



Torbay Prostate Support Association

Serving men of all ages, and their partners, through a programme of support before, during and after diagnosis
Newsletter Summer Newsletter Issue No.48

THE NEW TPSA CHAIRMAN

Keith A Meager



I was born and grew up in Surrey, and on leaving school trained as a motor vehicle engineer. I joined the Police Service in 1969 and served a full 30 years retiring in 1999. During the 1980's I became very interested in Complementary Healthcare. I gained a Diploma in Anatomy and Physiology, studied Reflexology, Indian Head Massage and Thermo Auricular Therapy, and also qualified as a Reiki Master/teacher. Following retirement from police service, I worked for 3 years running an employment Support Project for a large Mental Health Charity in the West Midlands, and a further 3 years as a Project Manager in the NHS, leading various Smoking Cessation Initiatives in Shropshire.

Concurrent with these, I ran my own Complementary Health business, delivering therapy and teaching therapies up to professional qualification, which I maintained on relocating to Devonshire in 2004, retiring in 2012. I am married to Helen, a hospital Business Manager. My interests include Music, singing, and Freemasonry which I joined some 43 years ago. My Freemasonry is an excellent vehicle for Charity work and fundraising, as well as the study of Masonic history and ceremony. I am a member of the Devonshire Provincial Masonic Golf Association, and a founder member of the emerging Masonic Male Voice Choir in Devonshire. I have led various successful fund raising initiatives, including for TPSA, and hope to bring innovation, management skills and much enthusiasm to the role of Chair of TPSA which I am honoured to have been invited to accept.

A note from the president

Hi Everyone,

I trust all is well and things are moving forward satisfactorily. You are no doubt aware that I am passing on the responsibilities of Chairman to Keith Meager in whom I have the utmost confidence. I will however keep my connections with the TPSA as President and will be available should anyone wish to contact me. I have had wonderful support from the Trustees, Members and Family – thank all of you. I know that you will all continue to give that support to Keith.

You will wish to know that various Clubs and Groups are raising funds for the New MRI Machine including Samantha of the Foot Clinic in Preston Clinic who competed in the Torbay Half Marathon and successfully presented us with a cheque for £300.

Thank everyone once again for your invaluable support over the 18 years when we were formed especially our Treasure Darrell and Mark our Newsletter Editor for standing in when I have been indisposed. Unfortunately after a period of ill health I decided it was time to semi retire.

Yours Very Sincerely
Peter.

Devonshire Provincial Masonic WAKE fund



We are delighted to announce that TPSA has received an award of £1250 from the Devonshire Provincial Masonic WAKE fund. As a Freemason myself, I am so proud that in my first few days as Chairman of TPSA we have been selected for this award as part of the twice yearly WAKE fund distribution where we were one of 19 charitable organisations to receive an award. The photograph shows our President, Peter Hosking receiving the cheque from Right Worshipful Brother Ian Kingsbury JP, Provincial Grand Master of Devonshire, and W.Bro Brian Tucker, Secretary of the nominating Lodge, Benevolent 303 in Teignmouth. The award will contribute to our fundraising initiative with our partners, The Chestnut Appeal, to purchase a new Ultrasound-MRI-Fusion machine for the diagnosis and pin pointing of Prostate Cancer. We are well on the way to raising the £105k required.

Looking for new ways to manage prostate cancer or prostatitis?

Dealing with symptoms and side effects of prostate cancer or prostatitis and its treatment can be difficult. We've developed some new online information to help you identify what could help you manage better. There are five interactive guides – you will be asked to think about your own situation and select what you want to know about. The idea of the guides is to focus on the essential practical things you can do to improve your health and well being. So that might be things like setting goals to be more physically active, finding out where the toilets are before you leave home, what has helped other men deal with hot flushes or tips on how to talk to health professionals .

There are five guides:

- How to manage sex and relationships
- How to manage fatigue
- How to manage urinary problems
- How to manage symptoms and side effects of advanced prostate cancer
- How to manage chronic prostatitis

You can see the guides here:

<https://prostatecanceruk.org/prostate-information/guides/how-to-manage>

TPSA NEW POUND COIN FOR YOUR LOCKER/TROLLY



Whitehill
Country Park

Beverley
HOLIDAYS

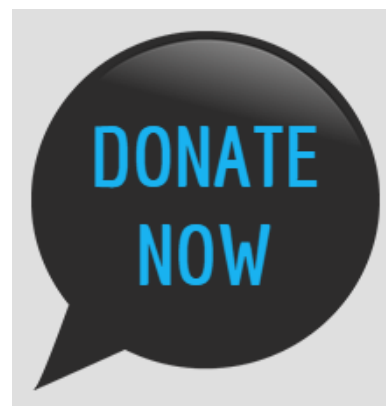
*If you could take one of the
TPSA display boxes please
contact newsletter@tpsa.org.uk*

Big thank you to Whitehill Country Park & Beverley Holiday Park for letting the TPSA display its latest fund raiser. (Display can be found in the Oasis Leisure centre near reception) please pop in and pick one up every pound helps the fight against Prostate Cancer

Can you help us make this happen?

The Chestnut Appeal for Prostate Cancer & The Torbay Prostate Support Association are launching a joint campaign to purchase a state of the art device called an Ultrasound MRI-Fusion Scanner for the Torbay area and they need your help to do it! The Ultrasound-MRi Fusion for Targeted Diagnosis of Prostate Cancer is the most up-to-date diagnostic technology in the country and has just recently been installed in Plymouth thanks to local fundraising efforts. The team are now keen to raise enough funds to do the same for the Torbay area.

Lesley-Ann Simpson, Director of the Chestnut Appeal, says: "What I think is great about The Chestnut Appeal is that our donors will be able to see what their fundraising efforts can do. YOU can really make a difference! She went on to say: "This joint fundraising campaign with The Torbay Prostate Support Association and with the dedication of The Prostate Cancer Team at Torbay Hospital means we can provide this service sooner rather than later. At a cost of £105,000 Ultrasound-MRi Fusion really is state of the art and to achieve our target we really need the help of the people of Torbay."



New FREE Telephone Number for the National Help

Tackle has a new telephone number for our National Help Line: **0800 035 5302**. The Board's view was that the existing 0845 number should be replaced with a free 0800 number to remove any disincentive to call the Help Line

Are your contact details up to date?

These details often change over time but not many of you remember to tell us! If we do not have the correct contact details updates and news letters are not delivered so we need to have the correct details please
EMAIL newsletter@tpsa.org.uk

Past issues of our newsletters can be viewed on our website: www.tpsa.co.uk

MEMBERSHIP APPLICATION FORM

I wish to join the TPSA I authorize the TPSA to hold my details. Please note correspondence will be sent by email unless requested otherwise to cut down on costs. Please return the completed form to Peter Hosking 46 Singer Court Manor Crescent PAIGNTON TQ3 2BP or Email president@tpsa.org.uk

NAME AND ADDRESS (please give one name only)

Surname..... Initials Title

Address

..... Post Code

Telephone number Email address.....

Gift Aid declaration –for a single donation

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to: **TPSA**. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given. **Please forward completed forms and donations to (Treasurer) Corbyns, Ridgeway Road, Torquay TQ1 2HL**

Donor's details

First name & Surname _____

Full Home address _____

Postcode _____

Date _____

Signature _____

Telephone No _____ (Acknowledgement of donations)

Please notify the charity if you want to cancel this declaration Or Change your name or home address

No longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code. **Please note that, to keep costs down, acknowledgement of donations will not be sent unless you include a Stamped Addressed Envelope. We will Acknowledge donations via the telephone if your telephone number is entered above.**

Newsletter

Subscribe to our newsletter by email or post. Please include your name, mailing address, phone number and email address to newsletter@tpsa.org.uk and please indicate your preference (**POST or EMAIL**)

Email preferred to keep cost down.

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Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the TPSA Trustees and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals. The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Trustees or the editor. Any recommendations made in such materials may not be applicable in your particular case. Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the TPSA Trustees is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.