

Edinburgh & Lothians Prostate Cancer Support Group

Minutes of Annual General Meeting

Held at Maggie's Centre, Edinburgh, 9th June 2022

1. Apologies

Apologies were received from Ian Manderson, David Milner, Jim Woodhead, Alasdair Ferguson, Bill Platts and John Craig.

2. Minutes of AGM 2021

Last year's AGM was held via Zoom and the minutes have been circulated to all members. The Chairman asked for Minutes to be approved.

Proposed: Ian Hay

Seconded: Alan Dickinson

3. Chairman's Report

(a) Introductory remarks

2021/22 has been another difficult year for everyone and for the Group in both Branches. Under the leadership of Charlie Hogg the West Lothian Branch were able to resume face to face meetings and continue to maintain their high local profile. The branch has also recently celebrated 15 years of support in West Lothian. As for the Edinburgh branch things have been a little more difficult with our hope of restarting face to face meetings in January being cancelled and a reversion to Zoom format. I have to pass on a warm thanks to Andy Anderson here at Maggie's for all the assistance he and Maggie's have given the Group throughout the last 2 years.

This has been my second year as Group Chairman and again I have been fortunate to have been given outstanding support from our hardworking and dedicated Committee Members from both the West Lothian and Edinburgh, East and Midlothian branches and I wish to pass on my thanks to them.

(b) West Lothian Branch

Tom Lambie took the floor to present the WL branch report:

It has been a difficult last 12 months and we only resumed face to face meetings last October. Things are now getting back to normal but referrals of new members still remain low. To combat this, we started in March a very large campaign of PC Awareness as it is estimated that in UK around 15,000 men are missing being diagnosed with prostate

cancer and, as 1 in 8 are expected to get Prostate Cancer, a backlog of men are risking more serious outcomes by not being tested. We had placed adverts in our local newspapers and magazines that go into all households in West Lothian.

The local Council displayed an article about PC Awareness on their web site and copied this information to all their Social Media Links. They also, on our behalf, distributed a Support Group letter plus our 'Buddy Leaflet' leaflet to all Practice Managers for GPs & Nursing Teams telling them all about the PC Awareness Campaign and telling them about the services the Support Group offers. We now have a special nurse team project going on in Linlithgow Surgery to seek opportunities to make men aware of the need to be tested if they have symptoms and explain the excellent support on offer from our Support Group.

We celebrated, on 19 May, the 15th Anniversary of when the Support Group first started and we had a very special evening at our meeting venue in Livingston with Dr Brendan McCann from the Beatson Cancer Hospital in Glasgow telling us all about the latest Prostate Cancer treatments and about the new research that they are doing at the Hospital. We also had on view a historical display of the many pictures and newspaper cuttings telling the stories of our successful work helping men diagnosed in West Lothian over the last 15 years. An article about the event was in the local paper and a copy is on the Group website.

(c) Edinburgh, East and Midlothian Branch

The last year started off in as much the same way as the previous year ended with lockdown and restrictions and so the regular members meetings continued online via Zoom.

Our programme started at last year's AGM in June with Dame Laura Lee providing an interesting talk celebrating 25 years of Maggie's entitled *Maggie's: past, present and future*. This was followed by an interesting talk at our September meeting by one of our members and host of the Porty Podcast David Calder who gave us a glimpse into 35 years of life as a broadcaster. Our meeting in November featured a talk by Aileen Stewart, Senior Corporate Business Development Manager at MacMillan talking about fundraising and issues raised during the pandemic. It was hoped that the meeting in February would be our first face to face meeting featuring Dave Clark, however the resurgence of Coronavirus meant that we had to postpone Dave to a later meeting and revert to a Zoom meeting. Our thanks go to our friends Adam Gaines and Mae Bell who stepped in at the last moment to talk about Compass and new literature being developed by Prostate Scotland. Finally in April we were able to return to face to face meetings with our meeting held at the Grange Club with a thoroughly enjoyable talk from our own John Craig.

The branch was also invited by John Lewis Department store at the St. James Quarter, Edinburgh to man a stand in November 2021 to raise awareness of the Group as a whole which had been successful and hopefully John Lewis will invite us back in the future.

(d) Walking Section

David Milner reports:

Our programme of walks was revived on 3rd August 2021, when David Milner led a circular walk along the banks of the river Almond, starting and ending at Cramond. On that first venture we took our own refreshments and lunch with us to avoid gathering indoors. We held a second outing on 13th October, when Rob Lester led a walk around the Dalmeny estate. We started with socially-distanced refreshments in the Hawes Inn at Queensferry, and returned at the end of the walk to the same hostelry for lunch. Our third walk was led by Les Alexander on 9th December, who took us on a circular walk around the Dalkeith Country Park, which covers a wide area of estate owned by the Duke of Buccleuch. We were able to start and finish with refreshments at the Restoration Yard restaurant in the centre of the park.

Our first walk of 2022 was led by Iain Sime, starting and finishing at the Craigie Hotel in Penicuik, on 23rd February. The walk explored the grounds of Penicuik House, which is now sadly in a state of dilapidation. Our final walk of the season, led by Larry Foster, was held on 27th April, in Musselburgh. The walk started and finished at the Ship Inn in Fisherrow, with members having coffee and snacks early en-route at Newhailes, and lunch at the end in the Ship Inn.

The 2021-22 programme of walks provided Group members with opportunities to meet together socially for the first time since the pandemic started. Social interactions are what a support group is all about, and this fellowship aspect of the Group had been sorely missed. All of our walks have required members to be fully vaccinated, and all government rules prevailing at the time were adhered to. All walks have started and finished at the same location, because of the possible reluctance of some walkers to travel on public transport. (Prior to Covid this had always been our normal method of travelling to walk venues, which had allowed us to follow linear walks.)

The next walk planned for the Group is to take place on Wednesday 22nd June 2022 and is a linear walk from Innerleithen to Peebles which will be a fairly flat walk on the old Tweed Valley Railway Line and is being organised by Alasdair Ferguson. If any members are interested please email elpcsg@gmail.com and contact details will be passed to Alasdair, also full details will be put onto our website.

(e) Administration

2021/22 has again been a quiet year on the membership front due in part to the continuing pandemic. The year has also seen us sifting through a number of requests from external bodies looking for participants from our membership to take part in various surveys. We have also dealt with requests from health bodies seeking input into drugs approval. As in past years the Committee have given priority to circulating those requests associated with our close partners Prostate Scotland, Prostate UK and Maggie's.

I would also like to say that as has been previously indicated the Group have been looking at a formal revision at the way the Group operates as regards to the West Lothian Branch and

the Edinburgh, East and Midlothian Branch in the future. The committee have been looking at drafting out a new constitution and presenting it to the AGM for approval, however this has not been possible and it is hoped that the new constitution will be ready for adoption at an Extraordinary General Meeting to be held later this year hopefully September.

(f) Edinburgh, East and Midlothian Branch Buddy Report

This year has seen Ian Manderson taking over as Buddy Convener from Ian Hay and to mark this transition the Committee decided it was time to retire the old mobile phone which had been used by Ian and buy a more modern smart phone.

Given that advances have been made in treatments we have recruited a number of new Buddies in each field and they have been trained at Maggie's and are now being paired with request for a Buddy as and when required. Buddy requests are still at a small number, however this may be due to the pandemic or the new Compass programme which has been implemented by Prostate Scotland and Maggie's and it is the Group's intention to hopefully become involved in some form in the future.

(g) External Affairs

This year saw the handover of the role of Webmaster from Alasdair Ferguson to Colin Lothian. I would like to thank Alasdair for all his hard work over the years maintaining the website and welcome Colin in his new role.

Since Colin has taken over steps have been taken to ensure that the website is more secure from hackers. In the future Colin will be looking at ways of updating and refreshing the website and also looking at other aspects of the use of other social media such as Facebook and Twitter to keep members updated

Throughout the year the Group has also received request from health groups asking for input into new drugs and processes for the treatment of prostate cancer. I would like to thank Rob Lester who has continued to help sift relevant requests and make submissions on behalf of the Group.

4. Financial Report

I would like to once again express the Groups gratitude to our Treasurer Jim Woodhead for the exemplary manner in which he looks after our finances. The Accounts have been circulated to all our members and no queries have been received.

The Chairman asked that the accounts to 31st Mar. 2022 be approved.

Proposed: Ken Howey

Seconded: Gary Tait

I would just like to say that this will be the Jim's final Financial Report as he has decided to step down from the role. Jim has been an excellent Treasurer over the years and his contribution to the Committee has been exemplary and I would like to thank him for his

service. The role of Treasurer will be passed onto Richard Kerr who has accepted to be our next Treasurer.

5. Re-Election of Chairman

The Chairman confirmed he is again prepared to stand for re-election and as there had been no other nominations requested a proposer and seconder.

Proposed: Ian Hay

Seconded: Richard Kerr

6. Election of Committee Members

Tom Lambie from the West Lothian branch, Gary Tait and Keith Dempster have all agreed to join the Committee and the Chairman requested a proposer and seconder.

Proposed: Richard Kerr

Seconded: Bob Scott

7. Re-election of Committee Members

Ian Hay, David Milner and Jim Woodhead have all decided to stand down from the Committee. On behalf of the Committee, the Chairman thanked them all for their service to the Group over the years and wished them all the best for the future.

Charlie Hogg, Ken Howey, Ian Manderson and Richard Kerr are all prepared to stand again as Committee members for the next year. The Chairman requested a proposer and seconder.

Proposed: Gary Tait

Seconded: Ian Hay

8. Re-Election of Trustees

The current Trustees are Iain Annand, Charlie Hogg, Jim Woodhead, Ken Howey and Richard Kerr and all are willing to stand again.

Proposed: Bob Scott

Seconded: Tom Lambie

9. AOCB

Eric March highlighted that 4 golfers from Gullane will be taking on a challenge to play 4 rounds in one day (24 June) across various Gullane courses. They will be raising funds for Prostate Cancer UK and it was suggested we could share their Just Giving page with members.

10. Next Meeting

The next members' meetings will take place as follows:

West Lothian - 28th July 2022

Edinburgh, East & Midlothian - 8th September 2022.