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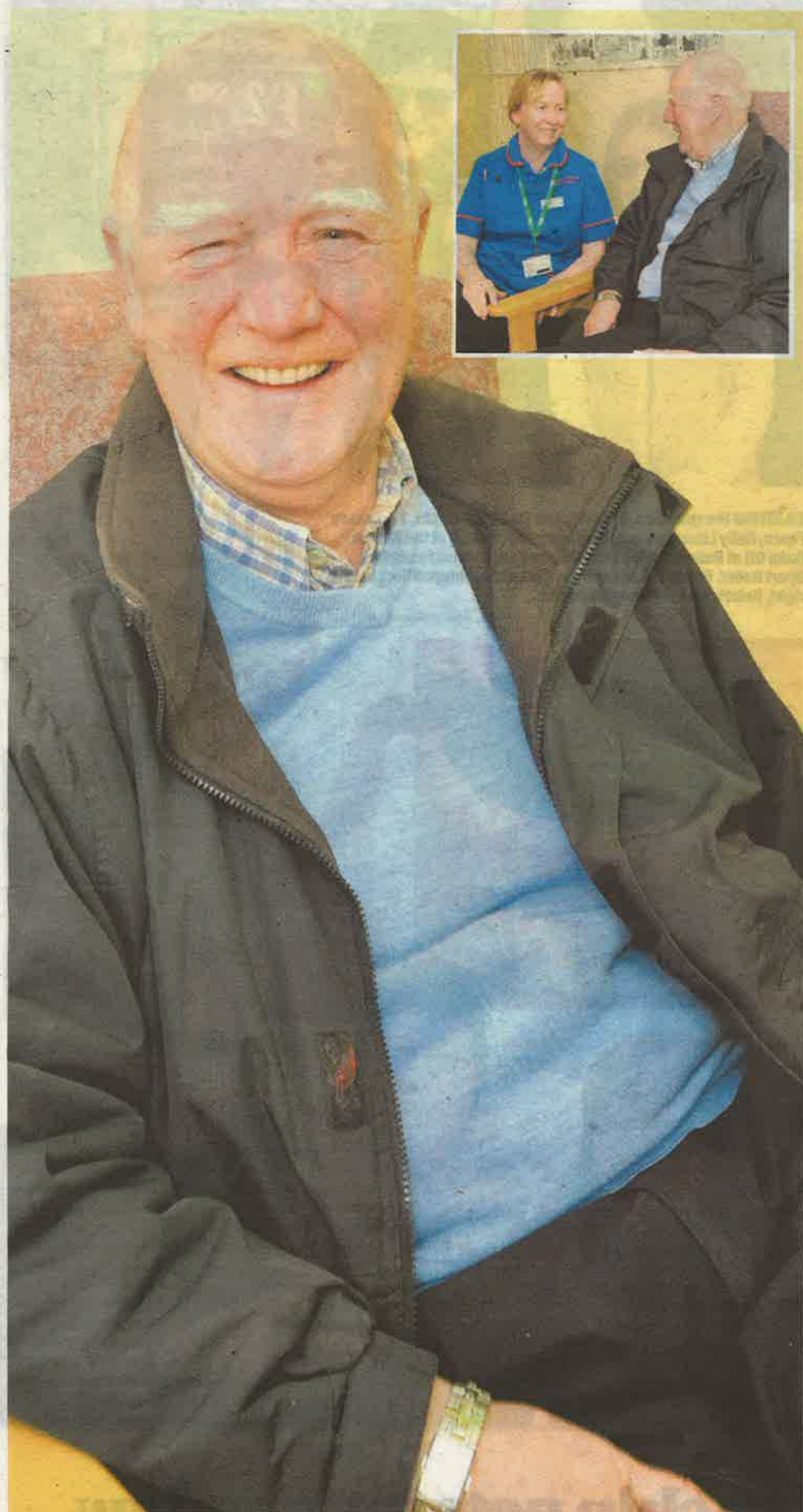


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## CAMPAIGN



BRUCE Righton is urging men to get tested for prostate cancer as part of a campaign to raise awareness about the disease. Inset: Sarah Minns, advanced urology nurse, at Burton's Queen's Hospital, talking to Mr Righton.

# Marathon runner's life saved thanks to check-up

In the first of a series of articles leading up to an epic walk by Sky Sports' Jeff Stelling for prostate cancer, Mail reporter Antoine Omisore speaks to a survivor of the common disease.

A PENSIONER who had dreams of running a marathon has revealed that training for the mammoth task saved his life.

Bruce Righton, from Uttoxeter, began preparing to run the Great North Run in time for his 65th birthday.

However, while training for the 13.1-mile route in Newcastle-upon-Tyne, the grandfather of four found out that he had prostate cancer.

The now 71-year-old said: "I had just begun my training and my family kept telling me to go to the doctors for a check-up.

"My heart was beating and my lungs were functioning. I was in good health. I reluctantly went, just to keep them happy. While I was at my GP's surgery, they took a blood and urine sample."

However, a week later Mr Righton got a call from his GP, referring him to see a consultant urologist at Burton's Queen's Hospital Belvedere Centre, in Belvedere Road, for a biopsy, due to the level of prostate-specific antigen (PSA) in his blood.

He said: "I was not really worried at that point. They took a sample of my prostate for testing. The result did not come back good at all."

Mr Righton's biopsy found that the cancer cells within his prostate were high on the Gleason scale – a medical grading system. It was serious, he had prostate cancer.

Despite the news, Mr

Righton remained positive.

He said: "From what the consultants told me it had been discovered early. I did not have symptoms such as passing blood in my urine."

Experts put him on drugs to treat the cancer and over a period of five years the PSA level of cancer in his cells started to decrease. But then the PSA began to creep up.

This time it was decided that he would have to have radical radiotherapy to treat the cancer cells.

After 35 days of treatment the PSA level had decreased to less than 0.1 per cent, meaning it was undetectable. Mr Righton was clear.

Now, Mr Righton is urging men to get checked.

Men will have the chance to have a PSA screening blood test and get advice from a consultant urological surgeon next week thanks to Burton Albion football club and the hospital teaming up as part of a campaign. Screenings will be held on Wednesday, March 30, and Thursday, March 31, at the Pirelli Stadium, in Princess Way, for those aged 50 and over.

Mr Righton said: "If I had not decided to run a half marathon it could have been worse for me. I urge everyone to give a blood sample. It could save your life."

More information on the free screenings or to book one is available by calling 01283 593172 or emailing [bactad@burtonalbionfc.co.uk](mailto:bactad@burtonalbionfc.co.uk)

## COURT

## Man must complete unpaid work

A BURTON man who failed to comply with a community order for a second time has been ordered to complete more unpaid work.

George Smith, of Grafton Road, admitted before Burton Magistrates' Court to failing to attend for unpaid work sessions on February 21 and 28 as part of a community order.

Adrian Pearce, defending, said he had missed his appointments as he had been working as a labourer.

He said: "He is only 20 years of age and he is stuck between a rock and a hard place. He has been working as a labourer."

"Unfortunately it is cash in hand work and he knows he needs a letter to explain he was working."

"His boss is unwilling to do that as it is off the books so there is no record of him working."

"He needs to work to keep a roof over his head."

Mr Pearce added that as a result of being back in court he had now lost his job.

Smith was given an extra 21 hours' unpaid work and told to pay £60 probation costs."

## COMMUNITY

## Spring clean for charity

CHARITY Barnardo's is asking people across Derbyshire to spring-clean their wardrobes to raise vital funds for the most disadvantaged children in the county.

To coincide with the official start of spring, the charity, which has stores in Branton and across Derbyshire, is launching its annual campaign to encourage donations.

Lynn Perry, regional director of Barnardo's, said: "Each year we are overwhelmed by the volume and quality of donations kind-hearted people bring."

More information is at [www.barnardos.org.uk](http://www.barnardos.org.uk)

## TRANSPORT

## Bus service consultation

RESIDENTS can still take part in Derbyshire County Council's consultation on the future of the county's bus services.

The council is proposing to withdraw all funding for subsidised bus services and community transport Dial-a-Bus 'shopping buses' from October 2017.

The consultation will run until Sunday, April 24.

Questionnaires can be completed online. Printed copies are available from all Derbyshire libraries and district and borough council offices.

## HOW TO SPOT THE SIGNS THAT YOU MAY HAVE PROSTATE CANCER

ONLY men can be affected by prostate cancer, as the prostate gland is found only in men.

The cancer develops when cells in the prostate, which is located underneath the bladder and surrounds the urethra, begin to grow in an erratic way.

While for some it may never cause problems, for others the cancer can spread outside of the prostate.

However, those that do suffer from symptoms should look out for the following common issues:

● The need to urinate more often than usual;

● Straining or taking a long time to finish urinating;  
● Difficulty starting to urinate;  
● A feeling that you're not emptying your bladder fully.

There are less common symptoms which include:  
● Pain when urinating;

● Pain when ejaculating;  
● Blood in your urine or semen.

Prostate cancer is the most common cancer in men over the age of 50.

More than 44,000 men are diagnosed every year across the UK.

Treatments for the cancer

can include radiotherapy, hormone therapy and chemotherapy.

Anyone who notices any changes or those over the age of 50 should visit their GP so they can run a prostate specific antigen (PSA) test, which is where they take a blood sample.



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## CAMPAIGN



# Men should not suffer alone if they have cancer

By Antoine Omisore

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A CLOSE-knit team of specialists are on a mission to raise awareness of the most common cancer in men.

Burton's Queen's Hospital's urology department, in Belvedere Road, has five specialist consultants aiming to make sure that men who have been diagnosed with prostate cancer get the best care possible and are not alone through their journey.

Those that visit the department with suspected prostate cancer are usually referred by their GP after giving a prostate-specific antigen (PSA) blood test.

Jyoti Shah, consultant urologist at the centre, is one of

the members of staff who would do a prostate biopsy.

She said: "We try to see as many patients in a dedicated high PSA clinic where they have their biopsy on the same day, if required. This saves them a lot of time and anxiety while waiting for results."

If the results come back positive for cancer, then the bad news is broken and a range of treatments are offered, once the news has sunk in.

Miss Shah, who has been at the centre for eight years, said: "It changes their life. I don't think people ever forget the moment they are told they have cancer."

"Everyone reacts differently, we just make sure that we are there through their journey. Any patient that has been given a diagnosis can ring us at any point.

"People like having someone to talk to."

Whether it is chemotherapy, radical radiotherapy, or hormone therapy, the men are not alone on their journey.

Miss Shah said: "We don't just push them out. We run our own clinics so we can offer support and keep an eye on them."

The centre diagnoses 300 new cancer patients a year, with roughly 150 to 200 of those being prostate cancer. It is the reason why the hospital is urging men over the age of 50 to have a PSA test.

Miss Shah said: "It is really important for men to have a PSA blood test done. It could save their life."

To comment on this story go to our website

Have your say at burtonmail.co.uk

JYOTI Shah is one of five specialist consultants at Burton's Queen's Hospital's urology department. The staff at the centre treat men who have been diagnosed with prostate cancer. The team offer support to those with the disease throughout their journey. Miss Shah is urging all men over the age of 50 to go for a check-up.

## THE PROSTATE CANCER CAMPAIGN

BURTON Albion are hoping to raise awareness of prostate cancer as part of a new campaign.

Burton Albion Community Trust (BACT) and Burton's Queen's Hospital are set to combine to dispel the stigma surrounding the disease.

The football club is to host screening sessions at the Pirelli Stadium, in Princess Way, as well as a range of health activities and fund-raising drives for Prostate Cancer UK.

As part of the campaign, which leads up to the Brewers' home clash against Oldham on Saturday, March 26, there will be a Men United fund-raising walk, led by Jeff Stelling.

This will see Brewers fans walk with the Sky TV presenter from Derby County's iPro Stadium to the Pirelli Stadium, on Good Friday.

Andy Taylor, head of community at BACT, said: "Health is one of the key areas for the trust and we



**MEN** are being urged to visit the Pirelli Stadium to get screened for prostate cancer. Pictured, from left, are Ben Robinson, chairman of Burton Albion, Sarah Minns, urology advanced nurse practitioner, Jyoti Shah, consultant urological surgeon and Andy Taylor.

are delighted to be able to be part of this campaign which can have a big impact on men, by educating them about the potential dangers and providing them with help and advice at the football club, which many visit week-in, week-out."

The screenings, aimed at men aged 50 and over, will

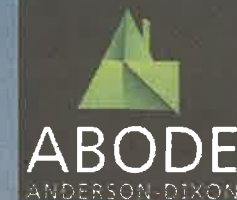
take place on Wednesday, March 30, and Thursday, March 31.

The health activities, supported by Brewers defender Damien McCrory, started yesterday.

More information can be found by calling 01283 593172 or emailing bacted@min@burtonalbionfc.co.uk

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# Mail says ...

## Our thoughts are with the terror victims

THE scenes from Brussels have been sickening to watch unfold.

Coming just months after the similar terror attacks in Paris they have rightly left people shocked, upset and fearful.

Our thoughts are with the families of the 34 people whose lives were so needlessly taken without warning and those 200 left injured in these latest attacks.

Everything must be done to help the grieving families of those who lost their lives and to aid those who are recovering from terrible injuries.

All that can be done to bring those who were behind this cowardly attack to justice must now happen.

Anyone who aided the terrorists in any shape or form must now feel the wrath of the law so they are not a threat to law-abiding citizens going about their daily business ever again.

It is also right that security at airports and rail stations is looked at again. Such warped people spend their time and effort attempting to breach our security that they can kill and destroy, so we must constantly improve our defences.

But for security to work well it requires ordinary people to be always vigilant.

If we are at the rail station or airport and spot something or someone acting suspiciously, it is our duty to tell someone in authority.

It is vital that we stand together as a world community and do not allow extremist views and terrorists to eat away at civilised society.

## Being organ donor offers chance of life

OUR thoughts are also with the family of brave youngster Lara Hensley, who has sadly died.

Lara, 12, from Church Gresley, was born with a heart condition and underwent 25 operations in her lifetime.

Until January this year, Lara had been making excellent progress.

However, a further operation on her heart sadly went wrong and despite a heart transplant and desperate attempts by doctors to save her life, Lara died in her mum's arms. What happened to battling Lara is tragically unfair, but it is vital that as many of us who can, sign up to the organ donor register so children such as Lara are given a chance.

Transplants do not always work but they give the chance of life to so many.

### CAMPAIGN

# Cancer sufferer urges men to get checked before it is too late



CAI Simpson, senior urology staff nurse, and Aimee Hassett, urology care assistant (above), at Burton's Queen's Hospital's urology department. Left, Tyra Stevens, urology clinical nurse specialist at work on one of the department's machines. Below, Trevor Anderson promoting the free prostate cancer screenings.



**By Antoine Omisore**  
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THERE is nothing more terrifying than receiving news that you may have a deadly disease.

A hundred things run through your head, including the question, 'am I going to die?'

Those were the thoughts of Trevor Anderson, from Burntwood, who, three years ago, was diagnosed with prostate cancer.

It was a complete shock to the 69-year-old who only visited his GP for a check-up to keep his wife Jackie, 68, happy.

He said: "I was getting ear-ache from the wife. I had what you call cauliflower ears due to the amount of times that she tried telling me to go the GP for a check-up."

"To be honest, we know friends who have suffered with prostate cancer and our next door neighbour died from the disease."

"After almost a year of me telling Jackie I was fine, I gave in and went to the doctors."

Mr Anderson did as he was told and went for a blood test at his local GP surgery. Due to an elevated level of prostate-specific antigen (PSA) in his blood, his GP referred him to a urology

clinic, at the Sir Robert Peel Hospital, in Tamworth.

Despite the dangers that could arise, the grandfather-of-three still thought there was nothing wrong.

He said: "I didn't think anything of it. I felt fine and my health was good. I did not show any symptoms such as passing blood in my urine. I had no clue."

Upon his first meeting with urology consultant Jyoti Shah, he was given a digital rectal examination. Miss Shah inserted a gloved, lubricated finger into his rectum, to feel for abnormalities.

It was only after the assessment that Mr Anderson became worried.

He said: "I was advised that my prostate was on the hard side and I was asked to visit Burton's Queen's Hospital's urology department for a prostate biopsy."

"I started to get a little concerned."

A month later Mr Anderson was naked on his side, awaiting the biopsy to begin.

It was a nerve-wracking experience for the former security solutions manager.

He said: "The specialist team treated me with kindness and dignity which helped when the time came for the biopsy to take place."

"Miss Shah used a device which punctured the wall of the rectum and took pieces of the prostate. I would not like to receive that twice."

Much to the shock of the pensioner he received a call to say that his results were back and he had to travel back to Queen's Hospital to receive them. It was a moment he would never forget.

He said: "I thought it was bad news, due to the timescale of the results coming back."

"I was told that I had prostate cancer. It came as a total shock to both me and Jackie."



JYOTI Shah (front), consultant urologist with her team at Burton's Queen's Hospital, where Trevor Anderson (main picture) now volunteers. From left: Keith Bryan, Sarah Minns, Tyra Stevens, CAI Simpson, Kayleigh Marlow and Aimee Hassett.

"She burst into tears. I just sat there stunned."

"It pays to have someone with you at the point. There is a lot of information to take in and I was not able to."

Despite the bad news, the consultant assured Mr Anderson that the cancer was moderate and it would be curable.

He was presented with two options for a cure – radical radiotherapy or radical prostatectomy. Mr Anderson opted for the latter. Three months later and he went under the knife to have his diseased prostate gland, only found in men, removed.

But if he thought he was out of the water, he was sadly wrong.

Mr Anderson explained: "The day after my operation I was told that the cancer was more aggressive than what was initially diagnosed. It had spread outside of my prostate gland and I had to have lymph nodes removed."

Despite the success of the operation, there were further

## NURSE SET TO GO ON EPIC TREK FOR GOOD CAUSE

A SPECIALIST nurse is set to embark on a trek for charity with a well-known face in the world of sport.

Natalie Mart, an urology nurse at the Royal Derby Hospital, is set to step out with Sky TV presenter Jeff Stelling for part of his Men United march for charity Prostate Cancer UK.

Miss Mart, 42, from Willington, will join Mr Stelling and football fans on

the 26-mile walk from the iPro Stadium, in Derby, to the Nottingham Forest and Notts County grounds, via the Pirelli Stadium, home to Burton Albion.

She said: "I want to raise awareness locally of prostate cancer, and encourage men to check for symptoms which could lead to early diagnosis. The earlier we can diagnose prostate cancer, the more likely we are

to be able to cure it."

"Prostate cancer mainly affects men over 50, so a lot of men put the early signs – problems passing urine; back and hip pain – down to simply getting older."

"However, these symptoms could be a down to a growth in the prostate, so it is vital that anyone experiencing them books an appointment with their GP to get it looked at."

The urology department at Derby Teaching Hospitals NHS Foundation Trust diagnosed more than 330 new patients with prostate cancer last year.

Miss Mart said: "I want men to think about going to see their GP if they have any symptoms or problems. Even if it can't be cured, the earlier it is caught, the more chance we have of controlling it."



NATALIE Mart will be going on a 26-mile walk for charity.





## FASHION

## Search for top stylist

DO you think you have what it takes to be Burton's next top hair stylist?

The 'Create The Look' competition being run by SME Insurance (SMEi) is looking for aspiring Nicky Clarkes to be in with a chance of winning a day with a leading stylist from an award-winning salon.

The competition is open to all trainee hairdressers and make-up artists from the West Midlands, and aims to provide a platform for young stylists of the future to showcase their work.

Anyone can enter the competition by sharing a picture and short description of their creation to SMEi's Facebook page.

## ACTIVITIES

## School hosts Easter event

A BURTON school will be hosting an 'all-ages' Easter service this Good Friday.

The Glebe School, in Stanton Road, Stapenhill, will host the service from 9.50am tomorrow.

The service will be followed by refreshments and a crafts session.



**TREVOR Anderson is still receiving treatment.**

grey skies ahead for the family man. Following his three-month appointment to check his wellbeing and PSA, it was found that the levels were doubling.

It was advised that he should have 35 days' worth of radiotherapy sessions as well

as hormone therapy.

Mr Anderson said that the side effects were 'not pleasant'.

He said: "They were horrendous. I had hot flushes, incontinence and erectile dysfunction."

It is treatment that he is still receiving, and will continue to, at least until March 2017. His PSA is currently undetectable as a result of the treatment.

Despite being unsure of whether he will be cured, Mr Anderson remains in a positive frame of mind.

He said: "I feel in excellent health. I think it is helped by having a positive outlook on life, which I think is important to remember."

It is a message that he hopes to pass on to others in a similar situation at the urology department, where he now volunteers.

He said: "There are some people who come in for treatment that do not have anyone for support, which can make the situation worse. I can't

imagine what it would be like if I was alone.

"I sit and talk to the stressed out patients to try to make them feel relaxed. I would like to reassure them.

"Although life can be challenging at times, this disease is not necessarily life-threatening providing it is treated in time.

"If you are a male over 50, get checked out with your local GP. It could save your life."

Men will have the chance to have a PSA screening blood test and get advice from a consultant urological surgeon next week thanks to Burton Albion football club and the hospital teaming up as part of a campaign. Screenings will be held on Wednesday, March 30, and Thursday, March 31, at the Pirelli Stadium, in Princess Way, for those aged 50 and over.

More information on the free screenings or to book one is available by calling 01283 593172 or emailing bactadmin@burtonalbionfc.co.uk

## Coach signs up to scheme

BURTON Albion first team coach Andy Garner has signed up for a free prostate cancer screening at the Pirelli Stadium as part of a campaign.

Mr Garner signed up to have his blood taken by specialists after coaching a weekly football session for the over-50s, the target age for the screenings.

The campaign, which aims to take away the fear factor and enable men to seek advice, is run by Burton Albion Community Trust (BACT) and Burton's Queen's Hospital.



**ANDY Garner of Burton Albion.**

The campaign will also see a charity collection for Prostate Cancer UK take place at the Brewers' home match against Oldham on Saturday, March 26, while an information stand will be manned by hospital staff.

The screenings will be held on Wednesday, March 30, and Thursday, March 31, at the Pirelli Stadium, in Princess Way, for those aged 50 and over.

More information on the free screenings or to book one is available by calling 01283 593172 or emailing bactadmin@burtonalbionfc.co.uk

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## CAMPAIGN

# Men are urged to get prostate check by expert

By Antoine Omisore

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A HEALTH expert has urged men to get themselves screened as part of a campaign to raise awareness about prostate cancer.

Dr Charles Pidsley, clinical chairman of East Staffordshire Clinical Commissioning Group, is encouraging those worried that they may have symptoms relating to the disease to take part in free screenings, set to take place over two days at the Pirelli Stadium, in Princess Way, Burton.

Dr Pidsley said: "There is currently no national screening programme for prostate cancer because the test is not sensitive or specific enough.

"However, any man who notices any change in his urinary symptoms, such as pain when passing urine and getting up at night to pass urine more frequently, should go to his GP without delay for an examination.

"At this stage a Prostate-Specific Antigen (PSA) blood test may be one of several investigations offered."

PSA is a protein produced by cells of the prostate gland, which can only be found in men. The test measures the level of PSA in a man's blood. Although the campaign is aimed at men aged 50 and over, Dr Pidsley said there was no ideal age to get tested.

He said: "The condition is very common in older men and 80 per cent of men over the age of 80 are likely to have some degree of it.




**EAST Staffordshire Clinical Commissioning Group clinical chairman Dr Charles Pidsley is urging men to take up the opportunity of free screenings for prostate cancer at the Pirelli Stadium in Burton.**

"The condition can be aggressive and this may be the case in younger men."

The doctor was quick to point out that where the PSA test may be used as an indicator, the results were not the be all and end all.

He said: "Having an increased PSA test result

does not mean that you have prostate cancer. About two out of three men with a raised PSA level will not have the disease."

 Read more about the campaign on our website  
Have your say at burtonmail.co.uk

## ON THE MARCH WITH JEFF STELLING

I WILL be putting myself through the ringer today as I accompany Sky Sports' Jeff Stelling and several others on the latest leg of Jeff's Men United March, writes Sport Mail's Ashley Wilkinson.

The march, which sees Jeff walk an incredible 10 marathons in 10 days from his beloved Hartlepool United to Wembley Stadium, is raising money for Prostate Cancer UK and awareness of one of the most common cancers in men.

Today, I will be live-blogging from the walk as Burton Albion fans, staff and some football legends – Archie Gemmill and Paul Merson, anyone? – walk from Derby County's iPro Stadium to the Pirelli.

Brewers boss Nigel Clough will greet us at the home of Albion, before Jeff sets off to Nottingham Forest's City Ground from there.


You can follow the walk on our website, where I will be posting photos and video updates as often as my tired arms will allow me!

This is all in aid of an excellent cause. Prostate cancer affects one in eight men and more than 44,000 men are diagnosed every year.

You can still donate and get more information by going online to [www.justgiving.com/Ashley-Wilkinson2](http://www.justgiving.com/Ashley-Wilkinson2)



**SKY Sports' Jeff Stelling will be in Burton today.**

 Follow our live blog of the walk from 8am today  
Action as it happens at burtonmail.co.uk

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WALK

# Stelling puts his best foot forward for cancer charity

By Ashley Wilkinson

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I LEARNED two important lessons yesterday when, as part of Jeff's March, I walked from Derby County's iPro Stadium to the Pirelli Stadium of Burton Albion.

The first was to always pack a spare phone.

You see, I had planned out the whole event. I was going to post selfies, videos, interviews and all so much more from the power of my smartphone.

I had even remembered my power pack, to extend my battery's life as we got closer to the Pirelli.

But I did not count on my screen failing to recognise any input from me, and as such, I was left with a phone I could receive messages, notifications and calls on – but not access any of them.

So for anyone taking part in days six, seven, eight, nine or 10 of Jeff's March, be smarter than me and take a spare.

Thankfully, the second lesson I learned was a much

more valuable, positive and uplifting one.

Jeff Stelling is an incredible man. He is walking 10 marathons in 10 days to raise money and awareness for Prostate Cancer UK.

Prostate cancer is the most common cancer in men in the UK, with more than 40,000 cases diagnosed every year.

With its Men United campaign, Prostate Cancer UK has looked to raise awareness of this horrible disease.

The Men United March, or Jeff's March, sees Sky Sports presenter Stelling travel from his beloved Hartlepool United to Wembley Stadium via football stadiums across the country.

Yesterday, he walked from the iPro to Nottingham Forest's City Ground, via the Pirelli. I could not get a final tally but there must have been 60 to 70 people walking from Derby to Burton – all raising money.

So many people, including people on the walk, have been affected, or know someone who has been, by prostate cancer.

Stelling, who was accompanied by his Sky Sports pal



ABOVE: Brewers boss Nigel Clough, Jeff Stelling, Hartlepool chief executive Russ Green, Paul Merson from Sky Sports and Brewers full-back Damien McCrory. Inset: Jeff Stelling with Molson Coors staff.



Paul Merson on this leg, as well as Rams legend Archie Gemmill, has raised more than £200,000 at this stage of the walk.

He was gracious and courteous throughout, waving to those who were cheering him on throughout the route, which took walkers through Chellaston and alongside the Trent and Mersey canal right into Burton.

So were those walking with Stelling on every leg of his incredible challenge.

But the real sense of togetherness from all those walking – from Stelling to Rams and Albion fans – was clear.

The weather was beautiful, the route perfect – but this was about much more than a ramble.

If this walk and the spirit it took on helps raise more awareness of, and more money to fight, this awful disease, then any aching legs will be more than worth it.



YOUNGEST walker Zach Thomas, 11, and Jeff Stelling.

Pictures: Alex Cantrill-Jones/AJC Media

Watch our video from the walk online  
Log on to burtonmail.co.uk

## BREWERS BOSS BACKS NEW CAMPAIGN

MEN have been reminded that there is still time to sign up to a campaign that could save lives.

Burton Albion and Burton's Queen's Hospital, in Belvedere Road, have joined forces to take away the fear factor surrounding prostate cancer.

The campaign will see screenings take place over two days at the Pirelli Stadium, in Princess Way, while a number of health activities and fund-raising drives have also taken place.

Men, aged 50 and over, will have the chance to have a PSA screening blood test and

get advice from a consultant urological surgeon on Wednesday, March 30, and Thursday, March 31, at the Pirelli Stadium.

Brewers manager Nigel Clough, pictured, said that he was behind the campaign.

He said: "We are pleased we can play a part in raising awareness among our fans about prostate cancer with the activities and screenings taking place at the Pirelli Stadium."

"We would also urge our fans to support the fund-raising activities that will contribute valuable funds for the



Prostate Cancer UK charity."

More information on the free screenings or to book one is available by calling 01283 593172 or emailing bactadmin@burtonalbionfc.co.uk

POLICE

## Vote for chief to lead fight on crime

AN election to find a new police commissioner to co-ordinate the fight against crime in South Derbyshire is just around the corner, and residents are being urged to register to vote.

The Derbyshire police and crime commissioner (PCC) election will be held on Thursday, May 5, but residents must register in advance. The PCC will be responsible for managing local policing budgets as well as co-ordinating the fight against crime.

Ardip Kaur, returning officer for South Derbyshire, said: "The right to vote is a fundamental of democracy – it's your right to have a say in national and local politics."

"Time is running out to make sure you can vote in the PCC elections, so I'd encourage residents in South Derbyshire to take action now."

The deadline for registering to vote is Monday, April 18, and anyone can do so by visiting [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) and providing your name, address, date of birth and National Insurance number.

GYMS

## Advice over TV licences

GYMS have been warned that they need a TV licence if customers are watching TV while they exercise.

With more than 40 gyms and health clubs around Burton and South Derbyshire, TV Licensing is reminding owners of fitness clubs they need a TV licence if their members watch live television while they exercise.

Watching TV does not have to be a sedentary activity, with many gym goers choosing to watch their favourite programmes while working out, said a spokesman.

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## HEALTH

# Routine check can prove to be a real lifesaver

By Antoine Omisore

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AN electrician is counting his lucky stars after a routine check-up at his local GP surgery saved his life.

Alan Hamnett, of Bretby Lane, Burton, was diagnosed with prostate cancer five years ago.

It came out of the blue for the 61-year-old who was 'dragged' to the doctors by his now 62-year-old wife, Elaine.

Mr Hamnett, who works for Severn Trent, said: "My wife took me for a wellbeing check. I did not want to go. I thought it was too much effort. I would have much preferred to go fishing or walk the dog."

"They did some tests and took a sample of my blood."

About a week later Mr Hamnett got a call from his doctor, referring him to the urology department at Burton's Queen's Hospital, in Belvedere Road, for a prostate biopsy, due to the level of prostate-specific antigen (PSA) in his blood.

It was feared that the electrician could have prostate cancer.

He said: "I thought everything was fine and that it was a complete waste of time going."

"When I got the call I began to worry a little bit. I had no

idea what prostate cancer was. I Googled it and I frightened myself to death."

Mr Hamnett's biopsy confirmed his worst fear. He had in fact got prostate cancer but it was 'manageable'.

He said: "I was told that I had low level prostate cancer, which meant that I had to go for check-ups every six months so that it would not get worse."

"I was amazed to know how many people walked about without being diagnosed with prostate cancer."

If Mr Hamnett thought he was out of the woods and it was time to celebrate, he was mistaken.

He said: "Three years after being diagnosed and my PSA levels going up and down, I went for a routine MRI scan to see if my prostate had enlarged."

"It found that I had a tumour on my left kidney. It was a huge blow. It really knocked me back."

Four months later, on his 39th wedding anniversary, Mr Hamnett had his kidney removed and he thanks his wife every day for making him go to the doctors.

He said: "If I had not gone for a wellbeing check I may have not found out that I had cancer until it was too late."

"Going through something like that makes you appreciate what you have."

"I still go for a check-up



ALAN Hamnett outside the urology department at Burton's Queen's Hospital. Inset, Mr Hamnett talking to Jyoti Shah, consultant urologist at the hospital. Below: Sky Sports presenter Jeff Stelling (left) with Burton Albion boss Nigel Clough at the Pirelli Stadium during Good Friday's walk.



every six months. I know that I'm in good hands."

Mr Hamnett embarked on a walk to raise money and awareness for the charity Prostate Cancer UK, as well as a way to say thank-you for all the support he has received.

He took on the trek with Sky TV presenter Jeff Stelling, from Derby County's iPro Stadium to Burton Albion's Pirelli Stadium, on Good Friday, as part of a prostate cancer campaign.

He said: "I have been lucky in that both of my problems

were discovered early and this has helped enormously in my prognosis."

"Others are not so fortunate and this is sometimes due to a reluctance on their part to undergo any checks as they are frightened of what this entails or the outcome."

"I hope that this walk will raise awareness and help people to talk about it."

As part of the campaign, Burton Albion will be hosting prostate screenings, at the Pirelli Stadium, aimed at men aged 50 and over.

These are set to take place today and tomorrow and are now fully booked.

Anyone who would like to donate to the walk can do so by visiting [www.justgiving.com/Alan-Hamnett](http://www.justgiving.com/Alan-Hamnett)

Tell us if you have been supporting the charity  
Have your say at [burtonmail.co.uk](http://burtonmail.co.uk)

## REMEMBRANCE

## Be a part of artwork at exhibition

VISITORS to a centre of remembrance have still got time to send in photographs to be used in an exhibition.

Bosses at the National Memorial Arboretum, in Alrewas, are urging people to submit snaps of themselves, as well as those of friends and family, to feature in a work of art to be created by Helen Marshall.

Images taken at the centre, during a special event or another place of significance, are also welcome.

The artist will be creating her piece ready for when the new Remembrance Centre opens this autumn.

The giant photomontage will be approximately four metres wide and will feature around 5,000 individual digital photographs.

Mrs Marshall will be at the arboretum on Thursday, April 7, and Friday, April 8, to take portrait photos of people who wish to be included.

Those who have their own photographs that they want to put forward for consideration can upload them by visiting [thepeoplespicture.com/nma/](http://thepeoplespicture.com/nma/)

## POLICE

## Satnav taken in robbery

THE search is on for a thief who stole a satnav from a takeaway driver in South Derbyshire.

The satnav was taken from a Ford Transit van in Plummer Road, Newhall, at 8.20pm on Sunday, March 27.

As well as the device, a windscreen bracket and cables were stolen and the man ran off along Kinder Avenue.

He was described as being white, in his mid-20s, about 5ft 10ins, of medium build and wearing a baggy jacket, a dark baseball cap and dark trousers.

Witnesses should contact 101 quoting 13468/16.

## CHARITY

## Appeal for donations

A CHARITY shop has issued a plea for donations to help support people with mental health issues.

Mind charity shop, in High Street, Swadlincote, is appealing for clothing, books, games and accessories.

Anita Welch, store manager, said: "We are desperate for people to donate items."

"We would be grateful for any help we can get."

"It does not matter what is given to us."

Anyone who would like to speak to the shop can do so by calling 01283 295244.

## CRIME

# Smokers urged to be wary of fake cigarettes



WARNINGS have been issued about fake cigarettes in circulation in the Derbyshire area.

Packs made in the UK contain fire-retardant chemicals which mean they extinguish if dropped or left alone.

Fake cigarettes which have been seized in Derby do not contain this chemical, and could spark tragic fires, warn city trading standards experts.

The illicit packs, made in China or Eastern Europe, also contain levels of lead and

another chemical, cadmium - up to seven times higher than normal.

Derby City Council's Trading Standards department has swooped on around 60 different shops in four raids and discovered the cigarettes.

They believe organised crime gangs are behind the smuggling while shopkeepers are using more devious methods to conceal the products.

In one raid this month, officers discovered stacks of counterfeit cigarettes carefully hidden under seats and

in the boot of a car left in the back yard of one store.

Next month a shopkeeper is due to be sentenced after pleading guilty to possessing 82,000 illegal cigarettes and a further 50kg of illicit rolling tobacco.

Doug Walkman, team leader of the council's trading standards team, said: "Over the course of the current financial year, we have seized approximately 14,000 packets of cigarettes and 2,000 packets of 50g hand rolling tobacco, which a rough estimate

would put at around £142,000 if it were legitimate and sold at the current average retail value. We have a 98 per cent success rate in the stores which we have organised co-ordinated raids on and the intelligence we have received on those that sell illicit or counterfeit cigarettes and tobacco is mainly coming from the public."

It has been said the fake cigarettes are made to look like genuine legal brands such as Lambert and Butler or Benson and Hedges.



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## CAMPAIGN

# Prostate cancer screening week is a big success

By Antoine Omsore

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AN innovative campaign to raise the awareness of the dangers surrounding prostate cancer has been deemed a 'success'.

Burton Albion and Burton's Queen's Hospital, in Belvedere Road, joined forces to try to take away the fear factor attached to the most common cancer in men.

As well as a week of men's health-related activities, the campaign also saw free prostate cancer checks at the Pirelli Stadium for men over the age of 50.

There was an over-50s football session, attended by the Burton Albion first team coach Andy Garner.

Jyoti Shah, consultant urological surgeon at Queen's Hospital, gave a presentation

on prostate cancer and men's health to a room full of over-50s, and the Rotary Club of Burton raised more than £600 for Prostate Cancer UK at the Brewers' home clash against Oldham.

After the League One match, a #FootballtoAmsterdam five-a-side tournament took place at St George's Park.

Twelve teams from local businesses lined up to take on the Burton Albion Legends – who finished as the overall winners in a final against Ashfield Health Care.

Despite all the fun and fund-raising activities, it was the screenings which were the main focus.

More than 100 men from across East Staffordshire, including Burton Albion first team coach Mr Garner and Burton Albion Community Trust (BACT) chairman John Jackson, took part in the free prostate cancer screenings,

undertaken by the hospital's urology department.

John Widdowson, BACT health and inclusion manager, said: "The whole week was a fantastic success.

"We were really pleased to have led and organised a number of activities during our Men's Health Week, which couldn't have taken place without our partners, and we would like to thank Burton's Queen's Hospital, Burton Albion Football Club, Burton Rotary Club, and all those who have turned up and supported the week.

"The aim of the week was to raise awareness of prostate cancer and also raise some money to support the work which takes place locally and nationally.

"Over the week, we have raised in excess of £2,000 and, more importantly, delivered our message to more than 5,000 people in East Staffordshire."



PICTURED at the Pirelli Stadium are, from left, Burton Albion chairman Ben Robinson, Sarah Minns, urology advanced nurse practitioner at Burton's Queen's Hospital, Jyoti Shah, consultant urological surgeon, and Andy Taylor, head of community at Burton Albion Community Trust.

## HOW TO SPOT THE TELLTALE SYMPTOMS THAT YOU MAY HAVE PROSTATE CANCER

ONLY men can be affected by prostate cancer, as the prostate gland is found only in men.

The cancer develops when cells in the prostate begin to grow in an erratic way.

While for some it may never cause problems, for others the cancer can spread outside of the prostate.

However, those that do suffer from symptoms should look out for the following

common issues:

- The need to urinate more often than usual;
- Straining or taking a long time to finish urinating;
- Difficulty starting to urinate; and

- A feeling that you're not emptying your bladder fully.

There are less common symptoms, which include:

- Pain when urinating;
- Pain when ejaculating; and

- Blood in your urine.

Prostate cancer is the most common cancer in men over the age of 50. Treatments for the cancer can include radiotherapy, hormone therapy and chemotherapy.

Anyone who notices any changes or those over the age of 50 should visit their GP so they can run a prostate specific antigen (PSA) test, which is where a blood sample is taken.

# Easter

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