News Release ­

(Insert name of area) man/woman/group/duo/family set to ‘March the Month’ for Prostate Cancer UK

This September (insert name, age) from (location) is increasing their daily step count as he/she/they take(s) on Prostate Cancer UK’s virtual fundraising challenge, [March the Month](https://marchthemonth.prostatecanceruk.org/?_gl=1*o6elvp*_ga*MTI0NTQwMjI1Mi4xNjI0MDEyNDk4*_ga_NWKX2S91S5*MTYyNTc2MzQ3NC4xNi4xLjE2MjU3NjQ5MTcuNTk.&_ga=2.109005250.1920083738.1625751048-1245402252.1624012498) to raise money for the leading men’s health charity.

(Insert name) aims to walk 11,000 steps a day to represent more than 11,000 dads, grandads, sons, brothers and mates who die from prostate cancer every year in the UK.

(Insert name) was/were inspired to take part in March the Month (summary of motivation to fundraise for Prostate Cancer UK) and is hoping to raise (amount) to help beat prostate cancer, the most commonly diagnosed cancer in men.

(He/she/they) will be joining an intrepid team of fundraisers who have so far raised an incredible £7 millionthrough the charity’s series of virtual events, that also includes running and cycling.

The money raised by (insert name) and everyone else taking part will fund vital research into life-saving treatments for prostate cancer and provide practical support to men and their families affected by the disease.

(Insert name) said: “I have decided to take on March the Month for Prostate Cancer UK because (detail about your motivation and/or link to the charity).

“I’m really looking forward to challenging myself this September, and I’m delighted to be raising awareness and funds to help stop prostate cancer being a killer.”

Nicola Tallett, Director of Fundraising & Supporter Engagement at Prostate Cancer UK, said: “Prostate cancer is the most commonly diagnosed cancer in men in the UK and thankfully the support of (insert name) and everyone else taking part in March the Month, will help us continue funding lifesaving research and support services for men affected by the disease.

“Those pounding pavements by taking on March the Month, including (insert name), have well and truly shown how friends, families and communities can work together locally and across the UK to help save lives.

“We thank (insert name) for going that extra mile and joining the fight to help beat prostate cancer.”

To sponsor (insert name) please visit (enter fundraising website such as your JustGiving page URL).

**ENDS**

For more information please contact Amy Barlow: [amy.barlow@prostatecanceruk.org](mailto:amy.barlow@prostatecanceruk.org).

Alternatively, email [pressoffice@prostatecanceruk.org](mailto:pressoffice@prostatecanceruk.org) or call 07984 325001.

**Notes to editors**

**About March the Month**

* March the Month is a virtual walking challenge everyone can get involved with. Walk 11,000 steps a day throughout September for the more than 11,000 dads, partners, grandads, sons, brothers, uncles and mates who die from prostate cancer every year. Sign up and raise money to fund lifesaving research to help beat the disease.
* Take on the challenge alone or in a team and track and share your progress using JustGiving's fitness tracker. Watch your steps stack up and donations rush in. Whether you're a rookie rambler or a seasoned stroller, March the Month and help save men's lives.
* For information about March the Month including how to sign up, please visit [here](https://marchthemonth.prostatecanceruk.org/?_gl=1*115z6dy*_ga*MTI0NTQwMjI1Mi4xNjI0MDEyNDk4*_ga_NWKX2S91S5*MTYyNTc2MzQ3NC4xNi4wLjE2MjU3NjM0NzkuNTU.&_ga=2.267234638.1920083738.1625751048-1245402252.1624012498)

**About Prostate Cancer UK**

* Prostate Cancer UK has a simple ambition – to stop prostate cancer damaging the lives of men and their families.
* Investing into finding better treatments and tests that could save thousands of lives.
* Working with the NHS to make sure men get access to breakthrough tests and treatments.
* Spreading the word about who is at risk of prostate cancer, especially to those at higher risk.
* Supporting people dealing with prostate cancer and providing health information.
* Visit [prostatecanceruk.org](https://prostatecanceruk.org/) now to help beat this disease.
* @ProstateUK #MenWeAreWithYou

**About prostate cancer**

* Prostate cancer is the most common cancer in men – and now the most commonly diagnosed of all cancers in the UK.
* More than 11,500 men die from prostate cancer in the UK each year – that's one man every 45 minutes.
* More than 47,500 men are diagnosed with prostate cancer every year – that's 129 men every day.
* 1 in 8 men will be diagnosed with prostate cancer in their lifetime. This raises to 1 in 4 for black men.
* Around 400,000 men are living with and after prostate cancer.
* A 30-second online risk checker is available at [prostatecanceruk.org/risk-checker](https://prostatecanceruk.org/risk-checker)
* Prostate cancer mainly affects men over 50 and the risk increases with age. But the risk is higher for black men or men with a family history of prostate cancer, so they may wish to speak to their GP from age 45.
* Prostate cancer often has no symptoms so men shouldn’t wait to see changes before they act.
* Anyone with concerns about prostate cancer may contact Prostate Cancer UK's Specialist Nurses in confidence on 0800 074 8383 or online via the Live Chat instant messaging service: [www.prostatecanceruk.org](http://www.prostatecanceruk.org). The Specialist Nurse phone service is free to landlines and open from 9am to 6pm Monday to Friday, and 10am to 8pm on Wednesdays.