social channels

 Prostate Cancer UK

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