

## Saving men from PROSTATE CANCER

**E**RROL MCKELLAR MBE is an inspiring man with a powerful message. He is the Founder of **The Errol McKellar Foundation** charity created to raise awareness of prostate cancer and to encourage men over the age of 45 to get a PSA blood test. He is a prostate cancer survivor and as his cancer was diagnosed early he is now determined to help others - because he can. He has already saved thousands of lives with his **'MOT YOURSELF'**™ campaign and it is hoped that the new national roll out of this commanding message - starting in Suffolk and Essex - will save many more.

The statistics make it all very real. 47,000 men are diagnosed every year. 11,000 of those will die from prostate cancer, that is one death every 45 minutes. The risk rate varies with ethnicity. One in four African and Caribbean men die compared to one in eight white European men and one in twelve Asian men.

Errol has always been passionate about football with dreams of playing professionally and although he didn't become a football player himself - he coached dozens of kids who did, including David Beckham, Sol Campbell, Ashley Cole and Ledley King. Errol, by trade, is a car mechanic and managed his own garage and MOT centre

in Hackney while coaching and enjoying family life.

Suddenly, life changed dramatically for Errol. He first discovered that he had prostate cancer quite by accident - he went to the doctor for a relatively mundane symptom and picked up a leaflet about Prostate Cancer - and decided to get tested.

Says Errol, 'I had two blood tests and a biopsy, followed by a scan. My doctor then told me that my prostate was covered in cancer. I ran out of the room and sat in my car in tears while the news hit home. My wife Sharon gave me strength, she told me to face up to it like I would any challenge. And so, I did. My path changed from flight to fight.'

'I went on to have my prostate removed and then needed radiotherapy. It is a journey but you have to be brave and push through it. I realised how lucky I was to have had early detection. If you catch prostate cancer early enough - you have a higher chance of survival.'

'People have the wrong idea about the initial test. It is just a blood test guys. So just make sure you get one. It's all about getting yourself a prostate MOT in the same way you do your car. You MOT your car more than you do yourself - MOT YOURSELF every year like your car!'

'We are rolling out this message

to all men and women across the UK. This disease affects families and we are not going to stop reaching out to communities.'

**E**rrol and his team have set up The Errol McKellar Foundation (registered as a non-profit organisation) - its prime directive is to raise awareness of prostate cancer, and in turn inspire men to get tested. He is supported by sponsorship from Stonham Barns Park in Suffolk, which is helping raise funds to run mobile PSA blood-testing units across the UK.

'It's all about all men standing together. Women are experts at standing together to raise awareness about the cancer that affects them and fight it head on. Men should do more.'

Alan Forward, owner of **Stonham Barns Park** and Errol's personal friend adds: 'We are helping Errol and his team to roll out the MOT YOURSELF™ campaign through direct funding and by staging charity events at Stonham Barns Park as we see it is vital to save the lives of more men across the UK. Traditionally men do not look after themselves. They do not talk to each other or their partners about health issues. It's time we started more conversations about prostate cancer to make sure every man keeps safe.' ■

*"For me, it's now a passion. If people listen and take on board what I am saying, then it will all be worth it. We want to stop men from dying through ignorance and fear."*

Errol McKellar MBE



Errol welcomes anyone to get in touch - whether you would like support, to know more about PSA testing, or to get involved in fund raising activities.  
[theerrolmckellarfoundation.com](http://theerrolmckellarfoundation.com)



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