

## About the Prostate Project

The Prostate Project is a registered, Guildford based charity established in 1998. We pride ourselves in being run by volunteers with admin costs of less than 4%. Over the last 14 years we have raised over £5 million and helped the Royal Surrey, St Luke's Cancer Centre and Frimley Park Hospital become Centres of Excellence in the diagnosis and treatment of prostate cancer .

We are dedicated to raising greater awareness of prostate cancer and to improving treatment, care and support for patients. You can read more about us at [www.prostate-project.org.uk](http://www.prostate-project.org.uk)

## About our Support Group

Our **patient-led** support group works with Frimley Park and Royal Surrey County Hospitals as well as other private hospitals in Surrey.

Our two main **aims** are:

- To offer confidential non-medical information and support based on our own experiences to men, their partners and families affected by prostate cancer.
- To raise awareness of the consequences of prostate cancer in our area to encourage men to seek early diagnosis.

We also have links to the Prostate Cancer Support Federation, other support groups and the medical profession, to share information and help us continue to improve the quality of support we offer.

We cover towns and villages in and around Surrey and North Hampshire as well as villages in adjoining counties that are served by our hospitals.

## Would you like to know more?

We would be very pleased to hear from you or see you at our meetings, whether you are a man seeking more information about prostate cancer, a man living with the illness, or a man's partner, family or friend.

If you would like to speak to a local member of our group in your area, please ask your Nurse Specialist – see below. For general information please ring the Support Group helpline on **0800 6783168**.

### Frimley Park Hospital

Prostate Cancer Nurse Specialist  
**Nikki Pereira**  
Telephone: 01276 526156

### Royal Surrey County Hospital

Telephone: 01483 571122  
Prostate Cancer Nurse Specialists  
**Claire Deering** ext 2058  
**Donna Higgins** ext 2058  
**Mandy Jeffrey** ext 2058  
**Michele Pietrasik** ext 4540

For more information on dates of meetings, visit the Support Group page on our website



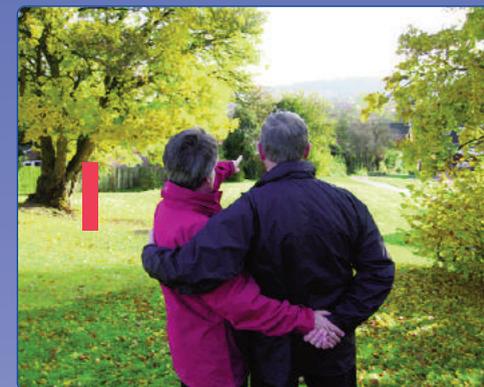
giving men a better chance of beating prostate cancer

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Website: [www.prostate-project.org.uk](http://www.prostate-project.org.uk)  
Registered Charity Number: 1078523



FRIMLEY PARK AND GUILDFORD  
PROSTATE CANCER

## SUPPORT GROUP



“ Being able to talk to men with prostate cancer who had taken the decisions I was faced with, was a huge benefit for me and my family ”

*John Parkes - PP Support Group member*

[www.prostate-project.org.uk](http://www.prostate-project.org.uk)

## Being diagnosed with prostate cancer can be a frightening and lonely experience, but it doesn't have to be that way. We can help.

- Being newly diagnosed with prostate cancer can be a very lonely place to be. Not only do you have to deal with the shock of your diagnosis, but also with a bewildering array of treatment options.
- Doctors and nurses have a lot of experience of telling people they have cancer. However, only people with or who have had cancer have a real understanding of how sufferers and their families feel about it.
- A lot of men are reluctant to talk about medical conditions or to seek help and support, even when faced with such a life-changing experience. However,

many men find en find they gain a lot of comfort, confidence and encouragement from talking to other men who are either living with or who have been cured of prostate cancer.

- Any contact with us is treated in strictest confidence, and we respect people's wishes to have as much or as little contact with us as they want.
- We are prepared to talk to people on the 'phone, or face-to-face.
- **Don't face prostate cancer on your own.**

## "My decisions were made much easier" says John Parkes

*"Initially, I was nervous about sharing my concerns with others but all members of the group were so open and well informed that it was easy to listen to their experiences and discuss their advice. It made all the decision making much easier for both me and my wife and I would thoroughly recommend all newly diagnosed patients to seek the same invaluable help and support that I have received". John Parkes*



**John Parkes**  
Royal Surrey Support Group member

## How we function and the topics we discuss

- We hold evening meetings every three months where we invite specialists to talk to us about a range of prostate cancer topics including side effects, incontinence management and sexual counselling. We also have regular lunch meetings.
- We give talks to local groups about our personal experiences of prostate cancer and our work to help spread awareness of the importance for all men over age 50 to routinely check their PSA.
- Periodically, we man displays in shopping centres and at local events to promote awareness of prostate cancer and the work we do.
- We talk to individuals and members of their families who want to know more about what it is like to live with prostate cancer.

## The outstanding team of Consultants and Clinical Nurse Specialists who will ensure you receive the best possible treatment and after care



**John Davies**  
Consultant Urological Surgeon,  
Royal Surrey County Hospital



**Chris Eden**  
Consultant Urological Surgeon,  
Royal Surrey County Hospital



**Robert Laing**  
Consultant Oncologist,  
Royal Surrey County Hospital



**Nikki Pereira**  
Clinical Nurse Specialist,  
Frimley Park Hospital



**Donna Higgins**  
Clinical Nurse Specialist,  
Royal Surrey County Hospital



**Michele Pietrasik**  
Clinical Nurse Specialist,  
Royal Surrey County Hospital



**Stephen Langley**  
Professor of Urology,  
Royal Surrey County Hospital



**Bruce Montgomery**  
Consultant Urological Surgeon,  
Frimley Park Hospital Hospital



**Simon Bott**  
Consultant Urological Surgeon,  
Frimley Park Hospital Hospital



**Krishna Patil**  
Consultant Urological Surgeon,  
Royal Surrey County Hospital



**Claire Deering**  
Clinical Nurse Specialist,  
Surrey County Hospital



**Mandy Jeffrey**  
Clinical Nurse Specialist,  
Royal Surrey County Hospital