

## Your support - Help us to help others

As a charity, Prostate Scotland is dependent on income from voluntary sources. Over 80% of our income comes from public donations and grants from companies and foundations

### *You can help us by:*

- Volunteering your time and skills to distribute literature, attend events, do presentations, review material
- Holding a fundraising event for example a golf tournament, bingo night, dance
- Getting sponsorship and taking part in an organised event for example running a marathon, cycle ride, adventure trek
- Inviting Prostate Scotland to talk to your group or organisation about prostate health and disease
- Having a donation box
- Making a one off or regular donation

### *As a company or organisation you can:*

- Support a specific project
- Provide sponsorship
- Provide support in kind
- Invite us to talk to your staff or volunteers on prostate health and disease
- Adopt us as your preferred charity

## About Prostate Scotland

- Set up in 2006, Prostate Scotland works over the whole of Scotland to tackle the full range of prostate diseases
- Our Board of Trustees consists of people with personal knowledge and experience of prostate disease as well as some of the leading medical experts on prostate disease and its treatment
- Our staff team have many years experience in running health and awareness related projects
- Our volunteers work tirelessly throughout Scotland to raise awareness of prostate disease and funds for Prostate Scotland
- Running and administration costs are kept low, so 95% of our income is directly spent on our information and awareness work

### Contact Us

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## PROSTATE DISEASE

**A major issue  
but a little  
known problem**

*Prostate disease affects nearly  
1 in 2 men at some point in their life*

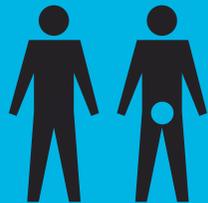
Scotland's **prostate disease** charity

[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk) Tel: 0131-226 8157

## Prostate problems

- 90% of all adults in the UK do not know what the prostate is, where it is or what it does. We are working to change this!
- Prostate disease generally develops when a man is in his 50's and symptoms can affect his quality of life unnecessarily
- There are a number of diseases which can affect the prostate. It is not always prostate cancer
- Prostate cancer is now the most common cancer in men in Scotland
- 1 in 13 men are likely to get prostate cancer
- Early detection, diagnosis and treatment is key to improving the quality of life for men affected by prostate cancer

Prostate disease affects nearly 1 in 2 men at some point in their life



## Our aim for Scotland:

One of our aims is to ensure that men, their partners and their families, from all over Scotland, have equal access to accurate and relevant information to:

Recognise early signs of prostate disease

Encourage men and their families to seek help

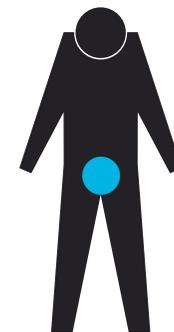
Know where to go for help and have the knowledge to make choices

## We work and collaborate with:

- Doctors and medical staff to provide comprehensive information on the diseases and treatment and to further develop work on prostate disease
- Other charities to progress prostate health issues
- Government and Health Boards throughout Scotland to keep prostate disease high on the health agenda

## Our service for Scotland:

- Raising awareness through national campaigns and in the media
- Providing information and advice
- Developing and providing information leaflets and posters on prostate health and disease
- Providing training or presentations on prostate health and disease in your workplace or local community group
- An award winning website to provide information and increase knowledge
- Producing a regular Newsletter with up to date information
- Progressing prostate health issues



Prostate Scotland gratefully acknowledges funding from many companies, individuals and trusts towards it's work as well as from the Scottish Government and Sir Tom Farmer for their support of the Information and Advice project.