

HEALTH

# Cyclist ignores injury to boost cancer charity

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A screening scheme which encourages men to get their prostate gland checked has benefited from more than £5,500 after a council's departing chairman got on his bike to spread the word.

Councillor Pat Murray raised £11,452.67 during his year in office as chairman of South Derbyshire District Council.

The money has been split between a prostate fund at Burton Hospitals NHS Foundation Charitable Funds and the national charity Prostate Cancer UK.

Football fan Councillor Murray decided that he not only wanted to raise money

for the cause but also wanted to raise awareness of the disease.

Part of his fund-raising efforts saw him on his bike every Saturday morning, despite a bad knee, as he cycled around every village in South Derbyshire.

He distributed information along the way with support from staff at the district council's Civic Offices and from Green Bank Leisure Centre as well as from companies and organisations throughout the district who provided sponsorship, refreshment stops and moral support.

Councillor Murray said the cycle rides, which went to locations including Etwall, Hatton, Overseal and Aston-on-Trent, were very successful in boosting the funds.

The rides ended in Swad-

lincote with a grand finale when there was music laid on and stalls to help raise awareness of prostate cancer.

Councillor Murray said: "It was a tremendous effort from everyone. I support Burton Albion Football Club and Prostate Cancer UK has been the football league's chosen charity for the last two years. As chairman of the council, I got to nominate a charity for the year and I nominated Prostate Cancer UK.

"If men get colds they think they are dying and the ladies have to run after us and make sure we are tended to. Anything below the belt we immediately ignore it because that is what men are like.

"This is about getting them to get tested and raise awareness.

"The bike ride was very painful because of my knee



Councillor Pat Murray donating the money for the prostate screening to Jyoti Shah, right, who is leading an initiative from Burton Hospitals NHS Foundation Trust, and Sarah Minns, urology advanced nurse practitioner.

but I was determined to do it. I am overwhelmed by the amount raised and by the incredible support and assistance I received from so many people to make that possible.

"Active Nation allowed me free use of their facilities at Green Bank for my cycling training, while Lloyd's Cycles, in Swadlincote,

loaned me a bike to complete the rides. To learn that the money raised could make a difference to lives is absolutely wonderful."

A major fund-raiser was a charity gala ball hosted by Burton Albion Football Club at the Pirelli Stadium. The event raised £5,505.

Jyoti Shah, a consultant

urological surgeon at Queen's Hospital, Burton, said: "Thanks to Councillor Murray, we can continue to screen the local population of men over 50."

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