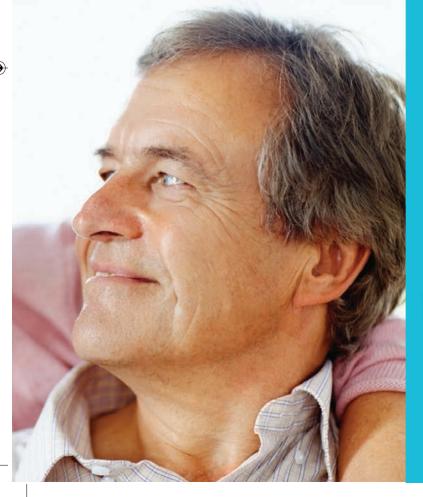
...and we can help you now



If you have prostate cancer, or know someone who has, your life is probably full of questions.

It's more than likely the Procas support group knows where to find the answers. All you have to do is ask.

Call 07922 487824 or pop in to one of our discreet and friendly meetings. Third Monday of every month except December, 6.30pm, St Bernadette's Parish Centre, Ashby Road, Scunthorpe, DN16 2RS.

> (behind the church opposite the end of Priory Lane)

PROCAS

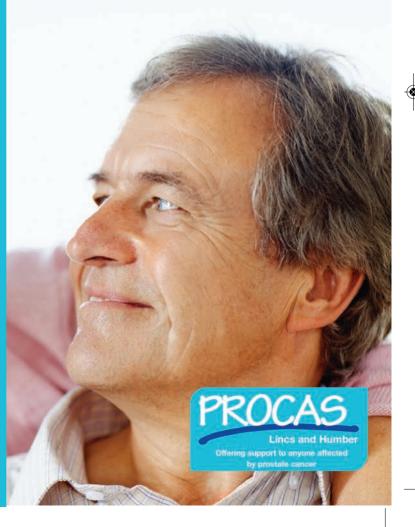
Lincs and Humber

Offering support to anyone affected by prostate cancer

Everything you wanted toknow about prostate cancer, but didn't know where to ask.

e: contact@prostatecancerlincsandhumber.co.uk w: www.prostatecancerlincsandhumber.co.uk

Coping with prostate cancer...







...is easier when you do it together



Coping with prostate cancer isn't easy – but getting help and support certainly is!

When a prostate cancer diagnosis threatens to turn life upside down, there is somewhere to turn.

Somewhere to find answers to the questions you didn't think to ask when you were with the doctor.

Somewhere the people understand your problems and worries because prostate cancer has touched their lives too.

Welcome to PROCAS Lincs and Humber, set up specially to offer support to everyone affected by prostate cancer – not just the patients, but also their wives, partners, families, friends and carers. We know they all need help too.

procas members meet once a month to talk about the disease, share experiences, learn about treatments, and hear from

consultants and specialist nurses. What's more, we can simply help you to cope. Come to one of our monthly informal get-togethers, where you'll be welcomed with open arms. Who knows, sharing your experience might be of value to someone else.

If you don't feel able to come to a meeting, pick up the phone. The number's on the back of this leaflet, and we promise an understanding ear will be at the other end.

Remember, a trouble shared is a trouble halved. We look forward to meeting you.



