



2025

Annual Review

www.prostatescotland.org.uk



Our Vision and Mission

Vision

Prostate Scotland will be the first point of contact for information on prostate cancer and other prostate conditions. Men will be more informed, confident to secure earlier diagnosis, empowered to make the right treatment choices and supported to live better with all forms of prostate disease.

Mission

Nationally, we will raise awareness on prostate cancer and other prostate conditions, improving education, providing information and expanding support for men impacted. We will work with partners to improve access to diagnostics, influence treatment developments and promote research.

Promise

Inform – Support – Advance



Words from our Chair

The last year

2025 was a busy year for Prostate Scotland, seeing an increased spotlight on prostate cancer with Sir Chris Hoy sharing his own diagnosis. This has resulted in increased media attention and the chance to continue a conversation about awareness at a high level with the Scottish Government. With the disappointing news that the National Screening Committee does not recommend rolling out a prostate cancer screening programme, Prostate Scotland will continue to raise awareness particularly amongst men at high risk.

In 2025 we began a research project into understanding men's experience of benign prostate disease in Scotland and to gather information about the diagnostic and treatment pathways for men suffering from benign prostate enlargement (BPE) in particular. Internally we have grown the staff and volunteer team, welcomed two new Trustees and have implemented a new CRM, with a project to redevelop our website kicking off at the end of 2025.



Robert Wilson

Our Fundraisers

We would like to say a huge thank you to so many people, groups and organisations who have helped us by raising funds enabling us to provide information and support to men across Scotland. Your support is inspiring. We've shown a snapshot of just a few of the fantastic fundraising stories.

134 people walked the Kiltwalk for Prostate Scotland in Glasgow, Aberdeen, Dundee and Edinburgh. Including 5 'players' from Aberdeen Prostate FFIT who raised a fantastic **£6,525.20** for our COMPASS project.



28 runners took part in the Edinburgh Marathon Festival.



Our long term supporter, June Duncan hosted community events throughout the year in aid of Prostate Scotland.



Northlink Ferries selected Prostate Scotland as their **CHARITY OF THE YEAR**. Fundraising was headed by Kathryn Fullerton and raised an incredible **£14,420.82**



Case Study

We want to say a big THANK YOU and spotlight fundraiser Ron Stewart for supporting Prostate Scotland through his fundraising event in 2025.

In July 2025 Ron Stewart, co-founder and Chairman of Andron, hosted a BBQ to raise money for Prostate Scotland. With generous donations from friends and family as well as fund matching from Andron Facilities Management, Ron surpassed the initial Just Giving target of £5,000 raising an incredible £51,048.75 and becoming one of the biggest donations of the year from a community event.

Ron, who had prostate cancer himself, sadly passed away in August 2025. He chose for the proceeds from his fundraising event to go to our COMPASS Support Services project, meaning that more men will benefit from support through our Prostate FFIT programmes and Living Well with Prostate Cancer courses. In December, we were delighted to meet with Cheryl Stewart, Ron's daughter and CEO of Andron Facilities Management, to thank her in person for the donation and her dad's amazing fundraising efforts.

"My dad lived with prostate cancer for 14 years, so Prostate Scotland was a cause very close to his heart. He was determined to do something for the charity in the time he had left, which said everything about him as a person. He chose the COMPASS project himself, which felt so fitting given he was a lifelong Aberdeen supporter and the project works in partnership with Aberdeen FC Community Trust. As a family and as a business, we couldn't be more proud of what he achieved.

Following on from my dad's fundraiser and meeting the Prostate Scotland team in person, and having seen first-hand the impact prostate cancer can have, Andron has already hosted a webinar with Prostate Scotland for our employees to raise awareness of the signs, symptoms and support available for men and their families. We're hoping to extend this to our clients soon, and we look forward to continuing to support the charity in his memory for many years to come."

-Cheryl Stewart, CEO, Andron Facilities Management

Our heartfelt thanks to Ron, his family and friends and to Andron for their support of our work.



Our Partners

We have continued to develop the strong links with our partners in 2025. These organisations have helped us to deliver support to men in so many different ways. Over many years we have had the support of the Grand Lodge of Scotland who have raised an amazing **£77,467** this year. During 2025, we continued to develop our Prostate Champions initiative with them, recruiting volunteers to deliver awareness talks to Lodges and community groups across Scotland, raising awareness of prostate cancer and disease.



THE GRAND LODGE
OF ANTIENT FREE AND ACCEPTED MASONS
OF SCOTLAND

Working with the Scottish Professional Football League Trust, Maggie's and Ayrshire Cancer Support, as well as Aberdeen, Dundee and Kilmarnock Community Football Trusts, we have continued to deliver Prostate Football Fans in Training and Living Well with Prostate Cancer courses.



Headlines from 2025

In 2025, **53,423** people benefitted from our work. We raised awareness, educated stakeholders and supported men and their families who are impacted by prostate cancer and benign prostate conditions. This was achieved by holding awareness raising talks in local communities and delivering Toolbox Workshops to a range of businesses across Scotland. We delivered programmes providing training, education and peer support, helping men to live better with prostate cancer.



117 Awareness Talks were delivered by Prostate Champions and volunteers - reaching **2,282** people



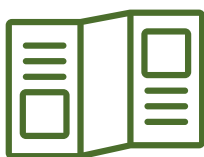
23 Living Well with Prostate Cancer courses (LWwPC), **170** men completed LWwPC courses



52 Toolbox Workshops reaching **1,264** people.



5 Prostate Football Fans in Training (PFFIT), **94** “players” completed



49,613 leaflets distributed

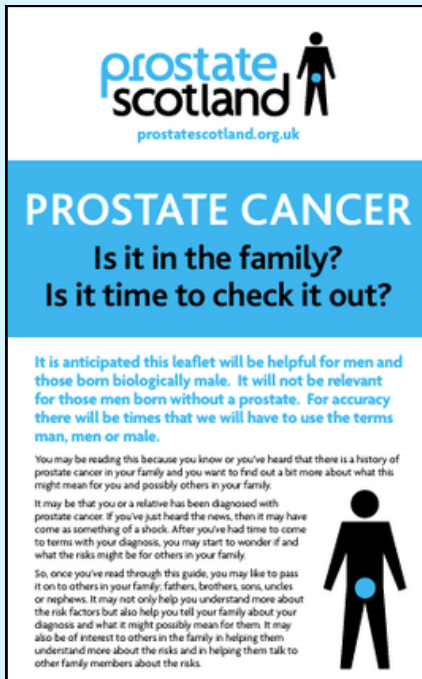


274 Prospacks distributed

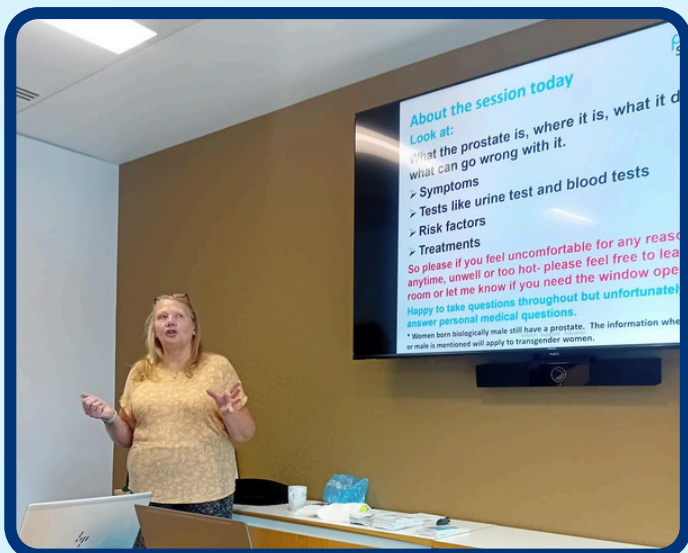
The Difference Our Work Makes

Raising awareness and providing information

We have found when working with other organisations, businesses and local authorities that the most successful way to raise awareness of prostate disease and prostate cancer with employees is through our ToolBox Workshops (TBWS).



“Feedback from all who attended was very positive, they all spoke on how informative and beneficial it was.”



“Thanks again for the excellent presentation which was well received by the audience as demonstrated from their interaction and questions. The guys were very appreciative of your clear & honest messages, which were reinforced with your presentation and comments.”



“Thank you for coming in and making us more aware and sharing your own experiences with the office of not only prostate cancer but actually prostate disease also and others – it is definitely an eye opener for sure! The message on the opening slide is powerful enough. A Major issue but a little-known problem.”



“

As a retired nurse who actually worked with patients in urology in the ‘olden-days’ I was totally taken off guard when it happened to Robert. From the outset we were met with absolute positivity and will be forever grateful for the literature we had to read at home and discuss without any pressure and then meet with the consultants from oncology and urology.

Robert is not the best person to read up about things but he was totally engrossed in the online literature and videos it totally informed his decision on his treatment plan.

You played a major part in what we can only describe as a very positive but devastating experience that nobody can anticipate.”

Advancing and education

During 2025 and with funding from the Grand Lodge of Scotland, we began our research project into benign prostate disease. Sarah joined our team to engage with patients and healthcare professionals to understand how this disease impacts men and their families, in Scotland. The project will enable us to share findings and recommendations with our partners at the NHS and Scottish Government to inform improved pathways and experiences for the men impacted.

Supporting men through their prostate cancer journey

COMPASS is our comprehensive range of support services to help men across Scotland navigate prostate cancer and disease. These services complement the care received from medical experts.

Prostate FFIT

“We were all on the same journey. Talking helped me process everything. Learning about diet and exercise – and seeing my fatigue vanish once I started moving – gave me real confidence.”



“I can't thank you all enough for what you have done for me. I honestly don't know where I would be without the support you have given me. My head was all over the place with worry, anxiety and fatigue and everything else. Once I had completed the two courses {Living Well with Prostate Cancer at ACS and PFFIT at Rugby Park} I just felt so much better and knowing it wasn't just me and the support from meeting the other guys is brilliant.”

Living Well with Prostate Cancer

“I think it's just a very comfortable, welcoming environment here. You sit back and relax. You're not in a clinical setting. I think that's very, very important.”



Case Study

When Davy started needing the loo around 20 times a night – and still felt like he hadn't emptied his bladder – he knew something wasn't right. "I'm healthy and fit, it's my body. I knew something was going on."

His symptoms later included loose stools. An inconclusive MRI five years ago meant uncertainty, but in January 2024, while on the ferry from Islay, he received confirmation: he had prostate cancer. "Even though I'd been going for tests, it felt like being punched in the stomach."

Davy, who served in the 1st Battalion Royal Highland Fusiliers for 16 years, began treatment with daily hormone therapy tablets and quarterly injections, until 2026. He also completed a month of radiotherapy at the Beatson in June 2024, guided by three gold tags placed for treatment accuracy.

Now in recovery, he's dealing with tiredness, forgetfulness, and waves of emotion. He completed the Living Well with Prostate Cancer course in Kilmarnock, which prompted positive lifestyle changes, including more water, better food, and a gentler pace.

Davy joined Prostate FFIT at Rugby Park, encouraged by an ex-Army friend from Aberdeen who had completed the Pittodrie programme. "Talking to other men going through this really helps. You don't have to explain – they just get it. I want to feel strong again, and I'm looking forward to being active, getting back into the garden, the gym, and tidying the hut." Despite his dad dying of prostate cancer at 72, Davy hadn't realised he was high risk.

He now uses Facebook to raise awareness, regularly urging friends: "Two words, guys: get checked." He's also raised funds by taking a Boxing Day dip. Married with two grown-up children and three grandchildren, Davy remains strongly connected to his Army community through the Old Comrades Association and the British Legion. "This journey's not easy – but I'm not doing it alone."

Our Team

Our team has grown in 2025, with changes in our Board and leadership. After 17 years Adam, our Director, left us in 2024 and Alison, our new CEO, joined us that year. Since 2024, we have welcomed new skills to our team: Sam, Head of Operations; Helen, Volunteer Coordinator; Suzanne, Communications & Supporter Care Executive; Sam, Financial Controller; Daniel, Administrator; and Sarah, Patient Research Coordinator.



Since 2024, two of our trustees, Mary and Graeme have stepped down from the Board; in 2025 we've welcomed three new trustees, Barry, Peter and Ian. We have also grown our volunteer team, with new Prostate Champions, Community Connectors, Awareness Speakers and Awareness Ambassadors joining our team. As we start 2026, we will continue to recruit volunteers into a range of roles; our volunteers are vital to help us do what we do.

Our team of staff, volunteers and trustees, continues to drive our work, raising awareness, supporting our fundraisers, developing our infrastructure, delivering support programmes, producing information and educational resources, and providing oversight and governance. We are lucky to have an extremely skilled and committed team. We love what we do because we know the difference we make to men and their families, who are impacted by prostate disease or prostate cancer. We are lucky to meet regularly with our fundraisers, partners and the men we support; the difference made when we all work together is clear to see.

Our Volunteers

"[I got] satisfaction with setting up an information hub at my golf club. Targeted men of the higher-risk age group. No talks but plenty of leaflets and a Prostate Scotland banner at the first tee. Since December, four men who had picked up info have sought medical help. 2 with prostate disease and 2 with prostate cancer. That's only what we know because they shared their experience. Talks are important, but so is the 'silent approach' - simply making the info available and directing it at higher-risk groups." -John, Prostate Champion



"My involvement with Prostate Scotland came about following me being diagnosed with Prostate Cancer in 2016. I was fortunate enough to be caught early and cured with surgery. Consequently, I was keen to help spread the word about the benefits of early diagnosis so go out doing "Toolbox Workshops" with Mae Bell from the charity delivering the "case study" element to her talks." - Derek, Awareness Talk Volunteer



"I decided to begin volunteering after my Dad was diagnosed with prostate cancer in 2009. This personal connection motivated me to get involved and make a difference. I have most enjoyed the variety of meeting lots of different people and taking part in many different events. Each experience brings new connections and opportunities to raise awareness about prostate cancer." -Sarah, Events Volunteer



Our Future Plans

2026 will be a busy year as we roll out a new website and recruit more volunteers with lived experience to help us raise awareness of prostate health in Scotland.

Raising awareness

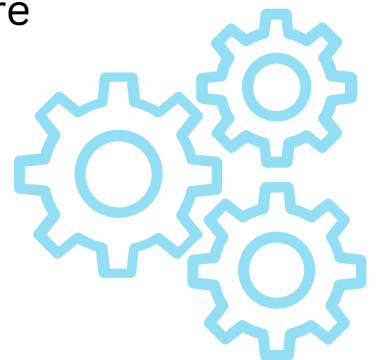
By working with our volunteers in 2026, we will work with more men with lived experience of prostate cancer and disease, to help raise awareness to communities and businesses, so their story helps others to be more aware of risks and symptoms. Working with partners in NHS Boards across Scotland, our awareness programme will prioritise those men at higher risk of prostate cancer, including men over 50, men with a family history, Black men and men with BRCA genes in their family.

Growing the team

We will recruit volunteers into a range of roles including Awareness Ambassadors and Speakers, Prostate Champions and Community Connectors who will deliver awareness raising as well as ensuring our leaflets and Prospacks are available to men and families across Scotland. We will continue to nurture relationships with men with lived experience, to complement our Board and our patient advisory group, PAGES. We also hope to work with more experienced healthcare professionals across prostate health diagnostics and treatment, ensuring both lived experience and expert advice informs how we provide information to men.

Digital transformation

This year we will reach more men and families by building our use of digital tools. We will build a new website where downloadable resources and videos will be used to tell men's stories whilst retaining the quality and range of trusted information on diagnostics and treatment choices. We will develop web-based apps including our Navigator App and will enable men to tell their stories using different tools including video, case studies and quotes.



Raising our profile

After Sir Chris Hoy's diagnosis, the media spotlight remains on prostate cancer. We will continue to work with Prostate Cancer UK and Prostate Cancer Research to represent men in Scotland when engaging with the Scottish Government in important conversations focusing in particular on men at higher risk of prostate cancer. We will also work with other health charities to discuss joint awareness campaigns and events.



Developing our support

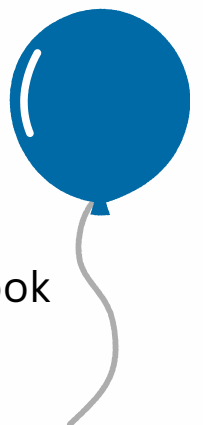
As our support programme COMPASS, enters its 6th year, we will increase the reach of this support, working with football trusts in different communities as well as continuing to reach men in those clubs we have worked so well with over the last four years.



Our BPH research project will gather momentum in 2026 engaging more directly with patients and with NHS Health Boards to understand men's experience with benign prostate disease. We will also work with our volunteers to distribute more Prospacks during 2026, ensuring men who are going through prostate cancer treatment are given the packs to support them when they leave hospital after treatment.

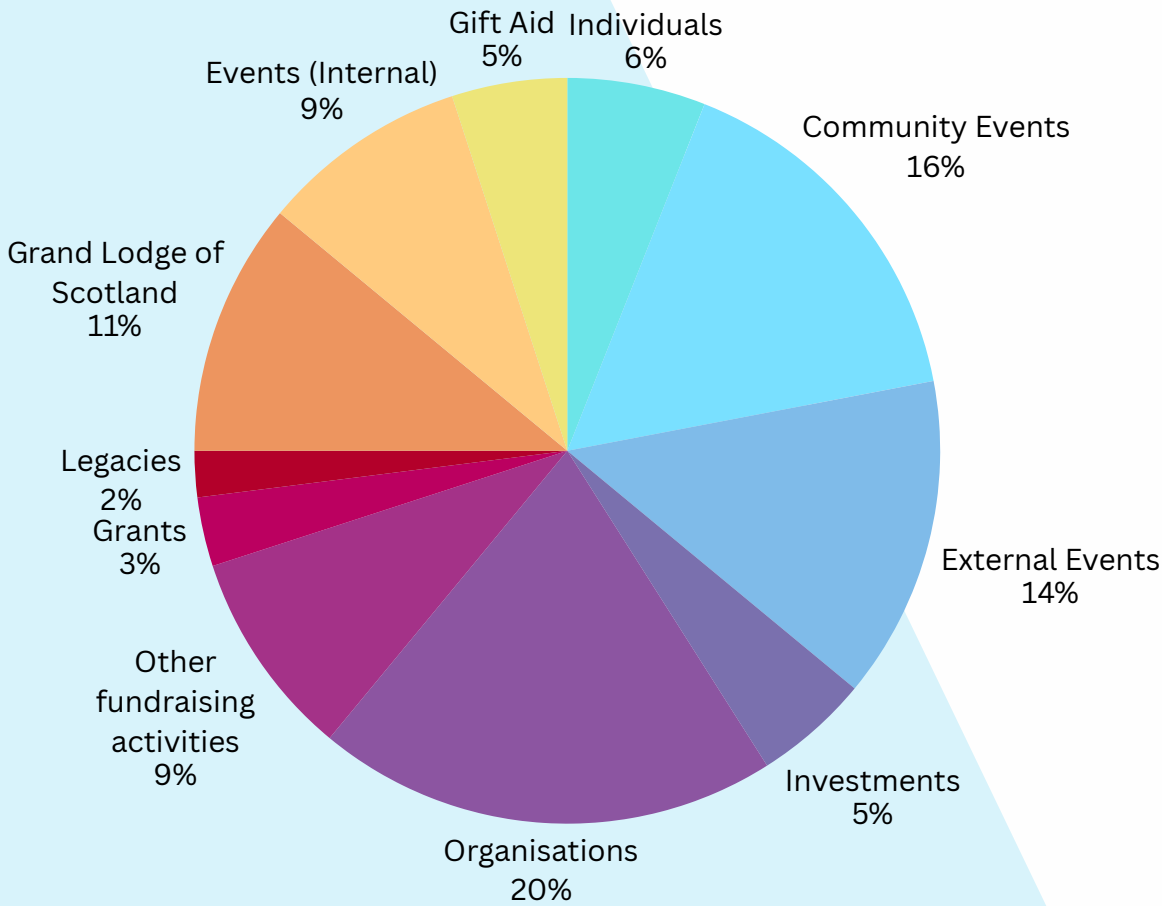
Plans to celebrate 21st year

In August 2026, we will celebrate our 20th birthday, planning a programme of communications and awareness campaigns and fundraising events throughout 2027. During that time we will look back over the last 20 years celebrating our achievements and considering what we need to prioritise over the next 20 years.

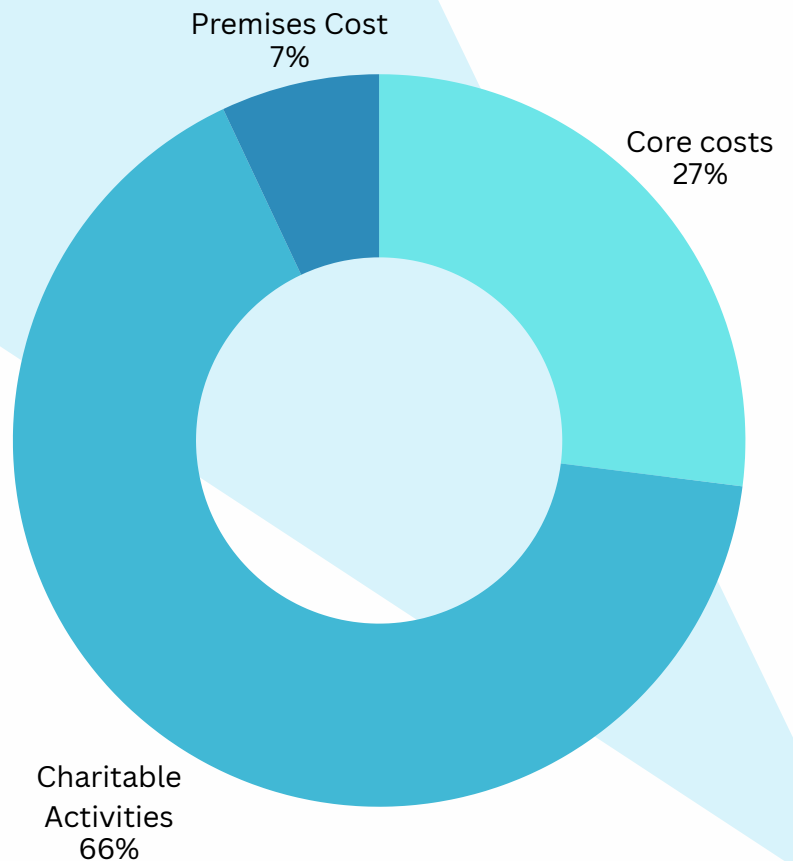


Our Finances

Income



Expenses



Charitable Activities Covers:

- Marketing costs
- Staff costs
- Subscriptions to Membership Organisations
- Cost of outreach at events
- Information resources
- Merchandise



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