

Record Research Grants

Prostate Research Campaign UK is delighted to announce a further fifteen grants for research projects. These, together with £75 thousand allocated to training, brings the total awarded in 2005/2006 to almost half a million pounds.

This breaks the charity's previous record by a considerable margin. It also brings the total awarded since the year 2000 to over £2 million.

Neil O'Donoghue, Chairman of the medical panel that reviewed the applications, said 'During January we considered 38 applications. We had serious difficulty coming to our decisions because the standard was so high. To be able to award grants amounting to £489,834 is quite wonderful. It reflects great credit on all who support the charity financially. I am certain the money they have raised and donated will be well spent and I look forward to seeing the results in due course'.

All the applications for research grants were in the field of prostate cancer, which is clearly one of the *hot* research topics of today. Disappointingly, there were no applications for research relating to benign prostatic hyperplasia, although it affects many more men. Nor were there any applications relating to that most puzzling and ill understood ailment, prostatitis.

Of the grants made, there were many aimed at increasing our understanding of prostate cancer mechanisms; why cancer cells proliferate, why they do not die as other cells do, how the signalling pathways operate, how we may forecast the future behaviour of cancer cells and so forth.

Some projects will be considering the genetic and chromosomal changes caused by the disease. Others may be described as closer to immediate application. They include work on a new diagnostic test which may one day replace the PSA test. This is the subject of a separate article on the back page. There are also projects assessing the efficacy of new treatments using very low temperatures and high intensity focused ultrasound.

Full details of all the successful grant applications will be posted on our web site, www.prostate-research.org.uk

Research Grants were awarded to:

Dr Tom Swallow	<i>St George's, London</i>
Dr Charlotte Bevan	<i>Imperial College, London</i>
Dr Yong-Jie Lu	<i>Institute of Cancer, London</i>
Dr Christiane Fenske	<i>St George's, London</i>
Prof Mark McCarthy	<i>University College, London</i>
Dr Daniel Ashdown	<i>Birmingham University</i>
Mr David Haines, Mr Edwin Ho	<i>Norfolk and Norwich University Hospital</i>
Mr Grant Stewart	<i>Edinburgh University</i>
Prof Youqiang Ke	<i>Liverpool University</i>
Dr Vincent Gnanapragasam	<i>Newcastle University</i>
Dr Badar Alam Usmani	<i>Leeds University</i>
Dr Ian Graham	<i>Royal Holloway, London</i>
Dr Gunnel Hallden	<i>Institute of Cancer, London</i>
Dr Andrew Blann	<i>Birmingham University</i>
Mr Mark Emberton	<i>Prostate Cancer Research Centre, London</i>
Mr Mark Feneley	<i>University College, London</i>

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Hikers for Hope Do the Business!

We made it! One hundred and eight trekkers undertaking the *Hike for Hope* managed to cross the Jordan desert successfully and raise more than £500,000. The beneficiaries were jointly the **Prostate Research Campaign UK** and **WellBeing of Women (WoW)**. Although we all got across safe and sound the going wasn't easy, five cold nights in Bedouin tents in the desert and unrelenting sun, sand and rocks during the day.

There are a number of tales of individual heroism that ought to be told. Elizabeth (alias *Lip*), one of several vertigo sufferers, was in tears continually as she climbed the steep mountainside out of the rift valley and on towards Petra. Andrew Etherington suffered a small stroke a few weeks before the departure yet managed the trek with aplomb and helped 72 year old Phillipa and several other older walkers to cross the desert and scale the imposing



bringing up the rear. The route into Petra itself took us through an amazing gully to the city built by the Nabateans 2000 years ago, but only rediscovered in 1812. The valley is enclosed by sandstone cliffs veined with shades of red, purple and pink from which the city's monuments and temples are hewn.

This is the location where tradition has it that Moses struck a rock and *water gushed out*. Ancient aqueducts confirm the Nabateans skill in hydrodynamics, which resulted in their economic success.

On the final day tired but happy walkers congregated for a celebration

dinner. Congratulations were in order and a resolution was made to dedicate a proportion of the amazing *£500,000 plus* raised to the support, not only of the many sufferers of prostatic and gynaecological cancers, but also of their families and friends. How can the partner of a newly diagnosed cancer patient help the sufferer cope with the disease and its implications without the correct information? The **Prostate Research Campaign UK** and **WoW** are both focussed on helping individuals and their families deal with the trauma associated with the diagnosis of pelvic cancer. On this trek they have demonstrated how, by working closely together, they can make a real difference.

How about joining us on Hike for Hope 2 in Kenya in November 2007? Details of this and the next trek as well as the final sum raised will be found on the www.prostate-research.org.uk website. See you there?

Roger Kirby

Hiking Challenge

This year's destination for our intrepid walking group is the West Highland Way with its thrilling scenery and amazing wildlife. This is a strenuous trek (95 miles), normally done in seven days but their challenge will be to walk it in six days! Last year's walk along Hadrian's Wall raised almost £250,000. This year we are hoping to break all records with fundraising so we will need your support and that of your friends and family. It is now possible to sponsor a walker online at www.justgiving.com/westhighlandwaychallenge or by using the enclosed booking form.

Please note that all costs are paid for by the walkers so every penny of your sponsorship will go to the charity.

Walk or Wander

We still have places available on our Hadrian's Wall walk. People with all levels of fitness are welcome as there are two options – **Walking** the full length of the wall (84 miles) in 6 days from Friday 28 July to Friday 4 August 2006 or - **Wandering** the middle 40 miles of the wall in 4 days from Sunday 30 July to Friday 4 August. Please contact the office for more information. Please be aware that the deadline for entry is 5 May.



mountain range that stood before the ancient Red Rose City of Petra.

Shan Ball, wife of Andrew who raised more than £70,000 sponsorship to climb Mount Kinabalu, had her gall bladder removed only two weeks before we left. In spite of this she trekked all the way to Petra without a murmur of complaint.

Michael Kleovoulou, one of the younger hikers, raised his £2,500 by dyeing his hair pink.

The trek itself was awe inspiring, following the ancient caravan routes between the spectacular rock formations of the Rift Valley. The Hikers for Hope wound their way slowly across the landscape, trail blazers like Felicity Hoare at the front, slower walkers

Sheila Kilmister 1935 - 2006

Friday 20 January was one of those days when time stood still and separated eras. The news of Sheila Kilmister's death, following a stroke and repeated brain haemorrhage, travelled quickly.

I was privileged to count Sheila as a friend from the day ten years ago when she provided the lunch at which I volunteered to edit this Newsletter. She was a source of wisdom and experience, a true partner in all Tony's endeavours and an *oldie* who brilliantly mastered the computer technology which inevitably pervaded the administration of a growing charity. May I share with you extracts from tributes by The Rev Stuart Seaton (Vicar of St Peter's, Bushey Heath), by John Anderson, our Chief Executive, and by Neil Inkley, former Vice-Chairman of the Prayer Book Society?

All of us have vivid memories of Sheila Kilmister and all of them happy ones. Sheila was born in Manchester and at the age of



9 she became a boarder at a school in North Wales - later becoming its Head Girl. She left there in 1953 and in less than two years met Tony in an office above a Conservative club. Romance blossomed resulting in their marriage on 24 May 1958 in Hyde, Cheshire. This was not without its difficulties. The honeymoon was cut to a long weekend so that Tony could manage a parliamentary by-election campaign in West London!

In a career move a couple of years later Tony took up a post in the Film Industry and Independent Television. As always, Sheila was hugely supportive.

Whatever Tony did Sheila stood at his side. Whether the concern was for people with Parkinson's Disease or with prostate problems Sheila was never far away.

In 1972, when Tony had just started a new job, he decided to go to a gathering of people concerned by what they saw as liturgical vandalism. Sheila said, 'Don't get too involved whatever you do'. But, Tony became the Prayer Book Society's first Hon. Secretary and later its

Chairman and, of course, Sheila played her full part.

Another project, of particular interest to *Update* readers, was the **Prostate Research Campaign UK** that Tony and Sheila, an unstoppable team, founded in 1993. Together they and their colleagues built it into one of the leaders in its field.

Sheila was not just a kind and thoughtful hostess. She was always there to inject a note of realism, to provide facts from her prodigious memory, to puncture pomposity when necessary, and to provide a smile – and even a Gin and

Tonic - when things were not going right – in fact, even when they were going right!

Our Chairman Professor Roger Kirby intends to dedicate his next book to Sheila – a lady who devoted so much of her life to the service of others.

It was piquant that the Epistle for the day of her

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business; fervent in spirit; serving the Lord; . . . continuing instant in prayer; distributing to the necessity of saints; given to hospitality. This really forms a ready obituary in itself.

It is as an outgoing and constant friend of so many that Sheila will be sadly missed. As Dr Thomas Stuttaford said recently: 'Other than at great State occasions rarely have I seen so large a church so full of people for a funeral. It was a huge tribute to Sheila and her husband'. Add to this the cliché about the good woman behind every good man and it is a matter of no surprise that among the hundreds of condolence letters received were those from the Archbishop, other Bishops, a member of the Royal Family and leaders in many spheres. That was a reflection of the Sheila-and-Tony partnership. To Tony, she was an intensely loyal and utterly devoted wife, the best thing, as he says, that ever happened to him. To him we extend our deepest condolences on the loss of this lovely and remarkable lady.

Richard Killick, Editor of Update

Patient Stories

Update has a well-established practice of publishing patients' stories and these have proved to be very popular. These are the only submissions that the Editor invariably leaves untouched, for they represent an individual's experience from their perspective and at an extraordinarily difficult time in their lives. We will all recognise the elements of anger, denial, hurt and fear that anyone affected by these terrible diseases goes through during a shattering journey, as we also see the gratitude and joy of those who make it.

A recent such article by Tony James mentioned the life-threatening problems he had encountered over diagnosis in Bristol, and some readers felt that this reflected badly on the internationally-renowned Urological Unit there: it was never the intention to impugn this fine establishment, which we commend to our readers, and if any offence has been caused we apologise. But this is a magazine written for (and often by) those suffering from prostate diseases and we will not censor or deny our supporters a platform for airing their experiences.

T-shirts

We now have a **Prostate Research Campaign UK** T-Shirt. To wear a t-shirt is a great way to raise awareness. Why not order some from the office to wear at your next fundraising event or when out walking or running or training at the gym?

Just Giving

We have now set up a **Prostate Research Campaign UK** online fundraising page on the Justgiving website. This is an excellent way to raise money securely online. It is extremely easy to use and tax efficient. Visit www.justgiving.com/prostate-research/ to register and set up a sponsorship page complete with your photograph and personal message. Then tell your friends that they can support you via your personal web page, that they can do so securely and with gift aid taken care of (28% tax on every pound donated by UK taxpayers) and that every penny goes straight to the charity - saving you the hassle of collecting all the sponsorship money.

The 19th (or 101st) hole

No one knows how to pull a better charity stroke than golfer **Hugh Blenkin**. By completing 100 holes round Rye Golf course on 21 December, the shortest day of the year, he raised over £20,000! He completed his 100 holes in an astonishing eight hours, during which he achieved 25 Pars and six Birdies and lost



Marilla and Hugh Blenkin

five balls. It was the second time he'd achieved a similar feat. On the first occasion in 1998, he completed his 100 holes on the longest day of the year, just two months after undergoing prostate cancer surgery.

Supporter **Tim Russell** organised a charity golf day in February at the Portugese Pinheiros Altos Golf Club of which he is Captain. Overall the event made a whopping €60,000 shared between a number of charities of

which we were one to the tune of £10,000. The auction was a huge success with four FA Cup Final tickets and a Tim Henman signed tennis racket among the lots. Thanks to all who contributed and congratulations to the only all ladies team who won the golf competition on the day.

Thanks to the **Edenbridge Golf Club** that sent us £257 from their January golf competition.

If you have been inspired by any of these golfing stories and would like further information on *how to organise a golfing event*, then please call the fundraising team at the office.

However if you can't wait that long, why not take part in the tenth annual **Rotary Club of Langley and Iver's** Charity Golf Day at the Richings Park Golf Club on Thursday 8 June 2006? **Full details from Roy Bain on 01753 524894.**

Stitches save lives

Pathologist Dr. Cathy Corbishley is currently sewing a magnificent six foot square quilt in aid of the  challenge. Cathy asks for your sponsorship by the yard of thread! Visit www.justgiving.com/corbishley Cathy even plans to make a smaller wall-hanging which will be auctioned at our Annual Lunch at the Dorchester Hotel on 20 October 2006.



Wimborne Guardian and Deadlinex

Grateful thanks to

Dr Ambikapathy whose fundraising has reached £2080 while he trains for this year's Windsor half marathon.

Tim Ingram and the **Suffolk Foundation** who raised a further £800 from their sponsored walk and their total now stands at £1500.

The **Newgate Club** who raised a fantastic £1470 from their Christmas raffle and matched giving scheme.

The **North West Reserve Forces and Cadets Association** and the **Shipton Bridge Club** whose Christmas raffles raised £60 and £50 respectively.

Shepton Mallet 41 Club for holding a dinner and dance and raising a wonderful £600.

Teddington Choral Society who raised £105 through the sale of their CDs from their latest concert.

All supporters who helped to raise awareness during **Prostate Cancer Awareness Week** handing out leaflets and fundraising in many different ways. Our **office staff** raised £120 by selling cakes and handing out leaflets.



Thirty members of the Urology Department, Taunton & Somerset Hospital, including all five consultants, undertook a sponsored walk along the Taunton & Bridgewater canal last July. It was the hottest day of the year and the 10 mile walk was something of a struggle, particularly for the less fit, who constituted the majority! Nevertheless, it was an excellent day, raised £800 and will be repeated this year.

Pants in the Park

Plans for this year's family fun run, to be held on Sunday 18 June in Battersea Park, are well under way and we have some very exciting news – Olympic Gold Medallist, Darren Campbell, hopes to be able to start the run!

To help raise awareness we are again asking you to dress up *superman style* with your pants on the outside of your running clothes – and the more colourful and outrageous they are, the better!

With live music, balloons, face painting and prizes for the best pants, it will be great fun for all the family. Why not make a day of it by having a picnic or visiting the other attractions in Battersea Park?

Please register using the enclosed form or contact the office for more information.

Biking Challenge

Graham Guthrie and his mountain biking friends are planning a one day 60 mile ride along the South Downs from Arundel to Eastbourne on Sunday 23 July.

They are hoping fellow supporters will join them to help raise funds for the **Prostate Research Campaign UK**. If the full 60 miles sounds a bit too strenuous, Graham has thought out some shorter options. It is important to note that this is not a supported ride and therefore you must come well prepared for every eventuality including a lift there and back. For further information contact Graham on **020 8870 9323** (after 7pm) or email gguthrie@btinternet.com

Messiah

On 16 December last year the Sheldon Consort with the Emerald Ensemble performed a resounding rendition of Handel's Messiah at St Marylebone Church. The evening was enjoyed by all and, with the kind support of Lazard Asset Management whose sponsorship covered the costs, all the proceeds went directly to the charity.

For trustworthy advice on all prostate diseases recommend our web site

www.prostate-research.org.uk
www.prostatecare.org.uk

Our Thanks

We never cease to be amazed at the generosity shown by our supporters and I want, on behalf of all the Trustees and the staff, to thank every one of you for the wonderful way in which you help us with our mission - to stop prostate diseases ruining lives. This year we have raised over £1,000,000 thanks to you, and awarded nearly £500,000 in grants, again thanks to you. We thank our corporate supporters, the Trusts that make such vital contributions, those of you that ask friends to donate money in lieu of gifts for special occasions, those who have signed Bank Standing Orders and those who fundraise for us, sponsor others or simply send much-appreciated cheques. Special thanks must go to supporters who, at a time of personal sadness, donate gifts in memory of friends and relatives, and those who leave the charity bequests in their wills. Reading the letters that accompany many of the donations is a most humbling experience, and yet extraordinarily uplifting: thank you all so much.

Professor Roger Kirby, Chairman

One Off Ball



Huge thanks to Will Rowson and the rest of ING for organising the *One Off Ball* on Thursday 2 March. The event was a great success and should raise around £60,000 to be split between **Prostate Research Campaign UK** and the Everyman Campaign. This isn't the first time Will has done something amazing for us – last October he and his colleagues raised over £13,000 by organising a cycle ride from London to Amsterdam.

Events Diary

2 June 2006

The ABC of Prostate Diseases
Free for Practice Nurses and GPs
Seminar at Royal Society of Medicine
see the back page

3 June 2006

J P Morgan Round the Island Sailing Race
Cowes, Isle of Wight

18 June 2006

Pants in the Park
Fun Run in Battersea Park
on Father's Day
see this page

28 July - 4 August 2006

Walk or Wander Hadrian's Wall
see page three

9-17 September 2006

West Highland Way Challenge
95 miles in six days

4 October 2006

The ABC of Prostate diseases
Free for Practice Nurses and GPs
Seminar in Birmingham

18 October 2006

'Loos around the World'
Royal Geographic Society, London
Organised by Peter Voss
date to be confirmed

20 October 2006

Annual Lunch at the Dorchester

6 December 2006

Candlelight Carol Concert
Organised by Norman Webb

24 November - 3 December 2007

Hike for Hope 2, Kenya

See the web site

www.prostate-research.org.uk
for details of these and other events and more stories in the People and Life-style section
or call the fundraising team
on 020 8877 5845

Prostate care

central to good health

Prevention better than cure

New advice from NICE (The National Institute for Clinical Excellence) recommends that all at risk of cardiovascular disease should be prescribed statins.

The decision is another move which aims to prevent health problems rather than simply react to them. It will affect many elderly adults, the overweight and obese, diabetics and people with a family history of heart disease and high cholesterol. Estimates suggest that the numbers receiving statins in the country will double to about 3.5 million..

The treatment, taken in the form of daily tablets, is prescribed to control high levels of blood cholesterol and is sometimes given after a heart attack or a stroke to cut the risk of another one.

While welcoming the decision, which is going to help many,many people, we would counsel that prevention is much better than cure. Statins should not be seen as an excuse or alternative for smokers and *fatties* to duck the issue of sorting out their own life style. There is no substitute for exercise, five portions of fruit and veg a day and a light weight and good looking body.

Need to talk to someone – perhaps a chap who doesn't have a Prostate Gland?

You have had all the tests, you have been given the diagnosis and have difficult choices to make. We have two volunteers, who have been through the experience and are happy to talk to you.

From 1 May call:

Keith on 07748 834 993 on Wednesdays
between 2 and 5 pm

or

Adrian on 020 7629 1110 on Thursdays
between 2 and 4 pm.

Rise of the Robot

by Prof Roger Kirby

Nerve-sparing radical retropubic prostatectomy is the only treatment for localised prostate cancer that has been proven to reduce the mortality of the disease. Although cancer control is good and persistent urinary incontinence unusual, many patients still complain of reduced or complete loss of erections, after this type of surgery.

The recent advent of the Da Vinci™ robot from Intuitive Robotics now



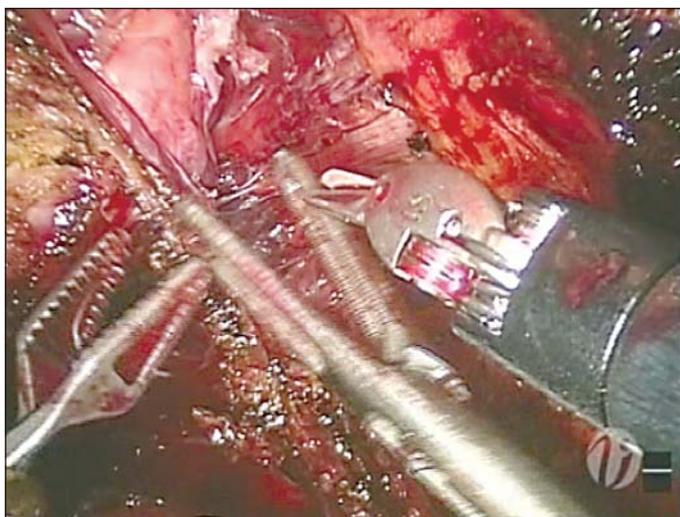
seems set to remedy this problem. Robotically assisted radical prostatectomy involves access to the prostate via six 2cm incisions through which the robotically controlled instruments are introduced. The amount of blood lost during the procedure is much reduced, because the high pressure within the abdomen discourages bleeding. The 10x magnification and the enhanced 3-D visualisation helps us to see the nerves that lie close to the prostate and are important for sexual function. Moreover the reconstruction of the connection between the bladder and urethra can be performed with greater accuracy, enhancing the prospects for early return of complete continence. Patients can be mobilised earlier, discharged from hospital more quickly and may anticipate an earlier return to work and play.

Richard Dodd, a 65 year-old Director of Photography, was one

of the first patients to undergo robotic surgery for prostate cancer. These were his thoughts: *'I felt very strongly that open surgery was not an option for me. There are significant benefits of robotic surgery which were very appealing to me, in particular the reduced risk of common side effects such as incontinence and impotence. My recovery since the operation has astounded me. While there have been moments of discomfort, I have not experienced any pain. I was able to work within two weeks, maintain a sensible fitness regime within three weeks and plan to live life to the full on the ski slopes in under three months!'*

The only downside of the robot is its cost. At around £1.5 million per

machine and substantial running costs, it is not surprising that there are only a handful of them in the UK at present. St Mary's and Bart's and St Thomas's NHS Trusts were the first to acquire the technology; the Princess Grace Hospital and the London Clinic also have machines. St James's Hospital in Leeds is also commencing a robotic programme soon. By contrast there are 256 Da Vinci™ robots in action in the USA. For more information check out www.intuiterobotics.com and watch out, the robots are on the rise!



Herbs for BPH

An enlarged prostate gland, or benign prostatic hyperplasia (BPH), affects 50% of men over 55, and hormone changes associated with ageing are thought to be responsible. Herbal treatments are more popular than drug therapy in much of Europe, and their efficacy has been documented in several trials. The full benefit is experienced only after two or three months of taking the herbs.

There is plenty of choice. Most researched is saw palmetto (*Serenoa Repens*) which helps by altering hormone levels. It is often prescribed to BPH sufferers in France and Germany but only considered a useful supplement in this country. Cernilton (extract of flower pollen) has been found to reduce nighttime incontinence. Pygeum, from the bark of an African evergreen tree, reduces symptoms of BPH while also treating urinary infections. So popular has this become that the tree itself is considered endangered by some botanists. Stinging nettle (*Urtica Dioica*) seems to enhance the action of saw palmetto. No one has yet suggested it is endangered!

Dietary factors are important here, too. BPH has been linked to a deficiency of zinc and essential fatty acids, so supplement these and snack on unroasted sunflower and pumpkin seeds, high in these nutrients. Animal fat, alcohol (especially beer), some cold and allergy drugs, stress and bicycle riding are all known to be aggravating factors.

Buchu, a South African shrub, has oils in its leaves that soothe the symptoms of painful and burning urination. It is used to treat urinary infections but on its own would not suffice in the long term. Other documented uses for Buchu, are as a *pick-me-up* when taken with brandy and as a body perfume (as used by the Hottentots).

Unsweetened cranberry juice or cranberry tablets protect the bladder wall from infective organisms. Susceptibility to urine infections can be reduced by avoiding sugar and alcohol, and drinking lots of pure water.

Treating BPH with one or more of the above mentioned herbs and supplements may well help the condition.

For further advice the National Institute of Medical Herbalists might be worth contacting via their web site: www.nimh.org.uk

A better test than PSA?

Research funded by the **Prostate Research Campaign UK** over the past three years has resulted in a successful patent application protecting discoveries that could lead to a new test for prostate cancer.

The team led by Dr Christiane Fenske at St George's Medical School, London has been examining the properties of a range of molecular markers – genes that are specifically expressed in prostate cancer cells circulating in patients' blood streams.

covering the use of patient blood samples and a range of markers. The patents cover tests used in diagnosis, monitoring disease after surgery and tracking the response to therapy.

Further work is needed, notably to strengthen the statistical foundation for the proposed tests. (So far the analysis has covered some 400 patients from St George's Hospital). Now that the team has a good idea of which markers may be



Christiane Fenske and Christodoulos Pipinikas, who has carried out the bulk of the laboratory work

Some markers are found to be indicators of early stage cancer, others of metastasizing cancer and yet others of aggressiveness.

The team concluded that a diagnostic test able to distinguish between all stages of prostate cancer development would have to involve several markers, each differently regulated at different stages of the disease.

The technique for identifying the markers is called quantitative reverse transcriptase polymerase chain reaction. It can pick up one prostate cell amongst 100 million blood cells. Space and editorial understanding prevent us attempting to explain how it works here!

Patent applications have been filed

most useful in diagnosis, it can focus on the establishment of combinations of markers to use in one test, thereby reducing cost, time and the amount of patient blood needed. Another use for the test might be in predicting the risk of tumour development; this warrants further study.

On top of all the science, Dr Fenske is now involved in negotiations with a technology company with the aim of formulating business plans to develop the potential product further.

We wish her and the team well with this important work that we are continuing to fund.

ABC Seminar

The next **ABC of Prostate Diseases Seminar** will be held in London on Friday 2 June at the Royal Society of Medicine. We ran our first free seminar in Manchester in February. Some of the country's top urologists gave their time entirely free to address the 146 attendees who voted the event a resounding success. They are now in a position to offer their patients and their relatives a better service. Practice Nurses and GPs amongst our readers wishing to attend in June should ring 0845 054 8422 to book their place which is, of course, free.

Sailing winners

Jonathan Shingleton, after recovering from a successful course of radiotherapy set off with a four man crew to sail from Gran Canaria to St Lucia last November, sailing 3,100 miles non-stop. Jonathan's trip was a huge success. He returned home unscathed, having battled a few tropical storms. What's more Jonathan managed to raise a fantastic £12,500 for **Prostate Research Campaign UK**. Special thanks go to the WPP Group plc, who donated £5,000 and to Knight Frank who donated £2,000 to Jonathan's challenge.

After many trials and tribulations, **John Todd** finally completed his transatlantic sail reaching Tobago just before Christmas 2005 in 18 days, 2 hours and 24 minutes. Mike McWilliams estimated the time most closely and aims to enjoy his prize of a week sailing with the Todds in the Caribbean next Autumn together with his wife, Bronwen.

In excess of £3,000 was raised and our thanks go to all of those who supported John in mounting this time-consuming and demanding challenge.

Annual Lunch

Christopher Matthew, author of *Now We Are Sixty*, will be our guest speaker at the Annual Lunch on Friday 20 October 2006 at The Dorchester Hotel. His poem on things prostatic ends with the couplet 'The question you must ask yourself is this - in simple terms; Does one leave sleeping dogs asleep or risk a can of worms?' Please put the date in your diary. Booking information will be available in the next *Update*.

Potty about Prostate Research

Jean Crabtree has gone a little *potty*. She recently learned how to make exquisite Raku pots used in Japanese tea ceremonies. She sells them for the **Prostate Research Campaign UK** in grateful thanks for all the support her husband and she have had since he was diagnosed. So far she has raised £725. Well done, Jean.

