

How to donate

If you are able to make a donation, please complete the form below, making cheques payable to 'The Prostate Project Love Train' and return to the address below, or contact us by phone or email.

Alternatively, to donate on-line, visit:
www.justgiving.com/lovetrainappeal

I would like to donate:

£10 £20 £50 £100 £ other _____

Name: _____

Address: _____

Postcode: _____ Tel: _____

Email: _____

I do/do not* wish to receive your periodic Newsletter
I do/do not* wish to be contacted by the Prostate Project
* delete as applicable

GIFT AID DECLARATION

By signing this declaration, you can increase the value of your donation by 25%. We can claim back 25p from the Inland Revenue for every £1 you give us by reclaiming the tax you have already paid on this donation. Completing this declaration (and returning it to our address below) does not affect your tax status or commit you to supporting the Prostate Project for a specified length of time.

INSTRUCTION

I am a UK tax payer and would like the Prostate Project to claim the tax back on all my donations until further notice.

Name: _____

Signature: _____

DONATION/SPONSORSHIP/EVENT FORMS ARE AVAILABLE ONLINE AT www.lovetrain.org.uk OR FROM OUR LOVE TRAIN HOTLINE:

07724 465 883

The Prostate Project, Purbecks, Grosvenor Road,
Godalming, Surrey, GU7 1NZ

Tel: 01483 419501 Email: info@prostate-project.org.uk
www.prostate-project.org.uk

About this appeal

Created in 1998 and still largely volunteer led, The Prostate Project has raised over £5 million and now jointly funds one of the most dynamic research teams in the country. Our successful fundraising has enabled us to bring together a world-class team of clinicians, scientists, specialist nurses and technicians. This close working relationship between clinical and laboratory personnel is rare in the world of cancer research.

Now, we need to provide the team with a vital component that is currently missing – a model world-class NHS Urology Centre. You can help us achieve this. Every contribution, no matter how small, is another step on the road to saving more of the 10,000 lives that are lost every year to prostate cancer.



the PROSTATE project
LOVE TRAIN

Appeal to help save 10,000 lives

For more information about our **Love Train** Appeal please visit our websites at

www.prostate-project.org.uk or
www.lovetrain.org.uk



You can also follow us on **facebook** and **twitter**

Team Leaders Alan Carr MBE and Nigel Lewis-Baker

Leading our epic walk will be Alan Carr MBE (pictured right on front cover), a well known fundraiser who won his award for 12 years of charitable fundraising, and Nigel Lewis-Baker, a trustee of our charity and a walking miracle who was diagnosed with advanced, incurable prostate cancer 6 years ago. He has become one of the UK's leading cancer fundraisers. He is a cancer champion for Macmillan Cancer Support and 'Ambassador for the Year' for Cancer Research UK.



Giving men a better chance of beating prostate cancer

Registered Charity Number: 1078523



the PROSTATE project
LOVE TRAIN

Appeal to help save 10,000 lives

All aboard ! The Prostate Project John O'Groats to Land's End Love Train Walk for Prostate Cancer Research



Find out inside why the Appeal is needed – and how to support it...

www.lovetrain.org.uk

WOMEN OF BRITAIN!
We need your help to get more men tested for prostate cancer

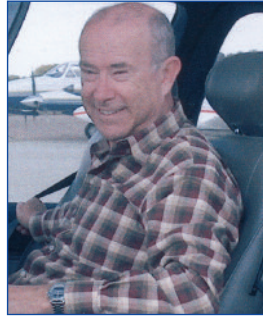
10,000 men in the UK die every year from prostate cancer. That's one precious life lost every hour of every day. Help us to save more of these lives.

We're walking to help men like Peter Laing who was lucky and Colin Ringrose who wasn't – and thousands more just like them...



Peter was diagnosed with prostate cancer early at only 42, but 7 years on he is cured and leading a normal life. You could say that he is one of the lucky ones, but that's only because of the vigilance of his local GP. "I had no symptoms of prostate cancer and no family history of it" said Peter. "My advice to all men over 50 is don't leave it to chance – book a PSA test today".

Peter Laing: survivor



Colin's cancer was detected following a routine test but tragically, too late to save him. Diagnosed in 2003, he discovered that his cancer had metastasised into the Lymph glands and he passed away in September 2007.

Colin's message to all men was "get tested early and give yourselves the best chance of a cure".

Colin Ringrose: 1946–2007

Our world-class team of clinicians and scientists have earned an international reputation for excellence in the treatment of prostate cancer



Professor Stephen Langley who leads our HistoScanning research

HistoScanning – a new non-invasive method of detecting cancer cells

The latest ultrasound technology is leading us to new, non-invasive ways of identifying cancer cells within the prostate. This will allow us to determine which cancers need curing and which can be safely monitored. It also allows us the possibility of just treating the cancerous part of the prostate rather than the whole gland, so minimising side effects.



Professor Hardev Pandha who leads our 25 strong lab-based research team

A new, simple dipstick EN2 urine test for prostate cancer

Our scientists have discovered a protein in urine that can detect prostate cancer 50% more accurately than the 30 year old PSA test. Currently being trialled in the US and Europe this simple, economic dipstick test could be available privately in a matter of months and through the NHS within 2 years. Find out more about it and the rest of our work on our website at www.prostate-project.org.uk



Our route will take us through these cities, towns and villages:

John O'Groats; Wick; Dunbeath; Helmsdale; Golspie; Tain; Evanton; Inverness; Tomatin; Aviemore; Kingussie; Dalnaspidal; Killiecrankie; Little Dunkeld; Perth; Ballingry; Edinburgh; Fountainhall; St Boswells; Hass; Old Town Farm; Corbridge; High Stoop; Cliffe; Scotton; Ripon; Harrogate; Bradford; Denshaw; Glossop; Buxton; Cellarhead; Stafford; Pattingham; Kidderminster; Kempsey; Gloucester; Leighterton; Bath; Wells; Burrowbridge; Wellington; Tiverton; Copplesstone; Bridestowe; Tregadillett; Bodmin; Truro; Helston; Land's End.

Why does our charity deserve your money?

Because we guarantee to make more of your money work where it is needed most. Most UK charities spend around 20% on administration. Because we are largely volunteer led, our costs are just 3% which means we can promise that 97 pence in every pound you give us will go straight to the point of need.

Our clinical and scientific teams are working at the cutting edge of prostate cancer diagnosis, treatment and research and have earned an international reputation for excellence. Find out more about us on our website at www.prostate-project.org.uk

Key Facts:

- It's the women of Britain who are the key to getting more men tested
- 80% of men diagnosed early are completely cured – it is vital that all men are aware of this and get themselves routinely checked after they reach the age of 50
- No matter what your GP says, it is every man's legal right to have a simple PSA blood test on the NHS
- You can have prostate cancer with no symptoms at all
- The prognosis for late diagnosed prostate cancer is very poor

CAN YOU HELP US?

If you live anywhere near our Love Train route, join us for a couple of hours, a couple of days or even longer!

Why not organize a local fundraising event and present a cheque to the Love Train Team as they pass through your area? We'll be stopping at Retail Parks for rallies, interviews and presentations all along the route.

Just call our Love Train Help Desk on: 07724 465 883 for ideas, donation forms and promotional support.