

# East Lancashire Prostate Cancer Support Group Newsletter



Volume2

Issue 12

Date December 2013

[www.elpcsg.com](http://www.elpcsg.com)

## What's Inside

Ignorance P1-P2

Santa Claus P3-P5

Events for  
January 2014 P6

Prostate Scan-  
ner Appeal P6  
tops £20,000

*Help us end male cancer 'deaths from  
ignorance'* Rosemary Bennett November 29th 2013

Boris Johnson today urges men to take the threat of prostate cancer seriously by getting a test if they are concerned that they are at risk.

In an interview to mark the launch of *The Times'* Christmas charity appeal, the Mayor of London admitted that, like many men, he does not know as much about the illness as he should.

In particular he needed to find out more about the PSA blood test that is available which can help catch prostate cancer early.

Men are needlessly dying because they do not know about the simple test that could help catch the disease early, campaigners have warned.

Too many GPs are also refusing men that test, even though they have a right to be checked on the NHS, the charity Prostate Cancer UK says.

Mr Johnson turns 50 next year, meaning he

enters the age group most at risk of contracting prostate cancer.

The London Mayor was a friend and former colleague of Richard Beeston, the *Times* foreign editor, who died of prostate cancer in May this year aged just 50.

## THE TIMES Times Appeal

Although prostate cancer is the most common cancer among men and the fourth most common overall, there is far less public awareness about it than others, with confusion over who is at risk and what the treatments are. It also lags well behind when it comes to research, lying 20th in the "league table" of annual cancer research.

To help address this low public profile and raise money for its research programme and medical advice service, *The Times* has chosen Prostate Cancer UK as one of its good causes for this year's appeal.

Mr Johnson appealed to men to find out more about the illness and

about the PSA test. "I would urge men to be sensible about this. Take prostate cancer seriously. It is a big killer. We are losing too many people and in many cases it is for the want of a simple precaution they could take," he said.

Research carried out for *The Times* found that seven out of ten men have never heard of the prostate specific antigen (PSA) test. The charity said that doctors must raise the topic with patients who are "dying of ignorance".

The figures suggest that prostate cancer remains shrouded in a "culture of neglect".

Every year 41,000 men are told they have prostate cancer and 10,000 die of the disease, equivalent to one an hour. While death rates for breast cancer and many other cancers have fallen sharply, the numbers dying of prostate cancer have remained stubbornly high.

Prostate Cancer UK is attempting to change that.

**Festive Edition  
from the Crew @  
ELPCSG**

**A Very Merry  
Christmas to All  
& A Happy & Prosperous  
new Year**



Despite its modest size, the charity is seeking to triple its investment in research over the next three years to try to find a new-generation test for the condition. It also wants to find ways of identifying those at risk of the aggressive form of the illness.

Donations will also go to help fund its highly regarded helpline, which offers free advice to men diagnosed with the condition and loved ones who want to know more.

Today's research suggests that there is some way to go before the risks are well known, even among those most at risk.

Among men aged over 50, only six in ten have heard of the PSA test.

Owen Sharp, chief executive of Prostate Cancer UK said: "Low awareness of the PSA test means that lives may be lost every single day because men don't know what is already available to them. It is impossible for a man over 50 to exercise his right to have a PSA test if he knows neither that it exists nor that he has a right to request one. This has to change."

Men over 50 have a right to be tested on the NHS after discussing the pros and cons with their GP, Mr Sharp said. He is urging family doctors to talk about testing with men in their 50s.

"We know that GPs are turning men away and talking them out of it. It's not the majority but it's about one in eight. Some of them don't believe in the PSA test. We have calls from men about this all the time and I spoke to a man last week who had a stand-up row with his GP to get the test. We need to be very clear that having had the

conversation, it is men's choice and they shouldn't be turning men away."

However, other experts say the issuing of testing is not straightforward.

Helen Stokes-Lampard of the Royal College of GPs warned that men had to "know what they're letting themselves in for" with a test where two thirds of those with a high reading do not to have cancer.

"The problem with PSA is that it's a very inaccurate test, so using it indiscriminately could cause a lot

of harm," she said. "GPs have a healthy cynicism about this test, based on evidence that it's not terribly helpful in isolation."

Mr Johnson urged men to take the cancer seriously. He spoke movingly about his friendship with Richard Beeston, the late *Times* foreign editor.

Mr Johnson started his career as a

journalist on the paper. "I remember him from my first day at *The Times* in 1987. Although he was only a year older than me, he seemed fully formed as a journalist, totally in command," he said.

"I remember him arriving back from a war zone and being hailed in the newsroom. He was my idea of what a journalist should be. He seemed to know the head of every militia in the world."

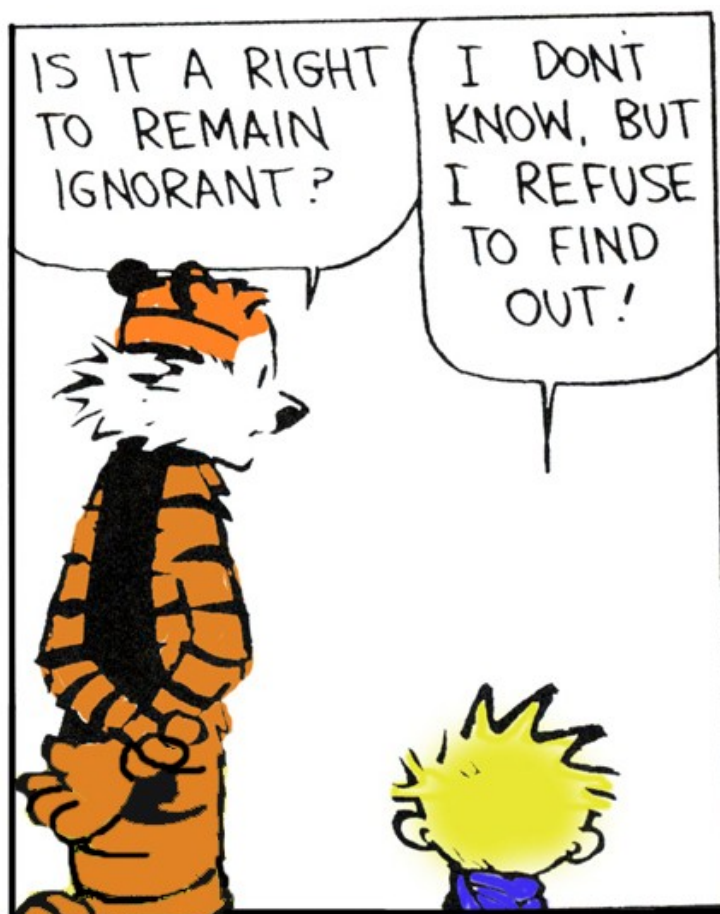
The friendship continued over the years although their careers took different paths, with Mr Johnson moving out of journalism and into politics. He remembered with sadness Beeston's final years.

Unusually, he was found to have prostate cancer at the age of only 44. Despite often gruelling treatment, including chemotherapy, he continued to take on reporting assignments in Iraq and Afghanistan.

"He really fought incredibly hard. It was unbelievable tough on both Richard and [his wife] Natasha. He was really heroic," Mr Johnson said.

Like David Cameron, Mr Johnson has decided against growing a moustache for Movember, the annual event each November to raise awareness and money for a range of men's health charities.

It is not because he is unable to grow one, which the Prime Minister used as his excuse in the House of Commons this week, but on the ground of good taste. Mr Johnson said. "It would be an unbelievably horrific look. However, I might consider growing a moustache and beard for next year."



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## Santa Claus Poem

### Santa Claus and his Works by George P. Webster

This traditional poem about Santa Claus was written by George P. Webster and illustrated by the great American cartoonist Thomas Nast. The poem, *Santa Claus And His Works* was first published in 1869 in New York. This wonderful Christmas story is set to rhymes and tells the story of how jolly Santa Claus, who lives in Santa Claus-ville near the North Pole, works all year making Christmas toys for all the good little boys and girls around the world. The poem provides a full description of Santa Claus according to George P Webster and includes details of his sleigh-load of toys pulled by flying reindeer. Enjoy the Santa Claus poem and video - the kids will love it!

### *Santa Claus And His Works* *A Santa Claus Poem by George P Webster* *This nice little story for Girls and for Boys*



So gather around me, but speak not a word  
For I mean what I say, by you all will be heard.

In a nice little city called Santa Claus-ville,  
With its houses and church at the foot of the hill  
Lives jolly old Santa Claus; day after day  
He works and he whistles the moments away.

You must know, he is honest, and toils for his bread,  
And is fat and good-natured with nothing to dread.  
His eyes are not red, but they twinkle and shine,  
For he never was known to drink brandy or wine;

But day after day at his bench he is found,  
For he works for good children hard, all the year round.  
Though busy all day he is happy, and sings  
While planning and making the funniest things,

Such as wagons and horses, and dishes and ladles,  
And soldiers and monkeys, and little dolls cradles.  
And garters and socks, and the tiniest shoes,  
And lots of nice things such as doll babies use.

(See, the top of his head is all shining and bare –  
'Tis the good men, dear children, who

lose all their hair.)  
With many things more, for I can not tell half –  
But just look at his picture, I'm sure you will laugh,

With trumpets and drummers, farms, sheep, pigs and cattle,  
And he makes the pop-guns and the baby's tin rattle;  
Then he takes the new dolls that have long curly hair,  
And, setting the table, seats each in a chair,

And he makes them pretend they are taking their tea –  
He's the jolliest fellow you ever did see,  
And can make a queer codger jump out of a box,  
Or will make with his knife and new parrot or fox,

Or sit with his spectacles over his nose  
And work all day long making little  
dolls clothes,  
Such as dresses and sashes, and hats  
for the head,  
And night-gowns to wear when they  
jump into bed;

With his dog standing near him, and  
spy-glass in hand,  
He looks for good children all over the  
land.  
His home through the long summer  
months, you must know,  
Is near the North Pole, in the ice and  
the snow.

And when he sees children at work or  
at play  
The old fellow listens to hear what they  
say;  
And if they are gentle, loving and kind,  
He finds where they live, and he makes  
up his mind

That when Christmas shall come in  
cold frosty December  
To give them a call, he will surely re-  
member;  
And he's sure to have with him a bun-  
dle of toys  
For the nice little girls and the good  
little boys.

Oh, if you could see him start out with  
his team  
You would doubt your own eyes, and  
would think it a dream –  
Wrapped up in a bear-skin to keep out  
the cold,  
And his sleigh covered over with jewels  
and gold,

While his deer from the mountains, all  
harnessed with care,  
Like race-horses prance through the  
cold winter air.  
'Tis fun just to watch them and hear  
the bells tinkle,  
E'en the stars seem to laugh and they  
look down and twinkle.

And the hungry raccoon and the fox  
lean and shy  
Give a wink as they hear him go gal-  
loping by;  
For they know by his looks and the  
crack of him whip,  
And his sleigh-load of toys, he is out for  
a trip.

Then the fox steals the farmer's old  
goose for his dinner,  
Which you know is not right – but the  
fox is a sinner,

And his morals are bad and his habits  
are loose,  
For he's never so gay as when stealing  
a goose.

Ah! Here is a picture. Oh, children, just  
look  
At the names of the good little girls in  
his book,  
And a long list of names of the good  
little boys,  
Who never disturb Pa and Ma with  
their noise.

There is Tommy, who tended the baby  
with care,  
He gets some beautiful books for his  
share;  
And Eliza, just think how bright her  
eyes will twinkle  
When she looks in her stockings and  
finds Rip Van Winkle.

And Georgie, you know, is the five-  
year-old dandy –  
Wont he strut with his pockets all filled  
up with candy?  
There the old fellow stands with a  
queer knowing look,  
Till he has in his mind every name in  
the book;

And he would be kind to them all if he  
could,  
But he gives his presents to none but  
the good.  
An army he gives to the boy who is  
neat,  
And never cries when he wants some-  
thing to eat.

And a farm to the boy who goes smiling  
to school,  
Who keeps out of the mud and obeys  
every rule;  
And all the good girls will get presents,  
we know,  
And the boys who behave will have  
something to show.

When Christmas Eve comes, into bed  
you must creep,  
And late in the night, when you all are  
asleep  
He is certain to come, so your stockings  
prepare,  
And hang them all close to the chimney  
with care,

And when in the morning you open  
your eyes  
You will meet, I am sure, a most pleas-  
ant surprise;  
And you'll laugh and you'll giggle and  
call to Mamma,  
And keep up the noise till you waken

Papa –

And of this for one morning will be very  
nice,  
But the rest of the year be as quiet as  
mice.  
How funny he looks as he stands on the  
round  
And gathers the toys that hang far  
from the ground.

He is large round the waist, but what  
care we for that –  
'Tis the good-natured people who al-  
ways get far.  
The grumbling wolf who lies hidden all  
day,  
And the fox that at midnight goes out  
for his prey,

And the serpent that hides in the foli-  
age green,  
And all of them ugly, ill-tempered and  
lean;  
But Santa Claus comes in his queer  
looking hat,  
And we know he's good-humored be-  
cause he is fat.

So when you grow up I would not have  
you slim,  
But large round the waist, and good  
natured like him.  
Just think, if the ladder should happen  
to break  
And he should fall down, what a crash  
it would make;

And that is not all, for besides all the  
noise,  
It would frighten the dolls and would  
damage the toys.  
I told you his home was up north by  
the Pole:  
In a palace of ice lives this happy old  
soul,

And the walls are as bright as dia-  
monds that shone  
In the cave, when Aladdin went in all  
alone  
To look for the lamp we have often  
been told  
Turned iron and lead into silver and  
gold.

His bedstead is made of ivory white,  
And he sleeps on a mattress of down  
every night;  
For all the day long hew is working his  
best,  
And surely at night the old fellow  
should rest.

He uses no gas, for the glimmering  
light



Of the far polar regions shines all  
through the night.  
Should he need for his breakfast a fish  
or some veal,  
The sea-calves are his, and the whale  
and the seal.

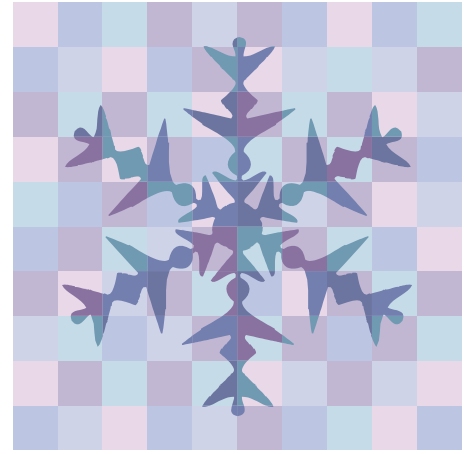
Where he lives there is always a cool  
pleasant air,  
Last summer, oh! Didn't we wish we  
were there?  
He's a funny old chap, and quite shy, it  
would seem,  
For I never but once caught a glimpse  
of is team;

'Twas a bright moonlight night, and it  
stood in full view,  
And, so you see, I can describe it to  
you.  
See! Christmas has come, and he toils  
like a Turk,  
And now the old fellow is busy at work  
-There are presents for Julia and Bet-  
tie and Jack,  
And a bundle still left on the old fel-  
low's back,  
And if Evrie behaves well and don't  
tear his clothes,  
And quits teasing the cat, why he will,  
I suppose,

So now I must leave you - but stand in  
a row -  
Come Julia, and Bettie, and Louie, and  
Joe,  
And Gracie, and Fannie, what are you  
about -  
Get ready, I say, for a jolly good shout.

Now, three cheers for Christmas! Give  
them, boys, with a will!  
Three more for the hero of Santa-  
Clausville;  
When know he is old, and bald headed  
and fat,  
But the cleverest chap in the world for  
all that,

And jollier codger no man ever saw -  
But good-bye, merry Christmas, Hip,  
Hip, Hip Hurrah!



## *Christmas Party Dec 5 2013*



Lots of food and superb entertainment provided by the one and only  
star performer Glen Southworth

# Events for January 2014

Meeting as scheduled *Thursday 2nd January* at the Mackenzie Centre Burnley General Hospital.

Volunteers for Bag Packing at M&S Burnley on *Friday 10th January and Saturday 11th January*.

## *Prostate Scanner Appeal tops £20,000*



*Staff at Willowbank Care Home, Burnley, present a cheque to MP Gordon Birtwistle and his wife, Kathleen, in aid of the Scanner Appeal. Photo Ben Parsons*

Burnley MP Gordon Birtwistle is trying to raise £75,000 for a replacement scanner at Burnley General Hospital, and wanted to have £20,000 of it by Christmas. The appeal's public support has come from across the community, with £1,000 raised on a Christmas shopping trip to Yorkshire on a coach sponsored by 'Bank on Dave'. The fund has had its most recent boost from the proceeds of four events.

- An impressive £1,140 came from philanthropic punters and auctioned shave of Movember moustaches that filled Greenhill Bowling Club on Saturday for a race night.

- An additional £917 was collected from donations made by generous shoppers at Sainsbury's saying thank you to volunteer bag packers.
- A £650 donation came from the green token Community Life fund at Asda.
- And £720 was raised by seven walkers who hiked from Willow Bank Care Home, Burnley, where they work to Todmorden Cricket Club. Diane Ireland, Sharon Cariou, Lynda Owen, Angela Bradshaw, Collette and Tony Pierce and Wendy Taylor, did the 10-mile walk to Lynda's home town in three hours, and were treated to chip butties and trifle, and extra donations, on reaching the club.

The new scanner being bought will replace the one the MP helped buy for the hospital a decade ago. The Birtwistles managed to raise £60,000 during their year as the borough's mayor and mayoress in 2002/2003. The appeal was inspired by the MP's father, who died from prostate cancer. The scanner appeal is running until July



*Massive good will and a lot of hard work has pushed a fund for a prostate cancer scanner over its Christmas target.*