

Trustees' Report 2025

Milton Keynes Prostate Cancer Support

This year, In a break with past tradition and in keeping with the requirements of the Charities Commission, we are submitting a Trustee's report rather than a Chairman's report.

We have continued to operate without a chairman this year and believe this has been effective in a very busy year due to the efforts of an active committee and member contributions.

Operations Summary:

We welcomed member Steve Wakeland to our committee in September. Steve brings a wealth of charity work experience and has already been a willing participant in our activities and a great addition to the committee. Steve's wife Pat has also helped out at events and committee member Haydn's wife Christine continue to help at events and managed the refreshments at the Broughton meetings.

We once again thank Ted for making the facilities at Shenley Wood available to us and managing the rooms and refreshments for the meetings. Thanks also go to members Vince, Keith and Norman who helped out with car parking management at PSA events and at other events. A special mention to Vince and Keith, and to committee member David Tomlinson, for managing car parking at the Sherington event in February where they were out in the freezing cold for four hours. Also thanks to committee member Jas whose brave abseiling challenge in August raised over £600.

Committee member Malcom negotiated a free storage deal with Big Yellow in Milton Keynes at the beginning of the year in exchange for mentioning them in our presentations, leaflets and social media. This has made a huge positive difference in managing our meetings, awareness and PSA events and has become crucial with our increasing activities.

Broughton Parish Council designated us as one of their supported charities this year. This brought a number of benefits particularly in the early part of the year when we were able to use their community centre for our meetings when Shenley Wood was undergoing renovations. They also helped us with getting set up on Facebook and invited us to their community events to promote awareness and to fundraise. We were invited to fundraise at their annual fireworks event in November and raised over £2,000, more than enough to cover our operating costs for a full year. We would like to thank Gary and Lynn and the Broughton Parish Council for their support.

Haydn took the initiative to source MK Prostate Cancer Support branded T-Shirts and Fleecees from a local company and all committee members have purchased them and display them proudly at events and meetings. They are also available for members to buy as well.

We continue to participate in the monthly Tackle group meetings though committee member David Buckley who also attended their AGM in Birmingham in April. Haydn and David attend the MK Cancer Forum meetings at MKUH and Jas attends MK Community Foundation Trust meetings and events. We have added our support to the campaign to provide a national screening programme for prostate cancer.

We would also like to mention the sad passing of former committee member Chris Monk in September of this year. Chris was an active member of the committee in his time with us and his contributions live on in the design of our trifold leaflet and in his suggestions for how to conduct our monthly meetings. We would also like to thank Chris's family for the donations that we received in memory of Chris from friends and family.

Support Group:

Our key purpose is to provide a support group for families affected by prostate issues and we do this primarily through our monthly meetings. We have held meetings every month this year except August as usual, some with speakers and some just to meet and chat. We are pleased to report that these meetings have been increasingly well attended and we have welcomed many new members as well as welcoming back familiar faces. We observe that men and their families getting to grips with a recent prostate cancer diagnosis find talking with others who have been in their situation and further along their treatment paths particularly useful.

In February one of our patrons Tom Leslie, consultant urologist at MKUH (now Oxford), took time out of his busy schedule to talk to us about the latest developments in diagnosing and treating prostate cancer. Despite it being a cold February evening and our first meeting at Broughton Pavilion the meeting was very well attended and Tom's presentation and presence very well received.

In April Dr. Kayleigh Orchard of the Open University came to speak with the group and request our support as a potential patient group for the project she planned to propose to Prostate Cancer UK to identify the more aggressive forms of prostate cancer much earlier in order to provide targeted treatments. Kayleigh has subsequently decided to delay her submission of the project to a later date.

In July Harry Robbins of the Clinisupplies company presented his company's range of products to help with incontinence after prostate cancer treatments to the group. These products were unknown to most of the group and his presentation was well received.

In October Professor Robert Thomas, consultant oncologist and professor of exercise and nutritional science gave a packed audience a presentation on the findings of trials of how certain foods and supplements affected people living with cancer and the aftereffects of treatment and the proven benefits of a healthy lifestyle. The presentation was much appreciated and Robert has offered to lead another discussion with our members which is scheduled for the June 2026 meeting.

In November committee member Steve Wakeland gave a first-hand account of he and his two sons participation in the charity bicycle ride led by Sir Chris Hoy in Glasgow to raise cancer awareness. The presentation was fascinating and Steve and his family raised over £2,000 for Prostate Cancer UK.

In December we welcome Sally Burnie, Divisional Chief Nurse Cancer and Core Clinical Services at the Milton Keynes Foundation Trust, and some friends to our AGM and Annual Festive Get-Together to tell us about recent service developments.

We also continue to operate our website, providing information about prostate cancer and our activities, and our email and telephone numbers and have answered many people who contact us with questions and concerns.

Awareness:

The other key part of our mission is to raise awareness of prostate cancer and the benefits of early diagnosis in the Milton Keynes area. We have been very busy this year attending a wide range of events and driving initiatives to raise awareness:

Malcolm attended Drop-Ins for prostate cancer patients at the Newport Pagnell and Watling Street surgeries and has been contacting MK practices to promote awareness of our group and activities. This has proved hard going but we are making some progress.

Jas has been attending the monthly Veterans' Walk-in meetings at the MK Blue Light Hub promoting awareness with the veterans and with the police, fire and ambulance services. As a result of this we funded PSA tests for 9 veterans at our November test event who otherwise may not have been able to afford the test. We plan to do this again at future tests events.

Committee members and members attended these awareness events:

- Presentation to Ebenezer Men's Fellowship meeting
- Nut & Squirrel Westbrook Quiz Night
- Visit to the prostate cancer labs at the Open University MK
- Broughton Wellbeing Morning
- Presentation to teaching staff at Denbigh School Shenley Church End
- CA Volunteer Recruitment fair in Centre MK
- Broughton Annual Residents meeting
- Presentation to Kiln Farm Gurdwaras
- Lovat Fields Retirement Village Wellbeing Day
- Presentation to staff at DHL Kiln Farm
- MKCF Cancer Awareness event
- Presentation to Winslow Rotary Club
- Old Beams Shenley Lodge Quiz Night
- Nut & Squirrel Westcroft Halloween event
- Presentation to DHL Supply Chain Snaresbrook staff

PSA Test Events:

PSA testing is crucial to early detection of prostate cancer and is a core part of our awareness activities. Last year's report highlighted our decision to stop subsidising our PSA Test events allowing us to focus on getting more men tested. This led to an increase in men tested in 2024 and we are pleased to report that the number of tests carried out has increased again this year and we were able to hold four PSA test events::

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| - February: | MK Hair and Beauty Clinic Sherington: | 229 tests completed |
| - May: | Abbey Hill Golf Centre: | 194 tests completed |
| - August: | Buckingham Golf Club: | 171 tests completed |
| - November: | Windmill Hill Golf Club: | 242 tests completed |
| - | Home Test Kits ordered through our website: | 40 tests completed |

Thanks go to all the venues who are enthusiastic supporters of PSA testing and provide the venues free of charge and have all indicated that they will support similar events in 2026. We have had offers to use other venues for test events as well but the committee believe that holding four events per year at our now familiar venues and making more tests available at those venues is more efficient and more manageable.

Again this year we also supported an employee led PSA Test event at Network Rail which tested around 80 men.

Of the 886 men tested this year 84 men received an amber test result and 57 men a red test result. Both groups are advised to follow up these positive results with their GP and to seek further advice,

We continue to hear feedback from families who have detected prostate cancer early enough through our test events to be able to have appropriate treatment in a timely manner.