



***Issue 1***  
***2025***

**Patient Participation Group**

**NEWS**



## **Contents**

*P2. Chairs chatter. (The thoughts of Chairman John). Except it isn't Him!*

*Plus a request from the PPG.*

*P3. Blackrod local history, very interesting.*

*Plus Prostate Awareness*

*Be aware of what might be up there. (You're prostate that is.)*

*P4/5. More on the PSA test.*

*P6. Blackrod Arts and a reminder about the AGM.*

*P7. Bolton Boccia. (I bet you cannot say this correctly.)*

*P8. An invite from Royal Bolton Hospital to check out something new.*

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## ***A request from the Patient Participation Group.***

The PPG core group are looking to hold some advice clinics to try and help people who are struggling with the Digital Triage System.

We are hoping to hold some of these advice clinics in Westhoughton Library as it is quite central for everybody in regards to parking and public transport and also hopefully, in Blackrod as well as at the John Holt centre and the Hub.

No dates or times have as yet been arranged and we are at this times looking to recruit volunteers who are familiar with the NHS App and would be willing to spend an hour (or so) in helping others to be able to use it themselves.

If you are interested in helping then please email, John Strawbridge at email address, [unsworthPPG33@gmail.com](mailto:unsworthPPG33@gmail.com)

Thank you in advance.

The Unsworth Group Patient Participation Group.

***If you belong to, use or know of a group who you think would benefit from being included in the PPG Newsletter, then please email their details to:-***

***[ppgunsworth@gmail.com](mailto:ppgunsworth@gmail.com)***

***And we will include them in a future edition.***

***Thank You.***

## **Chair's Chatter**

We have a guest to write the chatter for this issue as our beloved leader (pronounced with a silent b). Is off on his jollies!

As you will see, inside this issue we are covering the extremely serious problem with the continued increase in the number of people being diagnosed with Prostate Cancer. It is time to put pride to one side and get checked!

Also we are looking for volunteers to help people to become comfortable with using the digital online form to book appointments. You may not like it but, it is the way all things are going now.

And finally let us not forget that it is the PPG AGM on Weds the 26th of March.

There will be time for a Q & A session at the end but lets quick, relevant and most of all polite!

All the best

Pete Duffy (Newsletter publisher and PPG core group member.)

# Blackrod Local History Group

Are you interested in what happened, decades. even centuries ago in and around Blackrod yes?

Then this is for you!

On the third Monday of every month at Blackrod Library from 2.00pm till 4.00pm, the Blackrod Local History Group meet and, for a miserly £1.00 you can partake.

Interested? Then contact David on 01257481393 or Jean on 01942831719.



## **Prostate Cancer Awareness**

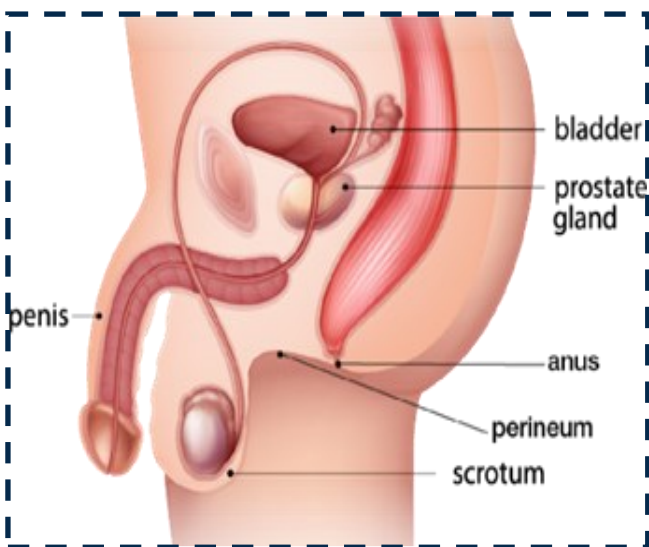
- The number of new prostate cancer cases is projected to rise by 15% between 2023–2025 and 2038–2040.
- The incidence rate of prostate cancer is projected to rise to 223 cases per 100,000 males on average each year by 2038–2040.
- It is estimated that 1 in 6–8 men in the UK will get prostate cancer at some point in their lives.
- The most common age of diagnosis is 65–69 years.
- More than 50% of new cases of prostate cancer diagnosed in the UK are in men aged 70 years and older.

On the following pages we provide advice and guidance on PSA testing and Prostate Cancer for well men aged 50 and over.

**WARNING IT DOES CONTAIN GRAPHIC IMAGES**

The prostate gland lies just below your bladder. It helps to healthy sperm.

Problems with your prostate gland can affect your ability to urinate and also affect your sexual function.



The PSA (Prostate Specific Antigen ) test may help you to find out if you have prostate cancer. It is not perfect. It will not find some all prostate cancers, it will miss some and may find some that will cause no harm in the future.

Having the PSA test has potential benefits but, it is not a guarantee and hopefully the following information will help you to decide if t=you should have the test done or not.

In the meantime if you notice anything that is not normal for you, or are worried, please contact your GP.

The prostate gland is just below your bladder. It helps to produce sperm and can affect urination and sexual function.

Prostate cancer is caused when cells in the prostate grow out of control. Slow growing cancers are common and may not cause any problems.

Prostate cancer is the most common cancer in the UK, it is rare in men under 50 with the most common age for diagnosis being 65 to 69.

### ***Symptoms.***

Most early stage prostate cancers do not have any symptoms which of course can be problematic in early diagnosis.

### ***Risk.***

You are at a higher risk of prostate cancer if you are 50 or older, have a close relative, such as a father or brother whom has been diagnosed and are of black/ ethnic origin (in this case the risk to you is doubled)

### ***PSA Test.***

Your PSA (prostate specific antigen) blood test is used to measure the amount of PSA in your blood. Most men will not have an elevated level (3 or higher) and it can be elevated due to other factors such as, an enlarged prostate or a urinary infection. If you decide to have the PSA test it is best to refrain from certain activities for a day or two prior to the test, for example, vigorous exercise, cycling and sex also, having a prostate biopsy or a cystoscopy up to 6 weeks prior can affect the outcome.

## ***Test Results and follow up.***

If you have a raised PSA level then your GP will discuss referral to a specialist with you.

This may result in further investigation possibly involving an MRI scan of the prostate and/or a biopsy. A biopsy involves taking samples of the prostate via your back passage or, through the perineum (the bit between in front of your anus) and check for cancer cells.

If it is found that you have cancer then the specialist will discuss various options for treatment. Active surveillance is carried out on 'slow' cancer cells with treatment offered if the cancer begins to progress.

There are various treatments available including surgery, hormone treatment, radiotherapy and chemotherapy and a single or combination of treatments will be offered dependent upon the rate at which the cancer is advancing.

## ***So what are the advantages and disadvantages of the PSA test?***

### **The Advantages**

A PSA test can help to detect prostate cancer before you are aware of any symptoms.

The PSA test can help to detect fast-growing cancers at an early stage so that treatment can be started sooner so reducing the chance of the cancer shortening your life.

***For more Information Visit  
[cancerresearchuk.org](http://cancerresearchuk.org) or  
[prostatecanceruk.org](http://prostatecanceruk.org)***

### **The Disadvantages.**

You might have a raised PSA level, even if you do not have cancer.

A UTI (urinary tract infection) can cause a raised PSA. So can recent vigorous exercise.

An already enlarged prostate can cause a raised PSA.

Also recent sexual activity or anal sex can raise levels.

The PSA test is unfortunately, not fool proof.

1 in 7 men may have a normal PSA level but still have cancer and 1 in 50 men may have a fast developing cancer and normal PSA level so it is of the greatest importance to be aware of any changes.

It is normal for all men to have show some PSA in a blood test.

So, if you think you may have or may develop prostate cancer, then please discuss your concerns with a medical professional.

It is far safer to lose a little blood in a test than to potentially lose your life.

***Are you interested in  
what the PPG does ?***

***Then please contact us via  
email at.***

***[unsworthppg33@gmail.com](mailto:unsworthppg33@gmail.com)***

***Thank You.***

# Blackrod Art Group



Blackrod Art Group was formed as an adult education class around thirty years ago and in the year 2000 became an independent group run by its members.

There are around 40 members at present and they meet weekly at Blackrod Community Centre where they are free to take part in drawing, painting and explore print techniques using various mediums. Help and support is always available and new beginners are actively encouraged to explore different methods.

There are a number of special events throughout the year including, having professional artists coming in to give demonstrations of their work and to offer advice, of course, visits to art galleries, museums and exhibitions and there is an audio/ visual system that allows members to view each others work with ease.

The group offer a warm and welcoming environment to members and visitors alike and is an ideal place to be, if you are lonely or feeling down as they are very supportive as a community.

*If you are interested then you can email: [blackrodartgroup@gmail.com](mailto:blackrodartgroup@gmail.com) or tele-*

## *Unsworth Group*

### *Patient Participation Group*

### *Annual General Meeting*

### *On*

*Wednesday the 26th of March*

*At the*

*Hall of Fame Suite*

*Bolton Stadium Hotel*

*(West side, the blue tower entrance)*



# Bolton Boccia Club

Bolton Boccia Club have weekly sessions at Horwich sports centre weekly on Fridays from 14.30 to 15.30.

If you have a physical disability and over 18 years of age, then this for you.

(At the moment there is a lack of equipment for the visually impaired due to a lack of funding, but we are hoping to rectify that in the near future)

The sessions are run by a qualified coach and referee with both safeguarding and DBS certification.

The first session is **FREE**, with further sessions costing £ 5.00.

Contact

**[jazzblues64@yahoo.com](mailto:jazzblues64@yahoo.com)**

And have some FUN!



***So now you know there is a Boccia club (pronounced Botch-a) in Bolton,  
So what is Boccia?***

Well it isn't difficult to describe, it is very similar to Boules, carpet bowls and pétanque. You generally have a white target ball and two teams one red and the other blue with six balls each, closest to the white ball wins except it is a slightly different set up and there are rules and there is a court ( a flat piece of ground with markings for the playing area).

One of the main differences is that to play Boccia you are seated! (It just keeps getting better!) So this makes it ideal for people with disabilities. So if you are thinking 'I've never heard of it, so there cannot be many players in the UK' Well...there are over 15,000 players in the UK of whom 8,000 are regular players.

Boccia is one of only two Paralympic sports not in the Olympics, the other being Goalball so, fancy your chances?

# ***An Invitation from Royal Bolton Hospital For Patients, Carers and Service Users.***

The Royal Bolton Hospital would like to invite patients, carers and service users to come along and share their views about what works for them in regards to the self check-in process at many of their clinics.

We want you to help us make the appointments system work for you.

Can you help us to make checking in for an appointment for you or a person you care for as easy as possible and with this in mind we have introduced self check-in kiosks in our reception areas and are looking at introducing more.

Have you used a kiosk and had any difficulties?

Is there anything additional you would need to be able to use a check-in kiosk?

Can you help us make sure we have got everything we need in our clinics to make sure this runs smoothly for us all?

***Come along to Royal Bolton Hospital on Monday the 31st of March between 1.30pm and 3.00pm to meet the kiosk providers, see a demonstration and share your thoughts.***

***The session is in the boardroom at Trust Headquarters (please see map below) enter at the Patrick Court and you will see the signage.***

