

A very big thank you to so many supporters from all over Scotland who have energetically undertaken many different fundraising activities this year. We've been entertained and moved by many of your fundraising stories, and thrilled by the brilliant initiatives organised to maximise fundraising and awareness within your communities. Your efforts are greatly appreciated and we're absolutely delighted to receive your support.

Our National Partnerships

• Grand Lodge of Scotland

Prostate Scotland would like to sincerely thank the Grand Lodge of Scotland for their incredible support and partnership over the past seven years. The task of raising awareness and in providing information about treatments and also in working to help increase the survival rate from prostate cancer further has been made easier thanks to the generosity and engagement of the Grand Lodge of Scotland, Provincial, District and Daughter Lodges across Scotland and overseas. At the end of November, at the Festival of St Andrew, The Grand Master Mason, William Ramsay McGhee, presented Prostate Scotland with

cheques totalling £41,000 in aid of our work. This now brings the total amount of fundraising by the Grand Lodge to date to a magnificent £536,000.

In 2019, the Grand Lodge of Scotland and Scottish Freemasonry have supported

our work with a wide range of activities in lodges across Scotland. This also comprised a special lecture tour, 'Remembrance, my 9/11 Experience' by Moises Gomez, presently the Grand Historian of the Grand Lodge of New Jersey, USA. Moises is a member of the emergency services of the port authority of New York and New Jersey where he was on duty and responded to both the 1993 and 2001 terrorist attacks. The lecture tour organised by the Grand Lodge of Scotland which included significant public lectures in Edinburgh, Glasgow and Ayrshire reached many hundreds of people and raised an extraordinary £16,000 donation to Prostate Scotland. Each of the lectures also featured a special talk by a consultant urologist about prostate cancer and disease.

In addition, many Lodges have distributed and collected donations for Prostate Scotland pin badges, thereby helping us to create greater prostate awareness in their local communities. Lodges in Renfrewshire East supported member Chris Kerr who organised local awareness and fundraising coffee mornings. In June, Ian Cooper along with a team of Lodge members raised awareness and fundraised £2,600 by cycling 185 miles to each of the Masonic Lodges in the Province of Fife & Kinross within 3 days. In Midlothian, member Chris Igoe organised two summer events:

a Charity Golf Day and a Presentation Night at Kings Acre Golf Course in Lasswade. A number of local businesses, individuals and organisations lent their support by sponsoring tees, fielding teams, and donating prizes for the auction and prize draw. Chris also designed and made a bespoke trophy for the occasion, and this year will be repeating the golf day on Tuesday 2 June with the presentation night on Friday 5 June.

• Rotary in Scotland

Rotarians and their families all over Scotland got on their bikes this summer to pedal in local cycle events in aid of Prostate Scotland. Joining the UK wide initiative of raising awareness and funds in the 2019 Rotary Ride for Prostate Cancer, many Rotary Clubs organised cycle challenges in and around their communities. These ranged from athletic sportive rides, well known local routes and static bike challenges. Rotary Clubs including Arbroath, Aberdeen, Castle Douglas, Crieff, Dunfermline Carnegie and West Fife, Govan, Inverness Culloden, Inverurie, Isle of Skye, Kirriemuir, Newton Stewart, Tain & Easter Ross and Thurso all held special rides and events. Their initiative, dedication and support, collectively raised over £9,000 in aid of Prostate Scotland. We look forward to working with Rotarians again on the 2020 Rotary Ride for Prostate Cancer, with the Rotary Club of Hamilton having held theirs in January.

Our appreciation and thanks also go to a number of Rotary Clubs who have continued their support of Prostate Scotland as part of their fundraising drives. The Rotary Club of Greenock kicked off 2019 with a musical coffee morning, which has been nicely bookended by the Rotary Club of Cwmbran Vale selling Christmas puddings in aid of four UK prostate charities including Prostate Scotland. We're also pleased to have been invited to speak about prostate awareness at Rotary Club meetings this year and it's been a pleasure to meet many Rotarians around the country.



• A Champion Challenge!

A long held ambition to walk the 500 miles of the ancient major pilgrimage route 'The Camino de Santiago' or 'Way of St James' is the charity challenge that Lewis Davies completed on 2 October. His extraordinary feat of walking up to 18 miles a day for 30 consecutive days – except for one day off – began with a tough ascent over the Pyrenees mountain range in southern France. Walking hundreds of miles on the route across the



breadth of Northern Spain, Lewis arrived at the final destination of the medieval city and cathedral of Santiago de Compostela, to be awarded his pilgrims certificate – and raised £1,400 in aid of Prostate Scotland in the process. Lewis drew on the support of his friends and family at home by writing about his experience on his online blog every day, and reached his fundraising target a week before he completed the route. His challenge attracted the attention of Mid Fife and Glenrothes MSP Jenny Gilruth, who lodged a motion of recognition in Parliament. His local newspaper East Fife Mail named him as one of their community champions of 2019. Said Lewis "Sometimes it took a lot of mental strength to put one foot in front of the other... Knowing I was doing it for a good cause and people back home were supporting me got me through." Lewis plans to make another pilgrimage this year in Spain.

• Reaching new audiences

We'd like to give a mention to a number of supporters have not only fundraised in their communities and organisations but have also helped us to reach new audiences with our message:

Garry Hunter of Kinross Trout Fishery who raised £3,007 from donations for teas and coffees throughout the season, and the fishery's Annual Open competition in May. This event included a fantastic raffle with generous prizes donated by local businesses, anglers and Garry

Thornhill Young Farmers Club in Dumfries & Galloway who raised over £1,400 with a 24 hour team static cycle and raised awareness in a bale art competition which highlighted cancer charities

Lesmahagow Bowling Club in Lanarkshire who raised £1,000 at their annual charity bowling tournament

Staff and members of **Crossfit Ben Nevis** gym in Fort William who raised £600 by taking part in several back to back workouts as part of their fundraising activities and nominated Prostate Scotland as the beneficiary charity

Jim Kininmonth and Meikleriggis Bowling Club in Paisley who nominated Prostate Scotland as the beneficiary charity of their Sportsmans Dinners in 2018 and 2019, and raised over £7,000

• Prestonfield Burns Supper

Prostate Scotland would like to extend our heartfelt thanks to James Thomson and Prestonfield for hosting the superb Burns Supper in aid of our work. Thank you also to Grant Stott, our Chairman of proceedings for the evening and to our fantastic speakers— Willie Hunter for The Immortal Memory, comedian and BBC regular Simon Evans who proposed The Toast for the Las-



sies, and acclaimed opera singer Linda Ormiston OBE who gave The Reply from the Lassies. Thank you to musicians Pipe Major John Rae, Richard Dunn and singer Brigid Mhairi. Held at Prestonfield in Edinburgh, guests enjoyed a welcome drinks reception, followed by a three-course dinner. The auction and prize draw during the evening was held to support Prostate Scotland's work, and raised a tremendous £10,750. We would like to thank all who contributed – the generous prize donors and bidders, and all the 325 guests attending.



Thank you to everyone who has engaged with us on our **Prostate Scotland Fundraisers & Supporters** Facebook page and on Twitter **@prostatescot** By liking and following our Pages and posts, you are helping to raise prostate awareness amongst men and their families. Thank you.

• The Westerton Wonders!



Prostate Scotland was delighted to be the beneficiary charity partner of Westerton Male Voice Choir in Bearsden from 2017 to 2019. Not only did the sixty members of the choir perform in aid of our

work, many of them raised funds in other initiatives – including donating proceeds from a race night, receiving donations in lieu of birthday gifts, holding raffles, cycling from Glasgow to Edinburgh in the Pedal for Scotland challenge and running in the Boston Marathon. We're absolutely thrilled to be the recipient of the largest amount they have ever raised for a charity – a grand total of £15,535.95 – much of which went towards updating our Advanced Prostate Cancer booklets. The choir also enthusiastically contributed to a press article as part of our 'Pull your finger out' prostate awareness initiative. Said WMVC's Chairman Graham Keith " we are delighted with the outcome of our partnership with Prostate Scotland. It means a lot to us that we can contribute to such an important cause through our performances."

• A Family Affair!



Prostate Scotland has been thrilled to receive the support of the O'Neill family from Edinburgh, who undertook a series of awareness raising and fundraising events over five months including supermarket bag-packing, selling Christmas hampers, whisky trails and a public collection. Their fantastic achievements were celebrated at a special fundraising night last March. This was held at Lodge Liberton 1201, where Tam O'Neill, as Right Worshipful Master at the time, raised even more funds with his family by holding an auction, bingo and prize draw. We'd like to sincerely thank them for their tremendous dedication and hard work, which has raised the phenomenal figure of £13,000.

• The Big Quiz returns again!

We've been very fortunate to receive ongoing support from another family, the Patersons, and the fantastic community in Galashiels, in the annual form of The Big Quiz - we're delighted that the ninth one in January raised over £3,200! Fundraiser Sharon McFarlane, with support from the Paterson family, was also hard at work last year producing and promoting a calendar in aid of Prostate Scotland in Newtown St Boswells which raised over £1,300 - thank you to you all!

• An artist's perspective

Artist Dave Sands recently raised awareness of prostate cancer in an unusual way — through sharing his experience of it in exhibitions in St Mary's Cathedral, Edinburgh and at Glasgow School of Art. Dave's artwork is pictured here on the left, next to a glass sculpture on the right by artist Liz French, Dave's partner, called Overturn, all about going through the process of dealing with cancer and looking after Dave.



Photo credit: Phil Llistone Photography

Many fundraisers have undertaken incredible sporting challenges in 2019: **Jane Hunter** took on a 'Trio of Triathlons' – two of which were Olympic distance – and raised over £2,000. **Andy Wilson** cycled from Lands End to John O'Groats Cycle on a Brompton folding bike in 25 days. Andy, along with his family and friends at Castle Court, raised £1,940. A nine strong team 'Brendans Braves' from **Scotland Transerv** in Glasgow raised over £5,400 from sponsorship for tackling the Tough Mudder event. **Gail Anderson** raised over £400 and ran in multiple marathons and distance running events in 2018 and 2019 including the MAD Challenge - ascending and descending Arthur's Seat for 6 hours!

• Seventy-five Cycle Coast to Coast For Good Causes

In May, from Arran to Aberdeen, 75 cyclists pedalled over 250 miles to raise more than £200,000 for some of Scotland's most deserving causes. It is the 11th annual coast-to-coast ride organised by BP employees, who have now raised over £1.4m for charity.



Started over a decade ago among 20 of BP's 1,200 Aberdeen-based employees, the annual event was initiated to help a colleague with a degenerative disease. Participation has grown and grown, with riders now additionally drawn from BP retirees and allied companies. The ride has encouraged many people to take up cycling for the first time and all the riders trained hard throughout the winter to be ready for this challenge.

Having left Arran early on a Friday morning, the riders crossed over to the Mull of Kintyre, rode up the side of Loch Fyne in headwinds and lashing rain. On day two they rode up the side of Loch Tay, stopping at Glenshee, and completed their journey passing through Braemar and Royal Deeside, arriving at their destination at Sunday lunchtime. Each year, any of the riders can nominate charities to support. Each rider raised around £1,000 in personal sponsorship, and additional funds were generated through collections, tombolas and social events. This year's fund was divided between Prostate Scotland, Streetwork, Aberdeen Foyer, Mental Health Aberdeen, and Gravitare North East.

One of the ride organiser's Giles Mackey had very personal reasons for putting forward Prostate Scotland. "Eighteen months ago my father was diagnosed with prostate cancer" he says. "Thankfully, the condition was caught early and all the signs are that his treatment has been successful. It underlined to me, however, just how important is prostate awareness. I want more men to get checked early and raising funds for Prostate Scotland seemed like a great way to make sure that happens."

• Another Marathon effort!

A record number of our supporters participated in the five events of the Edinburgh Marathon Festival in May. We were delighted to have the support of three new relay teams from NHS Fife, and as well as the continued support of four relay teams from the Urology Department at the Western General



Hospital in Edinburgh and our team from Heriot Watt University. The fifty runners collectively raised over £10,000 and despite heavy rain and high coastal winds, many achieved their personal best times.

• Derek's story

Our heartfelt thanks go to Derek Cowan who set out to complete the extraordinary challenge of six Half Marathons in 2019 in



aid of Prostate Scotland. Derek started out with the Stirling Half in April, and we were delighted to meet him after his run in the Edinburgh Marathon Festival in May – the same month that he took the unexpected opportunity to run the

Loch Leven Half. He went on to complete the Aberdeen Half in 28°C heat in August. September was an extremely tough month for his challenge - when he ran in the Great North Run in Newcastle, the Scottish Half in Musselburgh and the Great Scottish Run in Glasgow. Rounding off his running year with the Men's 10K Edinburgh in November, Derek, who said, "I am championing awareness for mens health issues" actually competed in nine events in total and fund-raised over £700. Congratulations Derek!

• Would you like to support us in 2020?

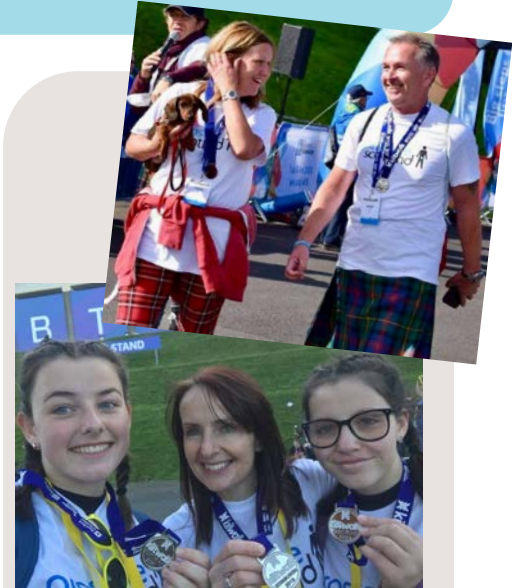
If the stories of our superb fundraisers have inspired you to take up an activity to support our cause, then head to our website and see 'I Want to Fundraise for Prostate Scotland' - there's more inspiration there, including an A-Z of Fundraising Ideas. We're pleased that social events, and coffee and cakes feature regularly in fundraising plans! Although many fundraisers come up with their own imaginative ideas to inspire support from family and friends, places are available in several organised sporting events such as:

Great North Run • Great Scottish Run
Edinburgh Marathon Festival • Kiltwalks
Men's 10K Glasgow & Edinburgh
Supernova Kelpies 5K

NEW FOR 2020

**Forth Bridge Abseil
Women's 10K Edinburgh
Prudential London Bike Ride**

Details at: prostatescotland.org.uk/events



• Our Canny Kiltwalkers

We're delighted that a record number of Prostate Scotland supporters have been amongst the thousands of Kiltwalkers who took to the streets of Glasgow, Aberdeen, Dundee, Edinburgh and Dumfries in 2019. Several family and workplace teams tackled short, medium and long distance routes in all five Kiltwalks in support of our work. Our supporter Ruth Thomson wrote to us: "Well, we walked the 24 miles sporting our Prostate Scotland T shirts and loved every minute of it (although the last 3 miles were a bit tough). What a fantastic day!" Supporters donations are topped up by the Hunter Foundation, and fundraising from the 2019 Kiltwalks totalled over £18,000 in aid of Prostate Scotland. Well done and thank you Kiltwalkers!

• Golfing at Gleneagles

Prostate Scotland is delighted to be the main beneficiary of The Weir Family Foundation Charity Golf Event at Gleneagles. This great day out for golf enthusiasts takes place on Friday 15th May on the championship course is priced at £1500 for a team of 4 and £375 individually.

Package Includes...

- Morning Tea, Coffee & Bacon Rolls
- Round of Golf on PGA Ryder Cup Course
- Golf Buggy
- Four Course Dinner with Wine
- Fabulous Auction
- Entertainment

We're thrilled to receive ongoing support from several fundraisers, including Craig Conley, Craig Robertson, John Cowie, Rolling Hills Chorus, Sarah Whalen, Gerry Gallacher, Sandy Power and Steamer Lane and John Lewis in Glasgow.

We'd also like to recognise the wonderful awareness and fund raising efforts made by several Golf Clubs around the country including Gullane in East Lothian and Cawder in Glasgow - thank you!



Tickets are available for non-golfers wishing to join for dinner only. For all guests requiring overnight accommodation, please contact Susie for special rates. To reserve your places or for more information, please email events@weirfamilyfoundation.com or contact Susie on 07720 416 661