



**Join us in celebrating our 21<sup>st</sup> year at the annual Prestonfield's Burns Supper in aid of Prostate Scotland.**

Join us on **Thursday 21 January 2027** at the stunning **Prestonfield House** in Edinburgh to support our work.

You'll be entertained in unique Prestonfield style, with a friendly and welcoming atmosphere, top-notch entertainment, and the opportunity to network with likeminded community and business leaders. We have **Grant Stott** returning as Master of Ceremonies to celebrate the life and poetry of Robert Burns, but with a unique **Fred MacAulay** twist! We'd love you to be a part of this important event in our community and help us kick off our 21<sup>st</sup> birthday year in style.

Prostate Scotland generates its own income without any government or NHS support through donations from fundraising activities and voluntary sources in Scotland. The Burns Supper lets us raise funds through the magnificent prizes donated to our **Prize Draw, Silent, and Live Auctions**. Your support for our Burns Supper will make a significant difference to someone's life.

**Why we raise funds**

- We're a Scottish charity set up to provide information, advice and support on prostate health and diseases, tests and treatments.
- Prostate cancer is the most common cancer affecting **1 in 10 men** in Scotland.

As an organisation, we aim to inform, educate, support, campaign and advance understanding of prostate disease in Scotland. Carrying out our work will enable us to drive earlier diagnosis of prostate cancer - giving our husbands, dads, sons, brothers, and friends the best chance of effective treatment and ongoing support.

Let's not forget prostate disease: **nearly 1 in 2 men** in Scotland are affected by prostate disease at some stage of their lives. We began our 2 year, fully funded, research project focused on one form of prostate disease, **Benign Prostatic Enlargement (BPE)**, last year. The project aims to help us gain a better understanding of the situation of men with BPE across Scotland. Findings from the project will be used to raise awareness and understanding of BPE and to inform and develop policy and support service initiatives relating to prostate disease in Scotland.

**Get involved!**

Showcase your commitment to our community and this important cause. Join us and over 350 guests on 21<sup>st</sup> January by: hosting a table to join the fun, donating a prize for our Prize Draw to raise your profile in our auction, or bid in our Silent and Live Auctions. More information can be found by scanning the QR code at the bottom of the page. We'd love to hear from you: contact Daniel or Morag at [communications@prostatescotland.org.uk](mailto:communications@prostatescotland.org.uk) or contact the number below.

Thank you for considering this opportunity to make an impact.

Alison Wright,  
CEO  
Prostate Scotland  
0131 603 8660

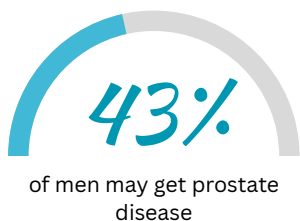
**Prostate Scotland**  
89-91 Morrison Street, Edinburgh, EH3 8BU  
inform • support • advance  
Registered Charity No. SC037494  
Registered Company No. SC306268



*In Scotland:*

Prostate Cancer is the most common cancer with

**1 in 10** men at risk



Earlier detection helps over

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



# Prostate Scotland's Impact

## Our Mission

“Nationally we will raise awareness on prostate cancer and other prostate conditions, improving education, providing information and expanding support for men impacted.”

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

2016



2020 Launched COMPASS project to support men to navigate prostate cancer

2017 Awarded Health Care Charity of the Year, Charity Champions Award.

2017



2023

Launched Prostate Scotland Cancer Navigator App

2025



Launched 2 year BPE Research Project to understand how BPE (Benign Prostatic Enlargement) affects men

2025

## Achievements

## Information and Awareness

### Toolbox Workshops

In 2025 we reached **1,264** employees through **52** toolbox workshops being delivered to workplaces in Scotland.



“Very clear information and invaluable”

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

“Excellent session”

49,613

leaflets distributed, covering 23 topics.



An increase of



144%

from 2024

274

Prospacks delivered - tailored care packs for prostate cancer patients.



Delivered **117** Awareness Talks

Reaching **2,282** people

**170** Participants Completed **23**

Living Well with Prostate Cancer Courses

## Prostate Information Booklets

Our range of 30 booklets provide information on prostate disease and cancer. These are free of charge and are updated regularly by our panel of experts.



## Prostate Champion Talks

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





# HAMILTON-TARMAC.CO.UK



# COMPASS

Supporting you to navigate prostate cancer and disease

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

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

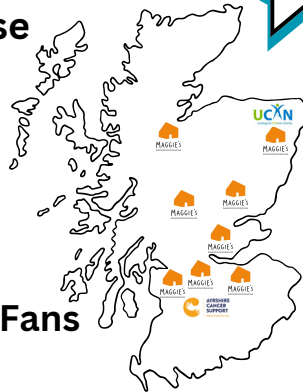
"Combination of this course and Prostate FFIT has completely changed me!"

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

## 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**



## 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

Features include:

- Treatment decision making tool
- PSA test results tracker
- A monitor to record any side effects of treatment
- Practical information and support resources



## 2020-2025 Impact Snapshot

**68** LWWPC courses facilitated, with **510** attendees

**14** Prostate FFIT programmes delivered for **224** Prostate FFIT players

**100%** of participants for both programmes will recommend to other men

**100%** of participants think our programmes are either extremely or very worthwhile



If you would like more information on our COMPASS services, scan this QR code to read our 2020-2024 COMPASS Impact Report!

# What's Next?

## Celebrating our 21<sup>st</sup> year

In August 2026 we officially turn 21, making 2027 our 21<sup>st</sup> year.

We'll celebrate with events throughout the year, so keep an eye on our channels for ways to get involved. #Cheersto21Years

## Benign Prostate Enlargement Research

We are partway through our 2 year research project to understand how BPE affects men's lives in Scotland. We'll survey men with lived experience - please check our website as more details will be posted soon

## Prostate Scotland's 2025-2030 Strategy



# We would really appreciate your support!

## Join Our Community

### Volunteers



### Rotary Clubs



### Clinicians



### Prostate FFIT Players



### Family Teams



### Workplace Teams



**Ellon engineering firm staff raise thousands for prostate cancer charity at Aberdeen Kiltwalk**

A 53-strong team, made up of JKR contractors staff and eight workers at Huws Gray's Granite City base, completed the 18-mile Mighty Stride from Aberdeen's Duthie Park to Bellfield Park in Banchory on June 4.