

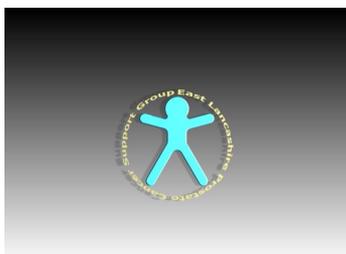
# East Lancashire Prostate Cancer Support Group Newsletter



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# Visit to the Bay Group @ St Johns Hospice Cancer Care Department Lancaster 10/01/2017

After a bit of a Mystery Tour around Lancaster's one way system we finally arrived at St Johns Hospice Cancer Care Department Slyne Rd, Lancaster LA2 6ST at approximately 19:30.

Although missing the preliminaries, we settled in and had an interesting evening.

The guest speaker was a High Street Solicitor from Lancaster Mr Gary Ry-

***How a high street solicitor from Lancaster became the resident legal expert on BBC's 'Rip off Britain'***

croft who is also a legal advisor to the BBC Television program Rip Off Britain.

This Part of the story is produced by Katie King provides an insight into his career and how he became involved in the show.



By [Katie King](#) Oct 4 2016 8:59am [9](#)



Alongside the likes of Jeremy Kyle, Come Dine with Me and Escape to the Country, Rip Off Britain has got to be up there as one of the gems of daytime television.

The programme — hosted by Angela Rippon, Gloria Hunniford and Julia Somerville — is all about consumers: their rights, their stories and how they should get themselves out of sticky situations.

Often involving low-value customer disputes, it sounds like the sort of subject matter that would fill the filing cabinets of small, high street firms. So who better to advise the show's disgruntled guests than, well, the partner of a small, high street firm?

Meet Gary Rycroft: Rip Off Britain's resident legal expert and partner at Joseph A. Jones & Co, a small firm of private client solicitors based in Lancaster.

University of Manchester graduate Rycroft's role on the show is to advise average Joes on their legal rights. A wills and probate specialist himself, Rycroft spends about two days a year filming for his pop-up shop segment, answering questions on anything from parking tickets to landlord and tenant disputes. As well as this, Rycroft also comments on main stories from the show and will be starring in two of the five live programmes scheduled to run this October.

Though nattering away about all things consumer rights on a popular TV show may well appeal to camera-friendly legal eagles, we're not sure it's a career option many lawyers have considered or are even aware of. Indeed, in Rycroft's case anyway, becoming a TV legal expert isn't something he ever applied or interviewed for.

Rycroft got into the TV biz thanks to the Law Society press office, which put him forward for a short film on the first series of the show. This is because at the time Rycroft was, and still is, a member of the [Wills and Equity Committee](#), and therefore deemed competent to deal with these sorts of request. There is, Rycroft told us, "an element of laziness within the media", so when the show required lawyer snippets as part of series two and three, he was called upon yet again.

By the fourth series, the show introduced its panel of experts. Rycroft was — it seems — the obvious choice. The rest is history.

Though Rycroft's "miniscule" slot on BBC1 doesn't quite rival the stardom composed by the likes of [criminal barrister Robert Rinder](#) (someone Rycroft hasn't actually heard of), Rip Off Britain has grown leaps and bounds since he joined and he feels "very proud" to be a part of it.

But he will always be a private client lawyer at heart. It's where his passion lies; just a quick chat with Rycroft makes that abundantly clear:

Private client work doesn't have the profile it should have. It is the Cinderella of the law; it seems dry and dusty whereas it's actually very fascinating. As a private client lawyer you're the guardian of many interesting stories. It's a great area of law to work in and I try my best to encourage young people to consider it. It's a steady area of law, you shouldn't overlook it.

Joseph A. Jones & Co is Rycroft's "focus", and while he thinks "it's nice to pop up on TV occasionally", he has no plans to upset the balance.

It's worth pointing out, however, that Rycroft doesn't think his BBC cameos are hindrances to his work at all — quite the opposite. They are not huge drains on his time, and there may well be method in the instinctive madness of juggling TV stints with being a lawyer. Rycroft explains:

I'm a partner at my firm and this is good advertising for us. Clients like it, they feel confi-

dent their solicitor is decent; being on the BBC is such an endorsement.

It's not just Rycroft's caseload that has benefitted from the show: he thinks Rip Off Britain has done well to advance the profession more widely. He tells us:

Across its eight series, the show has humanised and demystified the profession. Producers were clear at the offset they didn't want me suited and booted, they wanted me to look friendly and approachable instead. I think the show is great. It's all about giving people more insight into their rights and, of course, knowledge empowers people.



# *MEETING DATES, AND VENUE FOR ELPCSG 2017-2018*

THURSDAY FEB 2<sup>ND</sup> *LOUNGE BAR* MCK CENTRE

THURSDAY MARCH 2<sup>ND</sup> *LECTURE THEATRE* MCK CENTRE

THURSDAY APRIL 3<sup>RD</sup> *LECTURE THEATRE* MCK CENTRE

THURSDAY 4<sup>TH</sup> MAY *LECTURE THEATRE* MCK CENTRE

THURSDAY 1<sup>ST</sup> JUNE *LECTURE THEATRE* MCK CENTRE

THURSDAY 6<sup>TH</sup> JULY *LECTURE THEATRE* MCK CENTRE

*AUGUST THE CENTRE IS CLOSED FOR THE NEW DRS INDUCTION PROGRAMME*

THURSDAY 7<sup>TH</sup> SEPTEMBER *LECTURE THEATRE* MCK CENTRE

THURSDAY 5<sup>TH</sup> OCTOBER *LECTURE THEATRE* MCK CENTRE

THURSDAY 2<sup>ND</sup> NOVEMBER *LOUNGE BAR* MCK CENTRE

THURSDAY 7<sup>TH</sup> DECEMBER *LOUNGE BAR* MCK CENTRE

All 2018 dates should be for the **lounge bar** on the 1<sup>st</sup> Thursday of every month



From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

## Contact Information

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We are a group of local people who know about prostate cancer. We are a friendly organisation dedicated to offering support to men who have had or who are experiencing the effects of this potentially life threatening disease.

The East Lanc's Prostate Cancer Support Group offers a place for free exchange of information and help for local men and their supporters (family and friends) who may be affected by this increasingly common form of male cancer.

At each meeting we strive to be a happy, supportive and upbeat group of people; encouraging open discussion on what can be a very difficult and perhaps for some an embarrassing subject. We have lively, informative, interactive, sharing and above all supportive meetings.

## *Erectile Dysfunction Humour*

A lady goes to the doctor and complains that her husband is losing interest in sex. The doctor gives her a pill, but warns her it is still experimental and tells her to slip it into his mashed potatoes at dinner. So, that night at dinner, she does. About a week later she's back at the doctor's office. She says, "Doc, the pill worked great! I put it in the potatoes like you suggested. It wasn't five minutes and he jumps up, rakes all the food and dishes off the table, grabs me, rips all my clothes off and ravishes me right then and there on the table." The doctor says, "I'm sorry, we didn't realize the pill was that strong. The foundation will be glad to pay for any damages." "Naah..." she says, "that's okay. We wouldn't go back to that restaurant anyway."

# ***GM Patient Experience Standards for Urology and OG Cancer***

GM Patient Experience Standards for Urology and OG Cancer Ref Patient Experience Standards  
Service aims and objectives

## ***PS001***

Patients will be treated in a service that has a great reputation and by trusted clinicians giving the best treatment and attention

## ***PS002***

Patients will be treated in a safe, clean and confidential environment

## ***PS003***

Patients will be totally confident in their choice of surgeon, team and cancer hospital and are aware of the reputation of local hospital cancer services

## ***PS004***

Patients will be treated with respect, dignity and as a human being rather than their cancer condition

## ***PS005***

Patients will feel well informed about their diagnosis

## ***PS006***

Patients will be treated as a member of the cancer team to make decisions in partnership with the team

## ***PS007***

There will be no decision about patients without patients Service Description and care pathway

## ***PS010***

Patients will have access to a one-stop diagnostics testing clinic

## ***PS012***

Patients will be given a copy of their cancer pathway with the opportunity to add their own comments, views and preferences to their cancer record Service Access Requirements

## ***PS013***

Patients will be given a choice and flexible appointment time to suit their needs

## ***PS014***

Patients will have access to telephone and skype consultations

## ***PS015***

Patients will have access to a longer appointment time when significant news is given

## ***PS016***

All patients will have internet based access to information to enable patients to make the best choice

## ***PS017***

Patients will be able to contact the nurse and can book a time to talk to their surgeon or other team member, seven days a week

## ***PS018***

Patients will be given clear, accessible information about transport and travel options

**PS019**

Patients will be given all the information, time and space they require to make decisions about surgical procedures

**PS020**

Patients and relatives will have access to a private area when significant news is given Aftercare and follow-up

**PS021** Post-treatment patients will have rapid access to the cancer team

Patient access, experience and involvement in the service

**PS022** Patients will be given the names of the cancer team involved in their treatment, their cancer qualifications and cancer experience

**PS023** Patients will be given help with travel and parking costs

**PS024** The cancer team will advise patient on the availability of patient groups who can offer support and advice

**PS025** Patients are given clear information about their treatment and what is required of them, i.e. what to bring with them

**PS026** Patients will be given clear information about their diagnosis and who to contact with any questions

**PS027** Information for patients will be written by patients in line with NHS England's Accessible Information Standard

**PS028** Letters written to patients will not have any medical jargon and will adhere to Plain English guidelines

**PS029** Patients will be encouraged to comment on their own experience throughout their cancer treatment at a time to suit them Standards to support people affected by cancer

**PS030** Patients will be given all the necessary information to fully understand their cancer, their chances of "beating it" and access to further information and support

**PS031** Care will be coordinated around the patients and professionals will work in partnership with one another and the patient

**PS032** Relatives and friends of the patient will be informed of their progress, with the patients consent

## ***Living with and beyond cancer***

**PS033** At the end of life, relatives will not be rushed into any decision and will be given time to digest information

**PS034** Clinicians will work with local GP;s to enable patients to live beyond cancer

# Minutes of meeting 72 - Thurs 1st Dec 2016

## Mackenzie Centre, Burnley Gen. Hospital

30 people attended: Apologies: Peter Ch., Pat and Kevin. It is to be our Jacobs Join today for the Christmas Party so the meeting will be very short and then the entertainment will begin.

**Dave, Chairman** opened the meeting by thanking everyone who comes month in month out and thanking everyone for their support and help at events. He welcomed two members here today from Preston Walnut Group – Godfrey and his wife. He reported on the blood testing event which was held at Preston North End Football Club. 269 men were tested in 3 hours with 19 men (7%) needing to seek further help. The exercise went very well (letter can be seen in Dave's possession if anyone would like to read it). 245 men were green, 5 amber and 19 red with the men with the abnormal readings needing to see their G.P. as soon as possible.

Colin Stott reported on the fact that the retired consultant urologist who analyses the blood testing results has had his licence temporarily suspended, so at the moment no blood testing events will be taking place – but he should get his licence back very soon and more information will be given at the next meeting.

Dave is hoping to get a speaker for the next meeting on Thursday, 5th January, from Preston University. He has written to the person involved but has so far not received a reply.

Stuart had copies of the latest booklet 'KNOWLEDGE EMPOWERS' produced by the Prostate Cancer Federation and gave them out to people who requested them.

One of our members Steve L. told the group that he had been reassured after he had attended a previous meeting and listened to the talk by the Consultant Urologist, Shalom Srir Ingram. He spoke of his recent journey with Prostate Cancer and wanted to tell people not to worry and talk over side effects of treatment with their consultant.

**JACOB'S JOIN** opened by Dave introducing a young magician who was booked to entertain us. Our compere, John Riding, told lots of jokes and acted as an M.C. He drew the raffle and the amount raised was £34 and he raffled a large bottle of whiskey – the proceeds of which went to John H. for his effort in growing a moustache for MOVEMBER. The tables were groaning with food and everybody gorged on the food and drinks and were entertained very well by John Riding and the magician.

**The event closed with a reminder that the next meeting will be Thursday, 5th January 2017.**

The BAY Prostate Cancer



Support Group

[www.tbpcsg.org](http://www.tbpcsg.org)

## **The Bay Prostate Cancer Support Group**

In association with

Leighton Hospital Prostate Cancer Support Group Crewe offer

### **PSA BLOOD TESTING FOR EARLY DETECTION OF PROSTATE CANCER**

**on Saturday 18th March 2017**

**between 10 am and 1 pm at**

**“The Cornerstone”, Lancaster Methodist Church**

**Sulyard Street**

**Lancaster LA1 1PX**

**FAMILY HISTORY OF PC OR AGED 50+ GET TESTED FOR A DONATION OF  
JUST £10. THE RESULTS WILL BE SENT TO YOU WITHIN 10 DAYS**

**More than 1 man dies every hour in UK from Prostate Cancer**

**Don't let it be you**

**Just turn up. It takes a couple of minutes, so come along and get tested.**

**This test could “SAVE A DAD”**

**“IGNORANCE IS BLISS, BUT DON'T DIE OF IT!”**

**We also invite those men tested to help with the training of medical detection dogs used to “sniff out” prostate cancer and provide a urine sample**

The true cost of the test is £22. The balance of £12 will be met by The Leighton Hospital Prostate Cancer Support Group Crewe, itself a registered charity