

# Prostate Scotland

## Media Pack

### Prostate Cancer /Disease at a Glance



per cent of men may  
get prostate disease



Prostate Cancer, the most  
common cancer in Scotland



1 in 10 men at risk



Earlier detection helps over

**80%** of men survive  
prostate cancer in Scotland

### **Prostate Scotland provides information and support to men and their families navigating prostate cancer and disease in Scotland.**

Prostate cancer is the most common cancer in men in Scotland with 1 in 10 men at risk; and nearly 1 in 2 men in Scotland likely to get prostate disease at some stage in their lives.

As we face a growing ageing population, our priority is to increase awareness of prostate cancer and disease through developing campaigns, creating literature, using PR, social media and events to reach even more men and their families.

There is no screening system in place for prostate cancer or disease like there is for breast or bowel cancers in Scotland. That's why being able to recognise symptoms is vital. Early diagnosis gives our husbands, dads, sons, brothers and friends the best chance of successful treatment options.

Awareness raising costs money. Prostate Scotland generates its own income through donations from fundraising activities and voluntary sources in Scotland. We do not receive government or local authority funding.

Your support will make a significant difference to someone's life. You will be helping approximately 4,000 men in Scotland who have been diagnosed with prostate cancer this year, and the 20,000 men already living with it, not to mention the thousands of men suffering from prostatitis or an enlarged prostate.

For more information on how to support us, either by participating/organising an event, or making a donation, please visit our website here: [www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)

#### **Prostate Scotland**

89-91 Morrison Street, Edinburgh, EH3 8BU

**inform • support • advance**

Registered Charity No. SC037494

Registered Company No. SC306268

# Prostate Scotland's Impact

## OUR MISSION

'Inform, educate, support, campaign and advance on prostate disease in Scotland.'

2016

Raised £2.8m for robot assisted prostate cancer surgery in East & West Scotland

2017



Awarded Health Care Charity of the Year

2020

Launched COMPASS project to support men to navigate prostate cancer

2023

Launched Prostate Scotland Cancer Navigator App

2023  
IMPACT

77,000+

page views on our website

8,600+

Guides/booklets distributed to men with prostate cancer

800+

Men have benefitted from information

88%

using our symptom checker

27

per cent Increase information booklet provided to patients

12

Hospitals regularly give our booklets to men facing prostate cancer



## INFORMATION & AWARENESS



### ToolBox Workshops

We raise awareness of prostate disease and cancer through workplaces, with 36 workshops ran in 2023.



"Excellent session"



"Very clear information and invaluable"

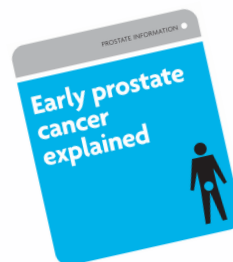


"Early recognition and treatment is King! Thank you for taking the time to inform our workforce – it might save life"



### Prostate Information Booklet

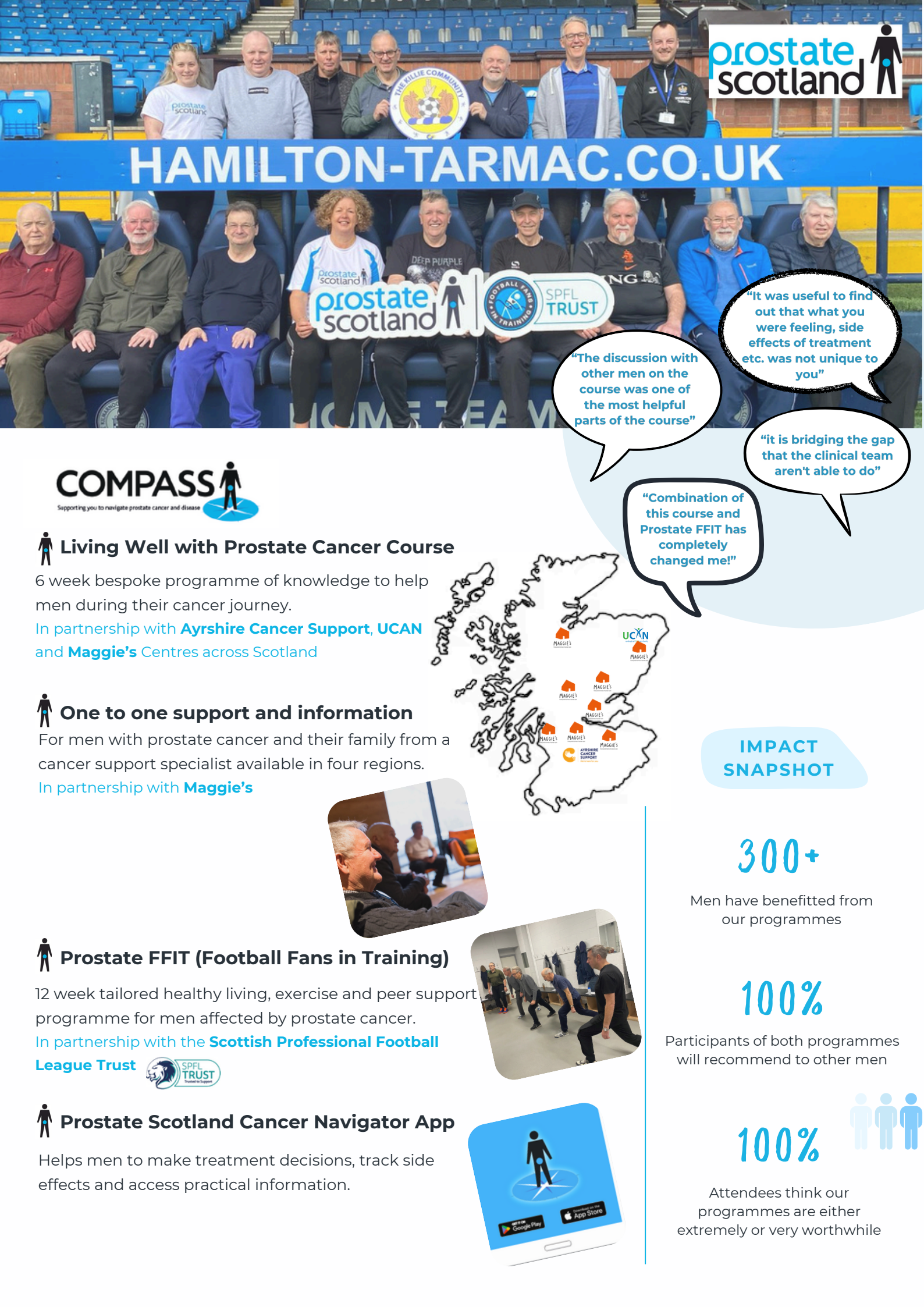
Our range of 40 booklets include information on cancer treatments. These are FREE of charge and updated regularly by our panel of experts.



### Prostate Champion Talks

Through our partnership with the Grand Lodge of Scotland, our volunteer Prostate Champions run awareness talks in their communities.





HAMILTON-TARMAC.CO.UK

prostate  
scotland

SPFL  
TRUST

"The discussion with other men on the course was one of the most helpful parts of the course"

"It was useful to find out that what you were feeling, side effects of treatment etc. was not unique to you"

"it is bridging the gap that the clinical team aren't able to do"

"Combination of this course and Prostate FFIT has completely changed me!"



## Living Well with Prostate Cancer Course

6 week bespoke programme of knowledge to help men during their cancer journey.

In partnership with **Ayrshire Cancer Support**, **UCAN** and **Maggie's** Centres across Scotland

## One to one support and information

For men with prostate cancer and their family from a cancer support specialist available in four regions.

In partnership with **Maggie's**



## IMPACT SNAPSHOT

300+

Men have benefitted from our programmes

100%

Participants of both programmes will recommend to other men

100%

Attendees think our programmes are either extremely or very worthwhile

## Prostate FFIT (Football Fans in Training)

12 week tailored healthy living, exercise and peer support programme for men affected by prostate cancer.

In partnership with the **Scottish Professional Football League Trust**



## Prostate Scotland Cancer Navigator App

Helps men to make treatment decisions, track side effects and access practical information.

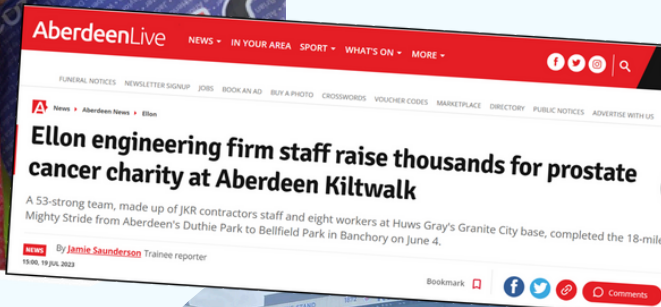




WORKPLACE  
TEAM



# Join Our Community



PROSTATE FFIT  
PLAYERS



PROSTATE  
CHAMPIONS



FAMILY  
TEAM



ROTARY  
CLUBS



CLINICIANS



Gain more insights from our website