

Chairman's Report 2024
Milton Keynes Prostate Cancer Support Group

I am pleased to submit the annual report to the members of the MKPCS Group. As you are aware, we have operated without a chairman this year and we have not yet appointed anyone in this full-time role. I have therefore worked closely with David Wiggins, Treasurer, to compile this report.

2024 is the 10th Anniversary of the formation of this group and what a year it has been for us.

Christiana Lewis left the committee at the end of 2023 and Chris Monk resigned from the committee in July. We thank both Christiana and Chris for their efforts.

We welcomed Jas Bhamber to the committee in July 2024 and he has already made a huge difference bringing great ideas and building our networks. Among his key contributions to date, is a focus on how we can create more awareness of prostate cancer in ethnic communities.

A sincere thank you to each of the committee; David Wiggins (Treasurer), David Tomlinson, David Buckley, Malcolm Carpenter and Haydn Sinfield. The passion, commitment and time invested has had such a significant impact and is truly appreciated.

I would also like to thank Ted Skone for being a cornerstone of the group organising all our meeting rooms and refreshments. Our group members, Keith Temple and Vince Hughes have kindly helped to support at events throughout the year. Haydn's wife Christine Sinfield has been a huge support at our events and taking on some of the administrative tasks after our PSA testing events.

We have enjoyed talks from several speakers who gave presentations and took questions from the group.

8th January 2024

Eddy Diget, Personal Trainer and rehabilitation specialist

7th October

Michelle Sharman-else, Late effects consultant radiographer, MKUH

Feedback from our membership guided us to creating a series of group discussions, hearing the personal experiences of members, which is an invaluable source of information and support.

12th February

Let's Talk Radiotherapy

10TH April

Let's Talk Support

13th May

Let's Talk Surgery

8th July

Let's Talk Chemotherapy

In June we were delighted to join Professor Francesco Crea at the Open University as he shared an update on the research being carried out by his team and took us on a tour of the laboratories.

We have also attended several events to raise awareness at Parish Councils, Rotary Clubs and community events.

We hosted talks at key employers in Milton Keynes including John Lewis, Network Rail and the Blue Light Centre.

In July we held a fundraising quiz at the Old Beams and in October, the Nut & Squirrel pub held a Halloween Event where proceeds were donated to the group.

We continue to participate in the Milton Keynes Cancer Forum and the Tackle group supporting networking, and collaboration within the community.

We held two PSA testing events this year. The first on 12th May at the Abbey Hill Golf Club and the second at the Windmill Hill Golf Club on 17th November.

In total 490 tests were carried out this year. We have previously partly funded the cost of the tests which has been dependent on fundraising which itself is a demands significant commitment and focus.

So we adapted our approach for the November testing day to understand if we could still be successfully in holding testing days where the full cost was met by the attendees. We saw unprecedented demand, in part due to the publicity created by Sir Chris Hoy with news of his diagnosis, with 322 men being seen on the day.

Demand continues to be high, so we plan to hold three or four PSA events in 2025. We have already booked the next PSA event on 16th February 2025 in Sherington and have almost 150 men signed up already. The PSA events are very well organised. Our thanks to the Graham Fulford Charitable Trust for their professional services.

Regrettably, I will be stepping down as the Secretary as I no longer have the capacity to support. I would like to take this opportunity to thank everyone involved in the Milton Keynes Prostate Cancer Support Group. It has been a very successful year for the group, and I will forever be grateful for the opportunity to work with each of you and for such an important cause. I am proud to have been a part of the significant achievements this group has made and the impact it has on so many.

Thank you

Joanne Baker – Secretary MKPCS Group