



Reg. Charity No. 1129395

Patron. Chris Jones, Television Presenter

We are a patient-led prostate cancer support group for men and their partners living in West Wales.

We aim to give men the opportunity to talk to other men who have been through the experience of tests, diagnosis and treatment for prostate cancer.

We encourage men with prostate cancer or symptoms of prostate disease to become better informed and able to discuss and make decisions about their treatment.

We encourage all men from age 50 to seek professional advice and request regular tests from their own GP to establish any abnormality of the prostate gland.

We work with other agencies to improve awareness, education, diagnosis, therapy and support for men with prostate cancer.

CONFIDENTIAL HELPLINES:

01239 710265*

01834 831442/07870 917806

If you are undergoing tests for, or have been diagnosed with prostate cancer and would like to share your concerns and learn from the experience of other men, we would like to hear from you. Between us, we have experienced a range of treatments and are willing to talk to you in confidence and help support you through your cancer journey.

We will keep in touch through our newsletter and social events. For more information about prostate cancer, or about our charity please contact one of the following in confidence.

Ken. Tel. 01239 710265* Welsh speaker

kenjones521@btinternet.com

John. Tel. 01834 831442

john.coaker@btinternet.com or

David. Tel. 07870 917806

davidparmarphillips@gmail.com

We have a website which may be of interest to you. Please visit us at:

www.westwalesprostatecancer.org.uk

We would also like to hear from you if your own experience of prostate cancer inspires you to help others.

OTHER SOURCES OF HELP:

Prostate Cancer UK

General Information

020 8222 7622

Helpline 0800 074 8383

Mon-Fri 10am-4pm, Wed 7pm-9pm

www.prostatecanceruk.org

Tenovus

Tel. 029 2076 8850

Helpline 0808 808 1010

www.tenovus.org.uk

Prostate Cancer Support Federation

Tel. 0845 601 0766 Anytime

www.prostatecancerfederation.org.uk

Macmillan Cancer Support

Helpline 0808 808 0000

Mon-Fri 9.00am-9.00pm

www.macmillan.org.uk

Bladder and Bowel Foundation

Tel. 0845 3450165

www.bladderandbowelfoundation.org

The Sexual Advice Association

Tel. 0207 486 7262

www.sexualadviceassociation.co.uk

CISS Cancer Information & Support Services - Swansea

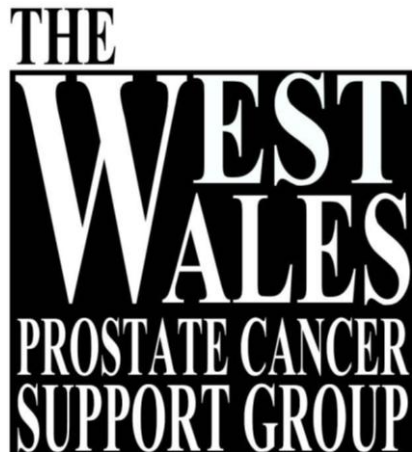
Tel. 01792 655025

www.cancerinformation.org.uk

Prostate Cymru

Tel. 0808 1234 124

www.prostatecymru.com



Rhif Elusen 1129395

Noddrwr. Chris Jones, Cyflwynwr Teledu

Grŵp ydym ni sy'n cynnig cefnogaeth ynglyn a chancr y prostatad i ddynion a'u partneriaid sy'n byw yng Ngorllewin Cymru.

Rydym yn anelu at ddarparu cyfle i ddynion siarad â dynion eraill sydd wedi bod trwy'r profiad o brofion, diagnosis a thriniaeth am gancr y prostatad.

Rydym yn annog dynion gyda chancr y prostatad neu symptomau o afiechyd y prostatad i gynyddu'u gwybodaeth ac i drafod a gwneud penderfyniadau ynglŷn â'u triniaeth.

Rydym yn annog dynion dros 50 i ofyn am gyngor proffesiynol a gofyn am brofion rheolaidd o'u meddyg teulu i ddarganfod unrhyw abnormaledd yn chwarrren y prostatad.

Rydym yn gweithio gydag asiantaethau eraill i wella ymwybyddiaeth, addysg, diagnosis, therapi a chefnogaeth i ddynion â chancr y prostatad.

Llinellau Cymorth Cyfrinachol:
01239 710265*
01834 831442/07870 917806

Os ydych yn cael profion neu wedi canfod bod cancr y brostad gennych ac am rannu eich gofidiau neu ddysgu oddi wrth brofiadau dynion eraill, yna hoffwn glywed oddi wrthyach. Fel ddynion sydd wedi dioddef o'r glefyd, mae gennym brofiad helaeth o driniaethau a rydym yn barod i siarad â chi yn gyfrinachol a'ch tywys ar hyd eich taith cancr. Cadwn mewn cysylltiad drwy gyfrwng ein cylchlythyr a gweithgareddau cymdeithasol. Am fwy o wybodaeth am gancr y brostad, neu am ein elusen cysylltwch ag un o'r isod yn gyfrinachol:

Ken. Ffôn. 01239 710265 * Cymraeg

kenjones521@btinternet.com

John. Ffôn. 01834 831442

john.coaker@btinternet.com or

David. Ffôn. 07870 917806

davidparmarphillips@gmail.com

Ewch i'n gwefan am fwy o wybodaeth. I ymweld ewch i:

www.westwalesprostatecancer.org.uk

Hoffem glywed oddi wrthyach hefyd os yw eich profiad personol o gancr y brostad yn eich ysbrydoli i fod o gymorth i eraill.

FFYNONELLAU ERAILL O GYMORTH:

Prostate Cancer UK

Gwybodaeth gyffredinol

020 8222 7622

Llinell Gymorth 0800 074 8383

Llun-Gwener 10yb-4yp, Mercher 7yh-9yh

www.prostatecanceruk.org

Tenovus

Ffôn. 029 2076 8850

Llinell gymorth 0808 808 1010

www.tenovus.org.uk

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CISS Cancer Information & Support Services – Abertawe

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Prostate Cymru

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www.prostatecymru.com