

# A guide to Prostate Scotland's Support and Information Services

## COMPASS Support Services

COMPASS is our comprehensive range of support services to help men and their families across Scotland navigate prostate cancer. These services are specifically designed for all men affected by prostate cancer, wherever they are on their journey. They complement the excellent care received from medical experts and offer the opportunity to meet others in a similar situation.

## Living Well with Prostate Cancer

Our 6-week Living Well with Prostate Cancer course is free and run in partnership with all Maggie's Centres across Scotland, as well as Ayrshire Cancer Support in both Ayr and Kilmarnock. Men hear from experts on all aspects of living with prostate cancer, from managing urinary problems to financial advice and everything in between.

## Prostate FFIT

Prostate Scotland has teamed up with the SPFL Trust to run our unique Prostate FFIT (Football Fans in Training) programme. A free, 12-week health and wellbeing programme, it is an invaluable opportunity to meet others and share experiences. Men learn about different types of exercise, diet and nutrition, in a relaxed, fun environment.



Scan here to find out about the next Living Well course or Prostate FFIT session in your area:



## Information Resources

We provide a wide range of information resources focusing on prostate cancer and disease. These include:

- Awareness leaflets informing men and their families on symptoms and risk factors.
- Introductory guides covering topics such as PSA testing, prostate cancer, benign prostatic enlargement (BPE) and prostatitis.
- In-depth booklets providing comprehensive information on diagnosis, different stages of disease and treatment options.



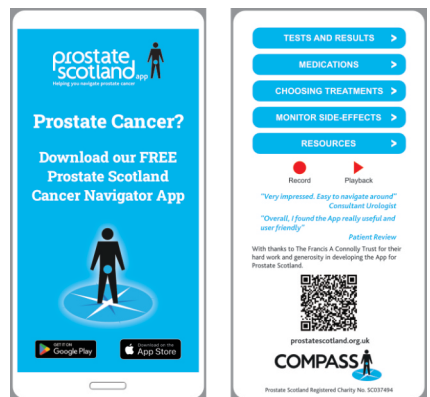
Our resources are developed by Prostate Scotland and reviewed by our expert Advisory Panel of medical clinicians and patients with lived experience of prostate cancer or disease. They are available in both print and online by scanning the QR code or by emailing [info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk)

## Prostate Scotland Cancer Navigator App

Our free App has been designed in collaboration with prostate cancer patients and their families, as well as clinicians and experts across Scotland.

Features include:

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



## Contact Us

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