

● Bringing information closer

Expect a wider range of information about prostate disease and prostate cancer across Scotland with the publication of new guides to Prostate Cancer and Prostatitis, by Prostate Scotland.

These complement existing ones on Benign Prostatic Hyperplasia, PSA tests, a Brief Guide to prostate disease and a leaflet for ladies about the prostate. These short, accessible and informative guides are being made available in a variety of community and health care locations across Scotland. Copies of all the guides were recently distributed to every GP practice in the Lothians, and to many practices across the West of Scotland.

This range of leaflets will be joined shortly by a series of 'explanatory' booklets which are aimed at providing comprehensive information for men and their families about prostatic diseases, as well as information to assist men when discussing their symptoms, potential treatments and to help them when making decisions about treatment. Booklets in the series include Early Prostate

Cancer Explained, Advanced Prostate Cancer Explained, Prostatitis Explained, BPH Explained and PSA Tests Explained. These booklets are to be made available in clinical and health situations and it is expected that the first booklets will be available from late summer.

In addition, a Prostate Log Book is to be available to allow men to record test results, scans, appointment dates, treatment changes and to note any questions they may want to ask during their consultation.

The leaflets and booklets have been developed with input from and reviews by an Advisory Committee made up of doctors, nurses and patients from across Scotland. The leaflets and booklets have been developed by the Prostate Scotland Information and Advice Project, made possible by funding from the Scottish Government and Sir Tom Farmer through the Farmer Foundation.

Alan McNeill, Lead Clinician in Urology at the Western General Hospital in Edinburgh and Chair of the Advisory Group that reviewed leaflets stated: "Our aim, through these leaflets and booklets, has been to help answer the many questions that patients and their families across Scotland often have, and so they are better informed when making treatment decisions, whilst ensuring that they are in a style and

language that will be accessible and relevant."

Mae Bell, Prostate Scotland Information and Advice Coordinator stated: "We developed this information to try and help ensure that the gap in information that exists across the country for men and their families about prostate disease could be closed. The booklets are designed to complement the information on the Prostate Scotland website to ensure that men and their families have a range of routes for information. We are grateful to the patients, doctors and nurses who helped us develop the information and to our funders the Scottish Government and Sir Tom Farmer."

Greenlight laser treatment for BPH launched in Scotland

A new surgical treatment method for patients with Benign Prostatic Hyperplasia has been launched at St John's Hospital in Livingston under the direction of Consultant Urologist, Mr Tony Riddick and his team. This is the first such service in Scotland available on the NHS. The new treatment service utilises a method called Photoselective Vaporisation of the Prostate (PVP) which is more commonly known as Greenlight laser treatment. The basis of Greenlight laser treatment is the use of a laser to vaporise the enlarged obstructing prostate tissue. The technique results in extremely small amounts of blood loss, allowing significantly earlier removal of the urethral catheter compared to the standard transurethral resection method (TURP).

PVP laser vaporisation has been gaining popularity as patients are able to go home on the day of surgery, some without a catheter. Patients who stay in overnight will have their catheter removed in the early morning. The treatment will also be available at the Spire Murrayfield Hospital, Edinburgh.

● Volunteering Project in lottery boost

Prostate Scotland has recently received funding from the National Lottery Awards for All Scotland of £9,433 towards its Prostate Awareness Volunteering Project. The funding will help take forward a special project aimed at developing and supporting volunteers from across Scotland to raise awareness of prostate disease in their communities. The project will involve developing a Volunteer Handbook, materials and resources about raising awareness of, and information on, prostate disease as well as training programmes for the volunteers. The programme will be rolled out across Scotland over the next 12 months.

Adam Gaines, Director of Prostate Scotland stated: "Our research shows that too few people

across Scotland know about prostate disease and its symptoms. There is a real need to increase awareness, especially as early diagnosis can often lead to successful treatment and cure. The grant from Awards for All Scotland is a really helpful and welcome boost to us. It will enable us to take further our awareness work by further supporting Prostate Scotland volunteers to help us get the message out to communities right across Scotland."



• AEGON team a real asset



Prostate Scotland was chosen by the staff at AEGON Asset Management to be their local fundraising charity for the year, along with Barnardos, who were chosen as their national charity of the year. This included taking forward a whole range of fundraising and awareness activities, ranging from quiz nights to a Christmas-time auction with guest auctioneers, rugby stars Kenny Milne and Chris Paterson. In addition, the company decided that instead of sending Christmas cards, they would make donations to the charities. A phenomenal £7500 was raised for Prostate Scotland, with the cheque being presented to the charity by the members of the AEGON Charity Committee to Greg McHugh and Prostate Scotland Ambassador Grant Stott at the Prostate Scotland Ball.

• Prestonfield Burns Supper

The annual Prestonfield Burns Supper was held in January 2011, once again in support of Prostate Scotland. The evening featured a stunning line-up of speakers including Edinburgh lawyer Willie Hunter, sports journalist and broadcaster Alison Walker and Glasgow lawyer and Burns expert Len Murray. The evening was chaired by Grant Stott. The event raised a massive £10,411.

• Johnston Smillie lunch

In late November, Johnston Smillie, the well known Edinburgh chartered accountancy and business advice firm, held a 5th annual lunch raising the magnificent sum of £4,900 for Prostate Scotland through selling tables, raffle and an auction. Pictured is Ross McKay of Johnston Smillie presenting the cheque to Sir Tom Farmer Patron of Prostate Scotland and Peter Mann trustee.



● Ask the Doc

Welcome to our new column which will feature clinicians answering questions they are frequently asked. In this edition, we hear from Alan McNeill, Consultant Urological Surgeon at the Western General Hospital in Edinburgh who also chairs Prostate Scotland's Advisory Committee.

QUESTION: "I have an enlarged prostate – is this just a fact of getting older or is there anything that could be done to help?"

Many men over the age of 50 are likely to have an enlarged prostate – in fact nearly half of all men are likely to develop an enlarged prostate, and the incidence increases with age. For some men it can lead to difficulties with urination, as the prostate enlargement presses on the urethra (water pipe) making passing water more difficult. A common symptom associated with an enlarged prostate is needing to get up to go to the toilet to pass urine during the night. If this gets to be a problem it is important to see your GP and have it checked out, as symptoms associated with an enlarged prostate can be treated, and any other cause of passing urine at night can be assessed.

There is also a simple internationally recognised symptom self check on the Prostate Scotland website that you may find helpful to complete, print off and take with you to your doctor. Your doctor may also check for any signs of infection and may want to examine your prostate, as well as take some blood to test it for a substance called Prostate Specific Antigen (commonly known as a PSA test – for more information see www.prostatescotland.org.uk), as this can be an indicator

of disease affecting the prostate (and to rule out the possibility of prostate cancer). The most common ailment is Benign Prostatic Hyperplasia (BPH). Untreated BPH can, in some cases, lead to an inability to urinate or a build up of bladder stones or urinary infections.

In some cases, medications may be prescribed to deal with the symptoms of BPH. One key group of medicines interferes with the mechanism through which the hormone testosterone makes the prostate enlarge, causing the prostate to shrink (shrinkers). In some cases, medicines called alpha-blockers are used. These relax the smooth muscle in the prostate gland, allowing urine to flow more easily (relaxers). At times, your doctor may suggest a combination of these.

In some cases, you may be referred by your doctor to a urologist, who can assess your condition fully and advise whether surgery may be necessary. Surgery for BPH is considered the most effective treatment for BPH and is used in men with severe symptoms that persist after other treatments have been tried or in men who have suffered complications of BPH, such as repeated urine infections or a painful inability to pass urine (acute urinary retention). Surgery is usually done through the water pipe in the penis (the urethra), thus leaving no external scars, this is called transurethral resection of the prostate (TURP). As an alternative to TURP, more minimally invasive treatments such as laser ablation are becoming available in Scotland. Finally, if the prostate is greatly enlarged surgery can also involve open or laparoscopic (keyhole) prostatectomy - the surgical removal of part or all of the prostate.

Prostate Scotland Ball - a 'commanding' success

Greg McHugh, aka Gary McLintoch, Tank Commander put in a commanding performance as the special guest at the Prostate Scotland Ball on Saturday 26th March 2011 at Edinburgh's prestigious Prestonfield House Hotel.

The dinner was held in support of Prostate Scotland, which is Scotland's prostate disease awareness charity. Guests included well known radio and TV presenter Grant Stott as Master of Ceremonies, the drum beat and musical entertainment was performed by Bandmaster-in-chief Craig McMurdo and his Band and auctioneer for the evening was Michael White. The welcome speech was given by Sir Tom Farmer who spoke about the importance of greater awareness of prostate disease. The raffle was drawn by Chris Paterson - Scotland's most capped rugby player - who also spoke about his support for Prostate Scotland. The event succeeded in raising £18,725.

Greg McHugh said: "With so many men in Scotland being affected by prostate disease, and it being the most common cancer amongst men in Scotland, it is important that more people are aware of it – and I was pleased to be invited to perform and to help raise funds to make a difference to awareness of prostate disease. Gary would be proud to be targeting such an important cause and would be keen to ensure that all his mates including Jacko, Adam and Charlie are made aware."

Robert Wilson, Chairman of Prostate Scotland said: "We are very grateful to Greg McHugh, Grant Stott, Michael White, Sir Tom Farmer, Chris Paterson and James Thomson for their support and helping to make the event really special – coming as it did in Prostate Cancer Awareness month. Their participation will help us reach out across Scotland in our work to raise awareness of prostate disease".

'The magnificent amount raised by the dinner will help enable us to reach thousands more men across Scotland with awareness materials and to encourage greater early diagnosis, as early diagnosis is more likely to lead to treatment and cure'.





• Decision - making and treatment

A Decision Navigation Intervention for Newly Diagnosed Prostate Cancer Patients

A trial to investigate decision navigation at the Edinburgh Cancer Centre has produced some very encouraging and interesting results. The Decision Navigation (DN) intervention aims to help cancer patients weigh up the risks and benefits of each treatment choice, whilst taking into account their own personal objectives for treatment and quality of life.

Shared Decision Making (SDM) is being widely advocated in cancer care and encourages patients to participate in treatment decisions whilst being supported by their consultant to reach a decision which satisfies both their own personal preferences, and the consultant's duty to provide expert care. For prostate cancer patients, SDM would appear to be particularly important, due to the complexity of the decision-making process, as for many patients, there is insufficient evidence to clearly identify which treatment is best.

From 2008–10, the Edinburgh Cancer Centre trialled a DN intervention. Participants were randomised to either receive DN (intervention) or usual care (control).

DN participants met with a 'navigator' prior to initial treatment consultations (urology and/or oncology) to create a question list for the consultation, known as the 'Consultation Plan' or CP. The CP was relayed to the consultant prior to the consultation. The navigator then attended the consultation to encourage patients and consultants to incorporate the CP into the discussion and to provide patients with an audio recording of the consultation. A typed summary of the consultation was also sent to the patient, GP and consultant.

114 people with prostate cancer (62 DN, 52 control) participated and completed a number of questionnaires over 6 months. A sample of patients and consultants involved in the study were also interviewed to gain their experiences of making decisions for prostate cancer.

The results reveal that DN significantly increased prostate cancer patient's confidence in their ability to effectively make decisions about cancer treatment. DN patients also experienced less uncertainty and regret about their treatment decision when compared to control group patients. There was no difference in mood or psychological adjustment to cancer between groups over time.

The interviews revealed that DN enabled patients and clinicians to engage effectively in consultations due to prior consultation preparation. In comparison to those receiving normal care, DN participants felt that the doctor was

more prepared for them:

"The fact that he had my range of issues and... he was already aware of those meant that he got some answers to those questions before I had asked them... I didn't feel as though I was trying to tease information out of him."

The participating clinicians were unanimously supportive of incorporating DN into cancer care:

"The exercise of getting people to think about what they want to get out of the consultation, perhaps recording it, and providing them with that to take away and go through... could be built into the fabric of the staff we have here".

• Future work

The team hope to disseminate final results in peer-reviewed journals soon. Prostate cancer consultants involved in the study are applying for funding to provide consultation audio recordings to all patients.

Sarah E Scott and Belinda Hacking,
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• Donations

Prostate Scotland would like to thank the many people who have kindly donated to us since the previous newsletter including:

Ian Adams

Eric Byrne

Douglas Campbell

Michael Clarkson

Laurence Cliff

Iain T Gordon

Harvey and Jennifer Hume

Bill Prentice

St James Lodge No 97

Best wishes and birthday congratulations go to George Mair, who collected some £500 at his special birthday party recently to celebrate a significant birthday.

● Prostate issues in the news

Treatments, tests, research and stories about men with prostate disease have all featured in the media over the past few months - a sign that prostate disease is slowly shaking off its tag of being a disease not spoken about.

One of the stories that received a lot of coverage in many newspapers was the news that scientists at the University of Surrey had discovered a new urine test for prostate cancer, and that initial findings suggested it could be up to twice as accurate as the current (Prostate - Specific Antigen) PSA test. The test is still in its initial stages and is based on a protein called EN2. The researchers hope that after larger trials it could offer the potential for a 'pregnancy type' urine test kit.

The Daily Mail ran a feature in December about men and PSA testing, focusing on the impact it had had on one man's life, as a basis for discussing the merits of testing. Similarly, in March, the Edinburgh Evening News ran a feature about a man from Leith who was looking to raise awareness of prostate cancer, having had a PSA blood test and a cancer diagnosis.

A major study into European cancer mortality predictions published in the Annals of Oncology predicted that a decline in prostate cancer mortality across the EU is to be expected in 2011 (but that the rate in Poland would stay stable). The reduction is put down to improved diagnosis and treatment of the disease.

The search for the cause of prostate cancer has long been a key issue. There was significant coverage in many daily newspapers of a new study from Queen

Mary University which showed that exposure to the male hormone androgen can lead to the fusion of two specific genes in non cancerous prostate cells. (Fusion genes can lead to uncontrolled cell division and contribute to tumour formation.)

The Daily Telegraph reported that a team from Imperial College London had found a protein called FUS that inhibited the growth of prostate cancer cells in the laboratory. The team found that patients with higher FUS levels were more likely to live longer and have less aggressive cancers.

Meanwhile, researchers from Glasgow University have found that reducing levels of a protein known as ERK5 could help stop prostate cancer spreading to other parts of the body. The research showed that the ERK5 helped drive the aggressive behaviour of the cancer. Professor Hing Leung was quoted in Scotland on Sunday as saying "If we had a compound drug that targets this molecule, the cancer in the prostate will respond, but also the cancer that has already spread will respond". Two very different stories about prostate cancer also received coverage - the first one was based on a study published in the British Journal of Cancer that found that men whose index finger was longer than their ring finger were less likely to develop prostate cancer. The second was that men with prostate cancer were twice as likely to have premature baldness at age 20.

Lastly, new research was published into the timing, presentation and diagnosis of prostate cancer. It was conducted by the Cancer Care Research Centre at Stirling University and commissioned by the Prostate Cancer Charity Scotland. The research showed that many men with symptoms delay before going to a GP to discuss symptoms, with 85% experiencing symptoms for more than a month before contacting a health professional and 41% waiting for more than a year before seeking medical advice. This delay in seeing a GP was despite 57% describing their symptoms as troublesome.

Prostate Cancer Support Groups set up in Maggie's Highlands and Maggie's Dundee

A new group for men who have, or have had prostate cancer will start on Monday 23 May at Maggie's Highlands, Raigmore Hospital, Inverness and then on the fourth Monday of each month. The new group has been set up by Carole Bridge, Maggie's Highlands and Jim Alexander.

Many people are greatly relieved to realise that there are others with whom they can share their experiences on a regular basis. Research shows that those who participate in support groups experience improvement in their mood and quality of life. They are more likely to be hopeful and determined. This in turn will have a positive effect on how they handle what is going on in their lives.

For more information please contact Maggie's Highlands on 01463 706306 or highlands@maggiescentres.org

This new group follows one which is run by Lynn Downie Cancer Support Specialist at Maggie's Dundee and Alison Smith, Clinical Nurse Specialist in prostate cancer at Ninewells Hospital. The group meets on the first Tuesday of every month in Maggie's, Dundee from 6pm-7.30pm. Once a month the men themselves get together 'round the table' to share experiences and support while Lynn and Alison are on hand to answer any questions. The following month a speaker is invited who will talk on a prostate cancer topic. Wives, partners and other family members are welcome to go along to listen to the speaker. For more about the group, call Lynn on 01382 632 999 or by email on Lynn.Downie@maggiescentres.org

There are also a number of support groups elsewhere in Scotland which can be found by looking at www.prostatescotland.org.uk or <http://scotland.prostate-cancer.org.uk/> or for Edinburgh & Lothians via www.elprostatecancersupport.co.uk/

● Alex Purves

It is with great sadness that we record the death of Alex Purves, who passed away at the end of last year. We offer our sincere sympathies to his family. Alex was a great supporter and friend of Prostate Scotland and gave up many hours to support the charity and help raise awareness of prostate disease.

Amongst his many accomplishments for the charity were the recording of video and radio awareness messages which helped reach out to thousands of men across Scotland. We shall remember his humanity, generosity of spirit and his desire to help others.

● Prostate Scotland Office

Patron: Sir Tom Farmer CVO CBE KCSG DL Chairman: Robert Wilson Trustees: Dr Anna Gregor CBE, Mary Hallam, Peter Mann, Alan McNeill, Alison McNeill, James Thomson OBE.

Contact us at 21-23 Hill Street, Edinburgh, Scotland EH2 3JP Tel: 0131 226 8157 Email: info@prostatescotland.org.uk or visit our website at www.prostatescotland.org.uk



Prostate Scotland would like to thank Standard Life plc for its kind support in printing this newsletter.



Over the past few months there has been a huge amount of fundraising activity. Thank you to all our supporters throughout Scotland.

• The Big Shave Off

Harry Kiernan and Stuart Rillie along with Steffan Narrie continued their tradition of dyeing their hair for the month and this year went for the 'Big Shave Off' in an exciting and fun packed evening in the Ormelie Tavern in Joppa. Their combined activities raised an astonishing £3091. (see photo at the top of the page).

• HMP Greenock and Shotts.

Staff at both prisons got into the awareness and fundraising mood during November – with each staff group raising the most 'tacetastic amount of £2100. Pictured are the staff group along with David Abernethy the Acting Governor at HMP Shotts presenting a cheque to Adam Gaines. Also pictured are the staff team group at HMP Greenock along with Governor Jim Kerr at the end of November, along with a huge cheque. demonstrating their fund-raising abilities.



• Linlithgow Grand Lodge

The Provincial Grand Lodge of Linlithgowshire under their late Provincial Grand Master Kenneth Lindsay had launched an appeal 'for the young and not so young'. This appeal raised £7000 - shared equally between CHAS and Prostate Scotland. Pictured above are Grand Lodge Committee Members visiting the Prostate Scotland offices and presenting a cheque for £3500.

• Martin Currie Charitable Foundation

Prostate Scotland was pleased to receive a further grant from the Martin Currie Charitable Foundation as it celebrated its fifth year of its work.

• Blue Watch at Cowcaddens



Also on the fundraising ladder were Blue Watch at Cowcaddens Fire Station who teamed up to grow moustaches and fundraise. Their efforts shone brightly raising nigh on £1000.

• Cairn Energy

Prostate Scotland was delighted to have been chosen by Cairn Energy, the Scotland based, worldwide energy company to receive a significant donation helping take our Workplace Initiative, information

provision and awareness-raising work forward. The funding will make a difference to our ability to reach a significant number of people - particularly via workplaces.

• Marketing Society Scotland St Andrews Dinner

Prostate Scotland was pleased to be nominated as the beneficiary charity of the annual Marketing Society Scotland St Andrews Day Dinner. The dinner which is a focal point for the marketing community in Scotland raised some £1519, enabling the charity to produce nearly 20,000 brief guides to prostate disease.

• Borders Cycle Ride

A team of 12 riders completed a cycle ride from Edinburgh to the Borders, raising nearly £3000. Pictured is Jim Sutherland who organised the ride receiving a Certificate from Prostate Scotland trustee Alan McNeill.



• Big Quiz in Galashiels

Lucy McAneny and Lucille Paterson organised the Big Quiz in Galashiels in memory of Duncan Paterson, who sadly passed away in December 2009. 'Dunc' had been one of Scottish rugby's best known figures having been both an internationalist as well as having run the Scottish Rugby Union and managed the Scotland team. He had been a great supporter of Prostate Scotland. Over 240 people from across the Borders as well as further afield packed the Volunteer Hall in Galashiels for a fun night of quiz questions as well as a raffle and auction. The evening succeeded in raising an amazing amount of over £4500. Our sincere thanks go to Lucy and Lucille and the team who worked so hard to make it a really special evening.

• Diageo Leven

A donation of £2000 was received from the Diageo Leven plant Health and Safety Fund. Prostate Scotland was one of five charities to receive support from the fund which had been established to encourage a safe and healthy working environment.

• 'Jamie at Home' party

Carolyn Byrne organised a special Jamie at Home Evening on St Patrick's day involving Jamie Oliver cookware. The special event proved to have the right recipe – successfully raising some £295.

STAFF FUNDRAISING:

• SERCO

Staff in the SERCO Office in East Kilbride organised a Christmas hamper fundraising initiative raising some £301 for Prostate Scotland.



• Mackintosh Limited

Our hats go off to the staff at the well known rainwear firm Mackintosh for kindly raising £217.

• Dress Down Friday

Staff in the City Assessor's office in Glasgow Council held a dress down Friday and an office Christmas card event raising £132 for the charity.

• Waitrose Comely Bank

Prostate Scotland was nominated for the Waitrose Community Matters scheme by the Comely Bank branch. Customers voted for three charities to support in November and Prostate Scotland was the lucky recipient of £340.

• Céilidhs calling

Glasgow Folk Group Piggery Brae, kindly donated £300 of their proceeds from one of their gigs. Jason Ash organised a special Ceilidh night in the Buff Club in Glasgow, donating the proceeds to Prostate Scotland and Think Pink.

• Scottish Duathlon Championships

Iain Haldane took on the challenge of running and cycling in the Scottish Duathlon Championships in Stirling at the end of March raising over £140.

• ADT Edinburgh Half Marathon

This year's ADT Edinburgh Half Marathon saw Nicola Lucas, Dave Morrison, Jamie Smith and Philip Tervit participate in aid of Prostate Scotland. Congratulations go to them for beating the distance and the heat. Their combined fundraising efforts have so far raised over £1345

• Running Marathons

With the running season in full swing, supporter John Fulham has a trio of marathons over the summer - London, Edinburgh and Dublin - in aid of Prostate Scotland. Not content with this feat he has also developed an animated film on YouTube about his running and his support for Prostate Scotland.

UPCOMING EVENTS

• The Mad HaT Challenge

One race
one on foot
from one end



two men
one on a bike
to the other.

Christopher Godfrey-Faussett and John Gunn are undertaking the Mad HaT challenge, the HaT standing for Hare & Tortoise. This unique challenge will start near Kirkcudbright, on June 2nd 2011, on the line 4 degrees west of longitude and the tortoise, Christopher, will follow this line of longitude north to Strathy Point on the north coast of Scotland. Christopher must stay on this line, therefore going over mountains, through forests and crossing rivers, lochs or seas. This must all be done under "his own steam" and will involve, running, wading, swimming and canoeing almost 300 miles. Meanwhile the Hare, John, will cycle from the same point, following the coast line, round the west coast of Scotland, again finishing at Strathy Point - a total distance of approximately 750 miles. They are fundraising in aid of Prostate Scotland, the King's Royal Hussars Appeal and the Borders Children's Charity. Their website is www.madhatchallenge.co.uk

• Tour d'Ecosse

A team of nine cyclists are aiming to cycle around the country in aid of Prostate Scotland in what they have called the Tour d'Ecosse. The team called 'Equipe Prostate' are aiming to do it in a week, starting and finishing in Edinburgh and taking in Stirling, Fort William, Inverness, Banchory and Perth, thereby covering much of the country (cycling between 60 and 80 miles a day). The team includes Prostate Scotland's director Adam Gaines, who was inspired by the many amazing efforts of the charity's supporters to get on his bike to undertake a challenge to emphasize the charity's work across Scotland. He said "Prostate Scotland aims to reach out across Scotland to raise awareness of prostate disease and its treatments and this led us to undertake a challenge that reflected this." The team's webpage can be found at <http://www.justgiving.com/Adam-Gaines>

• Fussione Jewellery

Fussione Jewellery, the Edinburgh contemporary handmade jewellers, are launching a new summer collection and have kindly announced that any supporters of Prostate Scotland attending one of the new collection events and purchasing jewellery, who mention Prostate Scotland, will have 15% of the money raised from their purchases donated to the charity. The new collection events are taking place on the 15th, 16th & 17th June from 10am to 2pm & also from 7pm to 9pm on 15th & 16th June at Harbour View House, 1B Boswall Road, Trinity, Edinburgh, EH5 3RJ. Further information is on their website www.fussione.com

• Loony Dook Fife

Prostate Scotland is pleased that it has been chosen to be the beneficiary charity for the 2012 Loony Dook in Kirkcaldy on New Year's day on 2012. People who fancy signing up for braving the cold and taking a dip on New Year's Day for a good cause should contact Maureen Londra and Lesley Smith via loonydook2012@hotmail.co.uk

• Individual efforts

In addition, many individuals are due thanks for their fundraising efforts during the month of November, including Kenny Lind, Phil Lyndon, Mel Purcell, Gary Robertson, Brian Robinson and two staff at HSBC in Edinburgh.