

About Prostate Scotland

Prostate Scotland was set up in 2006 as a Scottish charity to develop awareness of prostate disease and prostate cancer and to support men and their families/partners, as well as to support advances in the treatment and care of prostate cancer and disease in Scotland.

Our Board of Trustees is made up of people with personal knowledge and experience of prostate disease/cancer as well as some of the leading medical experts on prostate disease/cancer in Scotland.

We provide information and support about prostate cancer and disease, and also run initiatives to raise awareness of prostate cancer and disease across Scotland and to further encourage early diagnosis. We undertook the successful Blue Horizon Appeal to help bring about robot assisted prostate cancer surgery in the East and West of Scotland.

How we help

- Provide awareness raising resources
- Provide information about prostate cancer and disease
- Provide in depth guides when a man is diagnosed with prostate disease/cancer
- Provide support services for men diagnosed with prostate cancer

Awards

- Scottish Health Charity of Year 2017
- BMA Patient Information Awards for 3 of our publications in 2013 and 2015
- Winner in the UK wide 2010 GSK IMPACT awards for our impact on community health.
- Best Charitable Initiative in the Pfizer UK Excellence in Oncology Awards 2009 for our website initiative.

Our work

The vast majority of our funds are from voluntary sources - from donations and grants and supporters raising funds. Prostate Scotland does not currently receive government funding.

All our awareness materials, guides and services are available free of charge to men and their families and to all health care settings.

Get involved- help us to help others

By:

- Volunteering some of your time
- Wearing a Prostate Scotland badge
- Organising a fun 'fun'draising event
- Taking part in a fundraising event
- Making a donation
- Leaving a legacy in your will

For more information see our website www.prostatescotland.org.uk and follow us on Facebook and Twitter.



Contact Us

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(Choose option 1 for information)

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Photos courtesy of Cala Homes and The Exercise Clinic.



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**A guide to
Prostate Scotland's
support and
information services**



www.prostatescotland.org.uk



Information

We provide information, leaflets and booklets covering a range of topics from raising awareness to detailed information about prostate disease/cancer and treatments.

Awareness

Our credit card sized 'Brief guide to prostate disease/cancer' is packed full of useful information and can be discreetly slipped into a pocket to read later.

Introductory guides

Providing a bit more information but remaining easy to read guides covering topics about the prostate, PSA, enlarging prostate, prostatitis and cancer.

Explanatory guides

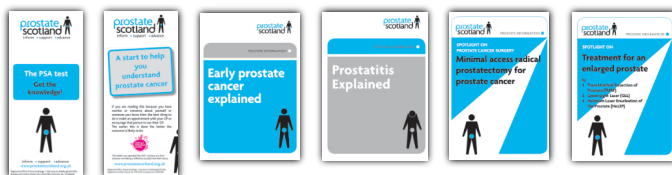
Covering early and advanced prostate cancer, prostatitis and BPH these are in-depth guides and can be provided as back up information to the clinical consultation.

Spotlight on guides

These take a more in depth look at a particular test, treatment or care issue. Topics include prostate biopsy, active surveillance, radical prostatectomy, erectile dysfunction, incontinence, caring for a catheter, radiotherapy, brachytherapy, watchful waiting, pelvic floor exercises, hormone therapy.

Our information is available in both printed and digital formats and is available from our website at www.prostatescotland.org.uk or email us at info@prostatescotland.org.uk

Our Resources



Support Services

Our **COMPASS** service offers a range of support to help men and their families navigate their way through prostate cancer. The following services are available:

Living Well with Prostate Cancer course

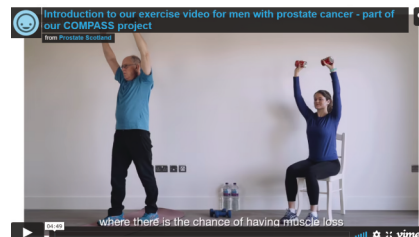
A 7 week course for people having treatment, or finished treatment for prostate cancer. The opportunity to hear from experts and meet others in a similar situation. We look at side effects, the practicalities of having prostate cancer and what individuals can do to live well.

One-to-one support service

Talk to a Cancer Support Specialist – they'll listen, answer questions and guide individuals to the right information about anything from diagnosis to treatment options or side effects.

Exercise programmes

Grab your trainers and take a look at the exercise video on our website developed specifically for men with prostate cancer.



In addition, from 2022 we will offer a 12 week exercise programme for individuals with prostate cancer.

Visit the Help and Support For You section of our website for information about all of these services. www.prostatescotland.org.uk/help-and-support-for-you



Films and information available online

The Prostate Scotland website is a comprehensive source of information about prostate cancer and disease. It includes an interactive tool, resources, and videos by consultant urologists and oncologists, and men sharing their story.

There are also two excellent videos on how to do pelvic floor exercises before and after radical prostatectomy.

From 2022, we will have a Prostate Scotland app for men diagnosed with prostate cancer. The app has a range of tools including a PSA tracker, appointment and medication reminder, living with prostate cancer trackers, and a tool to help compare prostate cancer treatments and a host of helpful resources.

Raising awareness in the workplace

An ideal place to reach people to raise awareness of prostate disease/cancer is through the workplace. Our Workplace Toolkit provides all that is necessary to run an awareness initiative from posters, top tips to a quiz.



ToolBox Workshops

Delivered on site this 30 minute interactive workshop. Includes a quiz, information and short light-hearted film. An online ToolBox Workshop is also available.

