

# ...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)



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

e: [contact@prostatecancerlincsandhumber.co.uk](mailto:contact@prostatecancerlincsandhumber.co.uk)  
w: [www.prostatecancerlincsandhumber.co.uk](http://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.

