

# Prostate Cancer Support Association

(Central England)

**A Patient-led Voluntary Organisation**

**2017**  
**AND ON**

**ANNUAL REPORT AND ACCOUNTS  
31st DECEMBER 2017**

Registered Charity No. 1092547

## **The Report of the Trustees for the year ending 31st December 2017**

### **Introduction**

The Trustees of the Prostate Cancer Support Association (Central England) submit their annual report and audited financial statement for the year ending 31 December 2017.

The Association was set up on the initiative of two prostate cancer patients, a consultant urologist, and a urology nurse specialist in March 2000. A formal steering committee was established on 4<sup>th</sup> September 2000. One of the aims was to establish a charitable association, and this was achieved in June 2002.

### **Objectives**

The Charity's objectives are to:

Help and support persons with prostate cancer, and those who care for them, the partners, families, and friends of persons with prostate cancer, and persons bereaved through prostate cancer.

Provide awareness and information about prostate cancer to men with or at risk of prostate cancer, the partners, families, and friends of those men, and to members of the public at large.

### **Organisation**

The Association is governed by an annually elected Executive Committee, whose members form the Board of Trustees, and whose job is to ensure the smooth and proper running of the organisation. Overall strategy and policy are agreed by the Executive Committee (Trustees). At the Annual General Meeting all the committee members retire and are eligible for re-election.

The trustees meet as an Executive Committee at least six times a year, but often more frequently. In addition, they meet as specific working groups as and when necessary.

The Board of Trustees currently comprises (as at March 2018):

- Brian Cooley, Chairman and Treasurer
- Peter Chapman
- Jenny Chapman
- Jenny Randell (co-opted June 2017)
- Peter Smith, Secretary

### **Review of Activities in 2017**

We have done our best to maintain our pastoral care towards our members, particularly by trying to keep in contact with members suffering from ill health and often unable to attend open meetings.

Since May we have set out to raise our profile, especially within Coventry. To this end we have created a separate support group known as the Coventry & North Warwickshire Prostate Cancer Support Group. This is entirely within the constitution of our Association, PCSA(CE), which was set up to foster the creation of new support groups within the Midlands. This has enabled us to create a new web site ([cnwpcsg.org.uk](http://cnwpcsg.org.uk)), and to rebrand our leaflets and cards. All this means that the new group is more relevant to the local area within which we operate. The group is run by the trustees of the PCSA(CE), of which it remains a dependent and integral part.

We have had a memorable sequence of open meetings in 2017. On 2nd March - Josh Hearne-Wilkins, Macmillan Prostate Cancer nurse at UHCW, spoke to us about the range of treatments available for recurrent prostate cancer, ie. where cancer has returned after initial radiotherapy or surgery. This was an excellent talk; Josh's coverage of these treatments was comprehensive yet concise, and we came to see prostate cancer more as a chronic disease. After an interesting and well attended AGM in April, our June meeting, re-arranged at the last moment, was an informal but lively discussion around the

Tackle Annual Conference theme of "Trials and Tribulations". In August, Julie Hunt, from the George Eliot Hospital, talked to us about the Hope initiative, aimed at helping cancer patients cope with life after their initial cancer treatment. Finally, in October we had another very successful Quiz evening at Ambleside - followed in December by a well attended Christmas lunch!

When it comes to raising awareness of the risks of prostate cancer we have long wanted to have a regular PSA testing centre in Coventry. We are now well on the way towards establishing such a centre at St Finbarr's Sports and Social Club in Holbrooks, on the north side of Coventry. To date (March 2018) we have held three very successful events at the club and tested 250 men - and more events are planned for later in 2018. We have also been very much encouraged by local support for this Coventry initiative, especially from the Irish community. We also acknowledge the support of our own willing band of volunteers who have regularly worked to make these events run so successfully and smoothly.

November was also a good month for awareness - we were invited over to The Queen's Diamond Jubilee Centre in Rugby. We set up our stall promoting awareness as part of the Movember campaign. While there, we met Steve Cragg, who subsequently gave us a very generous donation from his Movember sponsorship campaign. The Salvation Army in Rugby also gave us a most generous donation the following month.

In April we started to operate a drop-in service at the Hummingbird Centre based in Coventry Point in the centre of Coventry. While it took a while for word to get around regarding the centre - it appeared there was no great demand for the service. We decided to maintain it anyway - however in the end we have been overtaken by events (in February, 2018) because Coventry Point is due for re-development, and the Hummingbird Centre has had to move to short term premises.

Membership of the Association is still a cause for concern. We have gained a few new members this year, but nowhere near enough considering the size of the constituency within which we operate. However, we are now much better equipped to recruit from the Coventry area so we are hoping to get more members and volunteers during 2018. We are also following closely the UHCW based support group, which meets every two months at the Walsgrave site. The meetings, which are always of clinical interest, are well attended, though the attendees consist primarily of recently treated patients. As this group matures, we hope we can attract members to help with our awareness events in Coventry.

Our thanks are due to all those members who regularly support the meetings – we acknowledge it is not always easy to venture out especially on winter evenings! *The Spring*, our Newsletter also aims to keep members, patrons, and supporters in touch with what is going on at the local and national level. Likewise, our new web site ([www.cnwpcsq.org.uk](http://www.cnwpcsq.org.uk)) is kept up to date with news and information.

### **National Federation of Prostate Cancer Support Groups**

We are affiliated to the National Federation of Prostate Cancer Support Groups which works at the national level to lobby Government, the NHS, and Prostate Cancer charities to see things our way and, particularly, to push for access to the latest treatments and measures to ensure the early diagnosis of prostate cancer. The Federation's meetings are open to us all as members, and are always worth attending for the latest information on prostate cancer diagnosis and treatment. The Federation's Annual Conference and AGM was a lively event held at Winterbourne House in Edgbaston, Birmingham. The Conference was entitled "Trials and Tribulations"; the *trials* being clinical, and the *tribulations* referring to treatment side-effects. The main presentations are summarised in the August edition of Prostate Matters - Issue 37. The results of the Stampede Trial are particularly noteworthy.

The Federation's *Tackle Prostate Cancer* brand is now well established and the Federation continues to campaign for improved access to the latest treatments and for earlier diagnosis of Prostate cancer. For further details of Federation activity and meetings see their new and much enhanced web site at <http://www.tackleprostate.org>. We also try to ensure a supply of *Prostate Matters*, the Federation's quarterly newsletter, is available at our open meetings. The Federation also runs a national Help Line on 0800 035 5302. By dialling this number you will always be able to contact men who have experienced a variety of prostate cancer treatments.

## **Financial Report**

### **Responsibilities of the Trustees**

Charity law requires that for each financial year the Trustees prepare financial statements that give a true and fair view of the financial health of the Charity and of the surplus or deficit of the Charity for that period. The trustees have overall responsibility for ensuring that the Charity has appropriate systems of financial control. They are also responsible for keeping proper accounting records which disclose with accuracy at any time the financial position of the Charity, and enable them to ensure that the financial statements comply with the Charities Act.

The Association submits a copy of the accounts to the Charity Commission each year. The Prostate Cancer Support Association (Central England) is keen to make available its finances to the scrutiny of anyone wishing to examine them. They are included in this report for that purpose.

### **Report**

The Trustees of the Association continue to recognise the need to maintain a strategy of administration and fundraising that enables the objectives of the Charity to be achieved. Administration costs have been kept to a minimum.

Total funds as at 31<sup>st</sup> December 2017 were £6,158 compared to the previous year's total of £6,005.

Income for 2017 was £3,731, which included several significant donations (see under Activities and [cnwpcsg.org.uk](http://cnwpcsg.org.uk) for details) and compares to last year's 'effective' income figure of £1,578 (N.B. As explained in last year's report income figures were distorted by the sponsorship/donation from G.F Tomlinson of £1,835).

Expenditure for 2017 was £3,580 which compares to last year's figure of £3,802. (Again this latter figure is distorted by the G.F.Tomlinson sponsorship, and thus 'effective' expenditure was £1,967). The largest element of our expenditure in 2017 was of course the cost of our Prostate Cancer Awareness Events held in October and December.

We are extremely grateful for all of the donations we have received over the year which have been acknowledged personally, in our Newsletters, and on our web site ([www.cnwpcsg.org.uk](http://www.cnwpcsg.org.uk)).

Our thanks once again to Mr Ronald Raines of the Hinckley Baptist Church who examined the records and accounts.

**PROSTATE CANCER SUPPORT ASSOCIATION (CENTRAL ENGLAND)**

**Financial Statement for Year Ending 31 DECEMBER 2017**

Income and Expenditure Report

	2017	2017	2016	2016
	£	£	£	£
<b>INCOME</b>				
Gifts & Donations	2962.44		642.39	
Fund Raising	62.00		102.00	
Membership Fees	160.00		180.00	
Christmas Lunch	227.50		254.40	
Quiz Night	319.25		399.00	
Sponsorship			1835.40	
<b>Sub Total</b>		<u><u>3731.19</u></u>		<u><u>3,413.19</u></u>

<b>EXPENDITURE</b>				
PSA Testing	1689.50		1835.40	
Post, Stationery & Printing	337.50		332.48	
Website & Mobile Phone	304.68		216.00	
Insurance	630.41		636.74	
Travel & Subsistence	50.00		50.00	
Donations	50.00		175.00	
Christmas Lunch	325.00		312.35	
Quiz Night	193.30		240.50	
Bank Charge			4.00	
<b>Sub Total</b>		<u><u>3580.39</u></u>		<u><u>3,802.47</u></u>

Income less Expenditure **150.80**

**BANK BALANCE**

Current Account b/f 01 January 2017	603.00
Transfer from Deposit Account	3000.00
Income less Expenditure	150.80
c/f 31 December 2017	<u><u>3753.80</u></u>

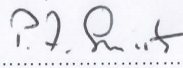
Deposit Account b/f 01 January 2017	5402.54
Transfer to Current Account	-3000.00
Interest	2.13
c/f 31 December 2017	<u><u>2404.67</u></u>

**TOTAL FUNDS 31 DECEMBER 2017** 6158.47

Signed by on behalf of the Trustees

Office   
CHAIRMAN/TREASURER

Date 16/02/18

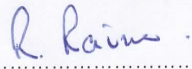
Office   
SECRETARY

Date 19/02/18

I have viewed the Charity's accounting records and confirm they comply with the Charity Commission

standard for receipts and payments

Signed

 31-1-18

Date

The financial report was presented to the Trustees on \_\_\_\_\_ and was approved for presentation to the members at the Annual General Meeting 2018



## **Chairman's Report**

The main highlight of 2017 has been our PSA testing in Coventry. After a long search for a suitable venue we decided on St Finbarr's Sports and Social Club. It's located to the north of Coventry not far from the Ricoh Arena, and the facilities are excellent. We ran our first awareness event there on 14th October - with the generous support of the Graham Fulford Trust (GFT). Since then we have run two more successful events. We have now decided to stage events there on a quarterly basis; however, depending on resources, this could become more frequent - ideally monthly, like the Nelson Club in Warwick (run by the GFT). It's worth noting that it's not just the staging of these successful events, but also the generous support and encouragement we have received from people all over Coventry that is so rewarding. For example, we have received donations from the Willenhall Social Club together with a request to hold their own PSA testing session - which is now set for Saturday 19th May.

The Coventry Telegraph has been highly supportive and printed letters promoting all three events. Our soundings show that the Telegraph and word of mouth are key to getting men to attend. We have plenty more to do in Coventry by way of spreading the word to various communities and different areas.

Prostate cancer has received quite a lot of media attention in recent months. This increased awareness is boosting attendance at PSA testing events up and down the country (many other support groups also run testing sessions). It would be good if this publicity leads to a public debate resulting in a more positive approach to the use of PSA testing by GPs. We could also contribute more to the debate by offering to talk to local organisation about PSA testing and why we promote it.

Following our AGM in April the Association now has five trustees. We are indebted to the energy and enthusiasm of the new trustees - it has made a significant contribution to the running of the Association. Ideally we could do with a one or two more trustees, so any help (male or female) would be more than welcome.

As you will be aware, membership of the Association is a cause for concern. While we can say our existing members are highly committed and indeed "punch above their weight", we are well aware of how much more we could achieve if we could attract new members. We know there is a need - you only have to look at the success of the UHCW based support group. However, the UHCW group consists mainly of recently treated men (with their wives/partners). Naturally, they are primarily concerned with gaining a better understanding of their condition, follow on treatments, and how best to cope with life after treatment. And the series of speakers cater well to these requirements. It's not that we can't meet this need - it's more to do with the personnel involved - they are all nurse specialists and clinicians associated with UHCW. This inspires continuity, confidence, and re-assurance. In fact, all successful support groups rely on health professionals in their start-up phase - we did so in our first two years. So perhaps this group has to evolve and mature, and at some stage their members will be willing to help with our awareness work and, indeed, attend some of our meetings. Finally, on this point, we would hope that through our repeated awareness events we will encounter fellow men living with prostate cancer who are willing to join us and help with our campaigns.

We have continued to maintain excellent links with our local hospitals at UHCW, Coventry, George Eliot, Nuneaton, and St Cross in Rugby. We are fortunate in having such a strong team at UHCW. Not only do we have effective and speedy one-stop prostate cancer clinics in Coventry and Rugby, robotic surgery at Walsgrave, but also a strong team of prostate cancer nurse specialists. We also use the Laboratory Services of UHCW for PSA blood sample analysis.

The challenge for 2018 is to build on the work we have started in Coventry as well as respond to other awareness raising opportunities in north Warwickshire, and hope that in so doing we will attract new members.

Finally, I would like to say a big thank you to our patrons, particularly Ken Taylor and Rob Blacklock, to Graham Fulford, Donald MacDonald at UHCW, Michael Petchey at the UHCW Laboratory, and also to all of you who support us at meetings and events. We appreciate all that you do – indeed we could not continue without you!

**Patrons:**

R. Blacklock FRCSI; FRCS Ed  
Don Maclean MBE  
K. Prasad FRCSI; FRCS Ed  
Cllr Ken Taylor OBE  
Peter Wildblood MBE

**Trustees:**

Brian Cooley Chairman and Treasurer  
Peter Chapman  
Jenny Chapman  
Jenny Randell (co-opted June 2017)  
Peter Smith Secretary and Web Site

**Bankers:**

HSBC  
20 Newdegate Street  
Nuneaton  
Warwickshire  
CV11 4EX

**Accounts Examiner:**

Ronald Raine



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