

# THE 18<sup>TH</sup>

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**THE INTERVIEW**  
**Ray De Branco**



**PROSTATE  
CANCER UK**



# 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)



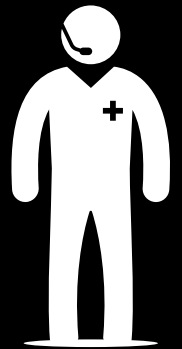
## Speak to our Specialist Nurses

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

 @ProstateUK

 prostatecanceruk



# PROSTATE CANCER UK

# THE INTERVIEW

## RAY DE BRANCO



**A local golfer determined to change the game for men and families impacted by prostate cancer after facing the disease himself has triumphantly delivered on a life-changing promise.**

Ray De Branco, from Bedford, was diagnosed with locally advanced prostate cancer in 2014. Ray's diagnosis inspired him to lead a fundraising and awareness drive for Prostate Cancer UK, combining his enthusiasm for saving lives and his love of golf by hosting an annual golf day at his club, Pavenham Park Golf Club in Bedfordshire.

The 76-year-old pledged to raise £100,000 for Prostate Cancer UK when planning for his first golf day in 2016, and, seven years later, Ray's dream was realised when the 2023 instalment saw his fundraising soar to over £107,000.

"I wanted to help all men, having been an active sportsman all my life," he said. "Golf was my main sport, and we wanted to raise awareness and thought this was a great platform on which to do that. We also wanted to raise much-needed funds for research into the disease.

"The support from my golf club, partner, and family means an awful lot to me. While organising the event is very time consuming, their support is heart-warming.

"My partner Anne knows it's not easy for me to live with the diagnosis, but having the ongoing support of all our friends at the club has made the situation much easier. She says that after a round of golf - and the banter at

the 19th hole - I come home a different person, ready to fight another day."

Over the years, Sheffield Wednesday fan Ray has scored support from dozens of national and local businesses, as well as the backing of friends and family who have also turned their hands to fundraising to boost his total.

"In our first year, we sent 50 letters to big companies, as well as local companies which yielded a variety of donations," he said.

"We received four-balls from every golf club in the county, Anne and her friends did an overnight marathon and we have also been extremely lucky over the years with generous donations from members of the club and fantastic prizes for auction."

Ray, who is now undergoing a second course of radiotherapy after discovering his cancer had spread in early 2023, admits that there are days in which he struggles with his diagnosis, but he has always found solace on the golf course.

He said: "Golf is part of my weekly routine; it's a chance to be with friends on a regular basis. The golf might not always turn up, but my friends always do!

"In the early days, I was convinced that the word 'cancer' meant that I was not going to live much longer. Ongoing treatment has given me more years of life, but my subsequent diagnosis has made me realise how precious life is, and I'm trying to live it to the full and continue to stay upbeat."



**Getting my diagnosis was awful, but there are lots of men at the club just beginning their journeys too, and it's great to be able to share my experience with them and be someone they can turn to or just lend a listening ear.**

Ray De Branco

## Are you Big Golf Race ready?

Over the past four years our incredible community of golfers have taken on the Big Golf Race and raised over £3.9million.

Thousands of you have conquered 36, 72, or even 100 holes of golf in a day. All while raising vital funds to support research into better prostate cancer tests and treatments. The money raised also allows our Specialists Nurses to keep providing their award winning support to men and their families.



But there's still more to do. The Big Golf Race is back for 2024 and this year it's bigger than ever. Sign up today to take on the ultimate golf challenge.

It's time to swing into action. Rally your mates, choose your challenge, pick a date and course, and start fundraising to save men's lives. One hole, and one donation at a time.

You can find out how you can make your club Big Golf Race ready, by scanning the QR code, or visiting [prostatecanceruk.org/golfnewsbgr](https://prostatecanceruk.org/golfnewsbgr)



## Brothers band together for marathon fundraising drive

A shock double prostate cancer diagnosis galvanised one family into fundraising action last year.

Captain of Tall Pines Golf Club in Bristol, Andrew Farquarson, was still coming to terms with his prostate cancer diagnosis last spring when his twin brother, Tony, was also diagnosed just months later.

The brothers decided to begin fundraising for Prostate Cancer UK while undergoing treatment, with Andrew hosting a golf day before the duo completed the Cardiff Half Marathon in October.

He said: "When I heard I had prostate cancer it was a mixture of shock and disbelief. I had no symptoms; I'd just heard the same radio advert highlighting the risk of prostate cancer for men of Afro Caribbean heritage. That prompted me to see my GP."

As well as selling goody bags, Andy and his family set up a raffle and even put a Caribbean twist on the food served at the end of the day.

"We worked with the chef, Robbie, who made a version of the family recipe for Jamaican chicken and rice, served with salad and roast potatoes" he said. "The food and snacks are still being talked about as they were a change from the usual menu as is the organisation and friendliness of those selling raffle tickets and serving the snacks."

And for Andrew, who raised £2,050, family was very much at the heart of his golf day's success.

He said: "Planning and organisation is key - we're lucky as family and friends all helped set up and worked together. We printed off our story, and pinned these up with photos which brought a personal element to the fundraising, along with raising more awareness."



We'd spent a long time deciding how best we could utilise the **golf goodies** provided by Prostate Cancer UK and planning a theme that would incorporate my Jamaican heritage and raise as much money as possible."



## Danny's delight as golf day raises £15,000



**A Scottish golfer who was diagnosed with prostate cancer following a chance comment to his GP has raised an incredible five-figure tally by hosting a golf day.**

Danny McIntyre, 64, was visiting his doctor after developing a cough early last year. He mentioned that he'd been going to the toilet more during the night, and a subsequent PSA test and biopsy revealed he had prostate cancer.

After completing a course of radiotherapy, Danny began his fundraising drive, which culminated in a golf day at his club, Kilmacolm, raising £15,000, with half donated to Prostate Cancer UK.

"I decided that I should give something back," he said. "It started out as getting a few mates together and raising a few quid for charity, but then I sold out 20 teams within a week.

"Our captain, George, was a great support, and the club pulled out all the stops. The course was in fantastic condition, the food was exceptional, and the bar staff certainly earned their corn! The atmosphere in the clubhouse afterwards was fantastic too."

And despite his epic fundraising, Danny says the most important element of a successful gold day is enjoyment.

He said: "Everyone loves a good golf day, so build it, and they will come. Last, but not least - make sure you have a lot of fun! If you set out to enjoy yourself, that will flow into the golf day too."

**Don't focus on what you want to raise, but rather on awareness.**



## Club unites as Pam completes peaks challenge



**An intrepid golf captain at a Staffordshire club swapped her clubs for hiking boots as part of her fundraising efforts last year.**

Pam Burton, of Westwood Golf Club in Leek, triumphantly conquered the Yorkshire Three Peaks - Whernside, Ingleborough and Pen-y-ghent - last May, completing 1,585 metres of climbing alongside friend and clubmate, Joyce Hughes (pictured).

Her husband, Graham, inspired Pam to support Prostate Cancer UK after he was diagnosed with advanced prostate cancer in 2018. He sadly died two years later.

She said: "Graham and I were very keen on sport - he taught me and my sister-in-law how to play golf. It's very important for male members of our club to know about prostate cancer. We've bombarded members with leaflets to raise awareness!"

Pam also had the backing of the club's men's captain, Ian Sergeant, and PGA professional, who took on the Big Golf Race last summer.

"We started our fundraising with a halfway house cake donation on our captains changeover day, then did various raffles, hidden auction and my sponsored walk. The members of Westwood have supported our efforts 100%," she said.



**We salute each and every golfer that has taken up this challenge across the UK. Well done to everyone.**

# 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](https://shop.prostatecanceruk.org/golf) to get yours now.



**THE PERFECT WAY TO KICK OFF THE 2024 SEASON IN STYLE.**

## 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](https://prostatecanceruk.org/golf-risk)

