



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

ANNUAL GENERAL MEETING
11th September 2025
2025 Trustees' Report from Paul Bowler acting Chair of PCaSO
Registered Charity no. 1170536

Welcome to another PCaSO AGM.

It doesn't seem like a year since the last, but it has been and what a year with many changes and many more to come.

For me the biggest change is that I am now Chair of PCaSO, with Brian having stood down mid last year and my being nominated as Chair by the Executive, to be confirmed by this AGM. I am now kept very busy as Chair of PCaSO, Chair of Hampshire Branch and Editor of PCaSO Info newsletter and the Updates magazine. Brian continues to work hard for the charity as Chair of Sussex Branch and Support Coordinator.

Before anything else, on behalf of the Trustees and myself as Chair, I would like to personally thank all our Volunteers, Phlebotomists, Branch Committee Members, Executive Committee Members, Trustees and all our Partner Charities for their hard work this year for PCaSO. Without them we wouldn't have a charity and would be unable to help and support men with prostate cancer.

The last year has been a busy one for the charity, with Prostate Cancer awareness having reached the main news and public awareness due to many high-profile people sharing their diagnosis with the public. Sadly, many of them found out about their cancer at a late stage due to there still being no NHS public testing scheme even for high-risk men. This is something PCaSO has been pushing for to all that will listen but still sadly we seem no closer to having anything concrete from the NHS on testing, although the new All Party Parliamentary Group (APPG) on Prostate Cancer has brought some focus and there is increased pressure for the National Screening Committee to implement national screening. PCaSO is represented at the APPG by Roger Bacon.

This has made our PSA testing events more important than ever, as for some men we are their only lifeline to prevent late diagnosis and devastating consequences. As Lance Allen (Secretary) will cover in the AGM we are in danger of having to reduce or stop our PSA testing in Sussex as Roger Bacon who is the Sussex PSA coordinator is moving out of the area (a well-earned retirement!) and so having to stand down from that role.

Roger has been the backbone of Sussex PSA testing for many years and will be keenly missed. His role includes arranging with our partner charities the testing events, vetting the amenities, arranging for phlebotomists and volunteers to attend the events, ensuring we have adequate medical supplies for the events, help setup and trouble shoot the actual events and carry out the many after event activities that are required. He has help with some of this, but he has been the driving force behind most of the before and after event activities

WE NEED MEMBERS IN SUSSEX TO VOLUNTEER TO TAKE OVER FROM ROGER OR TESTING MAY STOP.

So please step up and help us continue PSA testing in Sussex, it is a vitally important thing you will be doing, you will be helping to save lives and cut down on suffering.

The PSA events already have a core of friendly volunteers giving what time they can, we just need you to give us your time to help others like yourselves.



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

Hampshire Branch Report - See Appendix 1

Sussex Branch Report - See Appendix 2

Financial Health

The charity is in a good position financially and continues to look for the best way to use our funds to help and support our charitable objectives and the fight against Prostate Cancer.

This is some of what we have been working on and achieved this year:

WhatsApp Groups

We now have three very active and useful WhatsApp groups, the Main Support Group, an Active Surveillance group and a new Partners' group for partners of men with Prostate Cancer. Members can contact our Support number either by phone or WhatsApp on 07879 903407 for details of each. We now have 85 members in the Main Support group, 13 members in the Active Surveillance group and 7 members in the new Partners' Group. All of these are very useful with members sharing their experiences to help other members.

Remember you are not alone, PCaSO is here to help you.

PCaSO Info Newsletter

We launched a new PCaSO Info newsletter that will go out to members at least quarterly and will bring current information from all our branches to members as a downloadable PDF. Our existing Updates magazine will now be an annual magazine featuring Members' Stories of their Prostate Cancer Journeys, information on the current state of treatment for Prostate Cancer and other magazine-type articles.

Redesigning our website

We have appointed a development partner to redesign our website and are now working with them to make a new site that is easier to navigate and more suitable for all modern devices while also making it simpler to maintain and more secure. We hope to have it up and running by the end of the year. Our web address www.pcaso.org will remain unchanged.

Securing our membership database

Our membership database is on a cloud-based system that is specifically designed for charities and used by many much larger charities than us. This gives us added security and better 'real time' member information while also working well with 'MailChimp' for sending out emails to members. The whole system has ISO 2001:2022 certification, all data is stored in the UK hosted by Amazons AWS, all sensitive data including contact information, payment records, passwords and API keys are encrypted at rest, it is fully GDPR compliant and uses two-factor authentication additional login security for authorised users.

Healthy Living Booklet

Tony Ball and his team have finished revising our Healthy Living Booklet and this will be going to the printers for an initial run of 3000 copies. A lot of time and effort has gone into this, and we would like to thank Tony and his team for all their hard work.

PSA Testing total

Our overall total for all PSA tests carried out by PCaSO since 2012 is now 46,307 as I type this. So we may still hit the 50,000 tests mark before the end of this year.



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

Dorset Branch is back!

Our final Trustees' Report item is the biggest and possibly the most important, I am delighted to announce that we again have a Dorset branch of PCaSO as four members from Dorset have volunteered to head the new Dorset Committee.

Carrying out due diligence on behalf of the Charity trustees, myself as Chair, member of the Executive and Trustee along with Peter Weir, also a member of the Executive and a Trustee, met with the main officers of the proposed Dorset committee Face to Face in Bournemouth and we are satisfied they will do great job bringing back the Dorset Branch, with initial help from the Hampshire branch and the Executive. The rest of the Executive Committee and Trustees will meet them in October and they will be acting Officers of the Charity until confirmed in office at the 2026 AGM.

Acting Dorset Branch Committee Members:

Chairman, also to be on the PCaSO Executive and a Trustee:

Dan Martin

Dan is an experienced treasurer and secretary, has experience running the Dorset branch of another national charity.

Treasurer, also to be on the PCaSO Executive and a Trustee:

Mark Thompson

Has experience in running charities and is currently a volunteer with Wessex Rescue.

Secretary, also to be on the PCaSO Executive and a Trustee:

Tony Pereira

An experienced Secretary who is currently the National Secretary for the Widows Sons Masonic Bikers Association and Quarrymen WSMBA Dorset Chapter, also a blood biker with the Yeovil Freewheelers.

Committee Member:

Darren Beel

A Prostate Cancer survivor who is passionate about helping others and very keen to assist in any way he can to help raise awareness. He is also the Quarrymen WSMBA Dorset Chapter Vice President and in line to take over as President next July.

They all have experience of running charities and are mad keen on bringing the Dorset branch back online. This will be a major task, and they are aware of this but welcome the challenge, it is hoped to do the first PSA testing event in early December but before then they will be looking after our Dorset members and raising the profile of PCaSO in Dorset.

And finally

That ends the 2025 Trustees Report and with more men than ever being diagnosed and affected by Prostate Cancer we are needed more now than ever, and it looks like a busy next year. We have a few challenges to overcome, but together I am sure we will all work hard to help Support those affected by Prostate Cancer.

We should all be proud to be part of PCaSO.

Paul

Paul Bowler

Chair of PCaSO Prostate Cancer Support Organisation



Appendix 1

Hampshire Branch Report

As you've already had quite a bit of reading, I will keep this brief.

It has been a busy year for Hampshire this last year and I would like to thank all the Committee and our volunteers for their hard work supporting PCaSO in 2025.

In the last year Hampshire branch has:

Carried out 2,432 PSA tests at 9 different venues, resulting in 235 Red results.

Attended 11 meetings, presentations and events on behalf of PCaSO.

Received many generous Donations including £7500 from Inert Recycling following a Golf Day held to support us, £13,000 from Portsmouth Football Club following a charity football match 'Pompey Football Club V Alan Knight Celebrity VI.

Is currently working towards donating a Biopsy Chair for Winchester Hospital and an Ultrasound Workstation for Queen Alexandra Hospital Portsmouth. We have the funding for the Winchester Chair and are now working our way through NHS bureaucracy to try to actually purchase it for them!

Has been gradually increasing the numbers attending our members meetings held alternately every 3 months in either Otterbourne or Waterlooville. Resulting in our largest turnout of members for a long time at our recent Otterbourne meeting to hear a talk by Dr. Steve Allen followed by a Q & A. We had a good number of members come along which is a great turnout for us.

Will be holding 4 more PSA testing events this year at:

- Petersfield on 13th September
- Cosham on 18th October
- Basingstoke on 22nd November
- Havant on 26th November (Closed event for Comserv)

That's it for Hampshire; I am sure I have missed things we have achieved and will get them pointed out to me tactfully!

Here is to a successful 2026 helping to improve things for Prostate Cancer.

Paul Bowler
Chair of Hampshire PCaSO



Prostate Cancer Support Organisation

Dorset Hampshire Sussex



Appendix 2

Sussex Branch Report

PCaSO Sussex AGM Report 2025

This year has seen several changes within the branch due to retirement and ill health.

We welcomed Carol Isted as our treasurer after the retirement of Brenda Pearson-Woodd who gave excellent service to PCaSO for several years.

Carol's husband Ken has taken on the role of PSA Testing logistics volunteer, looking after our new storage unit in Burgess Hill, loading and delivering to our venues around Sussex of the kit and its return to the lock up after the event. This is a very time-consuming role and we thank Ken for volunteering his time.

Following the retirement of Rob Stanley from active PCaSO roles, I have taken on the role of group organiser for Central Sussex and am in the process of finding a new volunteer to take over this important position.

Roger Bacon, our long-standing Executive Chair, Sussex Chair, PSA testing organiser and many other volunteer roles, is retiring (more details in the Trustees' Report). I have asked for a volunteer to take on the role of Western Sussex coordinator and will be following this up as Autumn approaches.

Drop in sessions

These are very important face to face meetings and have shown great benefit to members, guests and organisers.

Brighton sessions are held at MacMillan Horizon Centre on a monthly basis.

Eastern Sussex sessions are held at the Tesco Community room in Eastbourne. Clive Hancocks is soon to start regular Drop ins at a venue in Hastings.

Lorna, Lisa and Clive have been organising quarterly evening presentations by local clinicians in Eastern Sussex, but they have not been very well attended. In 2026 only three presentations will be held at an earlier time in an effort to attract more members.

WhatsApp Support

The WhatsApp groups continue to provide the most regular form of support for members. Currently there are 84 members in the main group, 13 in the Active Surveillance group and 7 in the partners group.

Current Sussex Branch group organisers are:

- easternsussex@pcaso.org - Clive
- brighton@pcaso.org - Brian
- centralsussex@pcaso.org - Brian
- westernsussex@pcaso.org - (vacancy from Sept 2025)



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

Prostate Cancer Awareness Events

Brighton and Sussex Buses

We have attended a recorded Teams meeting with staff from Brighton & Hove Buses, Metrobus and The Spirit of Sussex. Awareness posters have been displayed in 12 bus depots and the meeting video has been distributed to their 1200 staff members.

Three MSK (musculoskeletal) events at Brighton Racecourse

Tim and I manned our stand. Over 500 people attended the event.

Bexhill Health & Wellness event at the De La Warr Pavilion.

Geoff Smith & Clive Hancocks set up our stall at the About 300 people attended,

Hastings Cancer Champions Project Launch

Clive attended this event and offered his services to talk to mens' groups around the area.

Horsham Rotarians

Lance was invited to speak at a recent dinner, on the work of PCaSO and the importance of Awareness. He has also spoken at Findon Valley Residents' Association.

PCaSO at 'ICAN' Annual Conference

Brian and his wife, Karen, attended the AGM & 'ICAN' conference of the Chichester-based UKSWA.CIC as a guest speaker on prostate cancer and PSA testing. UKSWA.CIC support black and ethnic minority social workers and are an ideal channel for helping raise awareness of prostate cancer.

Our message was well received, and was publicised to all members of the ICAN charity, not just those who attended.

London Marathon 2025.

We are really grateful to Martin Obee for raising funds for PCaSO whilst running the London Marathon. We will be purchasing PcaSO water bottles for use by those going through radiotherapy treatment at various centres throughout Sussex. Martin's dad Mick is a regular volunteer at our Sussex PSA testing days.

2025 PSA testing events

We have confirmed dates for Autumn 2025, they are:

- 13th September in Worthing;
- 18th October in East Grinstead;
- 8th November in Burgess Hill;
- 29th November in Peacehaven.

Our Spring 2025 events were very successful, testing over

- Horsham 5 April: 419 men tested of which 78 (18.6%) had an elevated PSA reading.
- Crawley 17 May: 370 men tested, 45 (12.1%) with elevated reading.
- Angmering 7 June: 562 men tested, 45 (8.0%) with elevated reading.

If you have any questions or can spare time to volunteer for PCaSO please contact me.

Brian Holden

chair.sussex@pcaso.org

07879 903407

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536			
Receipts and Payments Account for the year ended 31st March 2025							
				2025			2024
				Unrestricted funds	Restricted funds	Total funds	Total funds
				£	£	£	£
Receipts							
Members' subscriptions				100		100	82
Donations: members				1,885		1,885	3,522
Donations: non-members				10,127		10,127	22,358
Donations: corporate				37,362	-	37,362	49,104
Donations at PSA testing events				104,369		104,369	88,857
Fundraising: public meetings				51		51	623
Fundraising: collections				503		503	173
Fundraising: events				6,250		6,250	-
Interest on deposit account				1,282		1,282	621
Gift Aid				23,529		23,529	14,873
Other				68		68	191
				185,526	-	185,526	180,404
Payments							
Governance				2,501		2,501	4,031
Trustee & Public Liability Insurance				469		469	488
Charitable activity: newsletter				-		-	409
Charitable activity: support to members				830		830	761
Charitable activity: awareness				6,349		6,349	9,127
Charitable activity: PSA Testing				87,874	27,500	115,374	94,940
Charitable activity: donations to charities				51,898		51,898	6,719
Fundraising				-		-	120
Advertising				395		395	1,051
Other				296		296	169
				150,612	27,500	178,112	117,815
Asset and investment purchases							
				832		832	1,253
				832	-	832	1,253
Total payments				151,444	27,500	178,944	119,068
Net receipts/(payments)				34,082	(27,500)	6,582	61,336
Transfers between funds						-	-
Cash funds at beginning of year				209,172	-	209,172	147,836
Cash funds at end of year				243,254	- 27,500	215,754	209,172

PCaSO Prostate Cancer Support Organisation				Charity number: 1170536					
Statement of assets and liabilities as at 31st March 2025									
				2025					
				Unrestricted funds	Restricted funds	Total funds			
				£	£	£			
Cash funds									
Deposit accounts				62,661	44,382	107,043			
Current accounts				108,711		108,711			
				171,372	44,382	215,754			
Other monetary assets									
Gift Aid recoverable				-		-			
				-	-	-			
Assets retained for the charity's own use									
Office Equipment				-		-			
				-	-	-			
Liabilities									
Amounts owed to suppliers				-		-			
				-	-	-			
Approved by the trustees and signed on their behalf by:									
Lance Allen									
Trustee									
Date:									

Independent examiner's report to the trustees of PCaSO Prostate Cancer Support Organisation - charity number 1170536

I report to the trustees on my examination of the accounts of PCaSO Prostate Cancer Support Organisation for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name:

GERARD SWEETING

Relevant professional qualification or membership of professional bodies (if any):

Address

Date