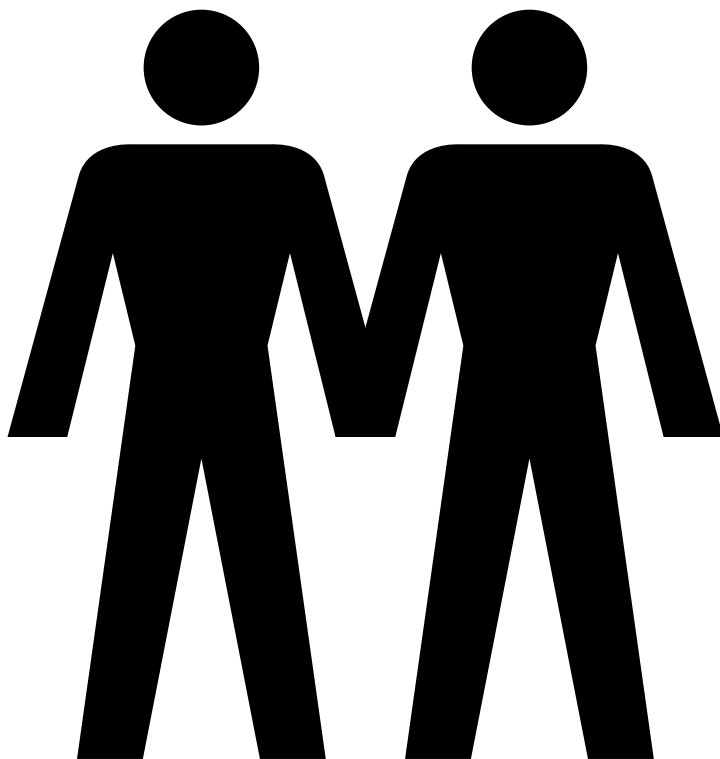


Prostate facts for gay and bisexual men



**PROSTATE
CANCER UK**

About this booklet

This booklet is for gay and bisexual men, and men who have sex with men. In many ways, prostate cancer and other prostate problems are the same for men whatever their sexuality – gay, bisexual or heterosexual. But if you're gay, bisexual or a man who has sex with men, you might have some specific questions or concerns.

We've included information about prostate problems and prostate cancer that may be more relevant to you as a gay or bisexual man, or a man who has sex with men. There's also information about the support available to you.

You can read our more general information on prostate cancer and other prostate problems in our other fact sheets and booklets. Ask your doctor or nurse for more details about your care and the support available to you. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383 or chat to them online.

The following symbols appear throughout the booklet:



Our Specialist Nurses



Our publications



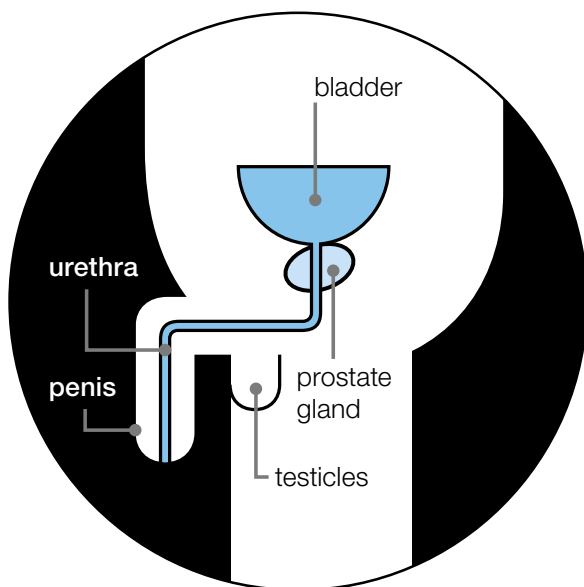
Watch men tell their own stories in our online videos:
prostatecanceruk.org

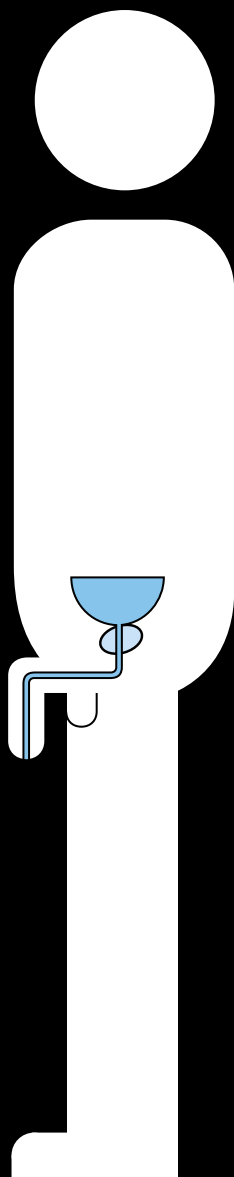
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What is the prostate?

Only men have a prostate gland. The prostate is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube that men urinate and ejaculate through. Its main job is to help make semen – the fluid that carries sperm.





What can go wrong?

The three most common prostate problems are:

- an enlarged prostate – this is the most common prostate problem
- prostatitis – an inflammation or infection of the prostate
- prostate cancer.

What changes should I look out for?

If you notice any changes when you urinate or have trouble controlling your bladder (urinary problems), this could be a sign of a problem in your prostate.

Urinary problems are common in older men and are not always a sign of a prostate problem. They can be caused by a urine infection or another health problem, such as diabetes, or by some medicines.

If you have symptoms, get them checked out by your doctor.

What is my risk of prostate cancer?

Prostate cancer is the most common cancer in men in the UK. It develops when cells in the prostate start to grow in an uncontrolled way. About 1 in 8 men will get prostate cancer at some point in their lives. There's no evidence that gay or bisexual men are more likely to get prostate cancer. Transgender women, who were born male, still have a prostate and they can also get prostate cancer.

You may be more likely to get prostate cancer if:

- you are aged 50 or over, or
- you are Black, or
- your father or brother has had it.

If you are more at risk of prostate cancer, or if you have symptoms such as problems urinating, it's a good idea to visit your GP. Or you can talk to our Specialist Nurses.



Read more about prostate problems, symptoms and your risk of prostate cancer in our booklet, **Know your prostate: A guide to common prostate problems.**





Testing for prostate cancer

There is no single test to diagnose prostate cancer, but there are a number of tests that can be used to see if you have a prostate problem. These include a PSA test (see below), a digital rectal examination and a prostate biopsy (see page 10). Read more



about tests for prostate cancer in our fact sheet, **How prostate cancer is diagnosed**.

The PSA test

This is a blood test that measures the amount of prostate specific antigen (PSA) in your blood. PSA is a protein produced by normal cells in your prostate and also by prostate cancer cells. It's normal to have a small amount of PSA in your blood, and the amount rises as you get older.

A raised PSA level may suggest you have a problem with your prostate, but not necessarily cancer. However lots of things can affect your PSA level – not just a prostate problem. This includes being the receptive partner (bottom) during anal sex or having your prostate stimulated during sex. It might be worth avoiding this for a week before having a PSA test.

You can have a PSA test at your GP surgery. You'll need to discuss it with your GP first. At some GP surgeries, you can talk it through with the practice nurse, and they can do a test if you decide you want one.



Read more about the PSA test, including things that can affect your PSA level, in our booklet, **Understanding the PSA test: A guide for men concerned about prostate problems**.

Digital rectal examination (DRE)

This is where your GP or practice nurse feels your prostate through the wall of the back passage (rectum). It's a useful test to help diagnose a prostate problem.

During a DRE, the doctor or nurse will ask you to lie on your side on an examination table, with your knees brought up towards your chest. The doctor or nurse will slide a finger gently into your back passage. They'll wear gloves and put some gel on their finger to make it more comfortable. You may find the DRE slightly uncomfortable or embarrassing, but the test isn't usually painful and it doesn't take long.

The doctor or nurse will feel your prostate for any hard or lumpy areas and to get an idea of its size. If your prostate is larger than expected for your age, this could be a sign of an enlarged prostate. If it is hard and lumpy, this could be a sign of prostate cancer.



Read more about the DRE test in our fact sheet, **How prostate cancer is diagnosed**.

Prostate biopsy

If your test results suggest you may have a problem with your prostate, your GP will refer you to a hospital specialist for more tests, such as a biopsy. This involves using thin needles to take small pieces of tissue from the prostate. The tissue is then looked at under a microscope to check for cancer.

This is usually done through the back passage. An ultrasound scan will be done at the same time to help guide the biopsy needles. You will have a local anaesthetic injection to numb the area around

your prostate and reduce any discomfort. Some men find the biopsy painful, but others have only slight discomfort.

A biopsy can cause some short-term side effects. It's normal to see a small amount of blood in your urine or bowel movements for about two weeks. You may also notice blood in your semen for a couple of months – it might look red or dark brown. This is normal and should get better by itself. You can still masturbate and have sex. You might prefer to use a condom until the bleeding stops. If it takes longer to clear up, or gets worse, you should see a doctor straight away.

If you are the partner receiving anal sex, wait until any side effects from your biopsy have settled before having sex. Ask your doctor or nurse at the hospital for further advice. You can read more about speaking with health professionals on page 20.

After your biopsy, the samples will be looked at under a microscope to check for cancer cells. Your doctor will be sent a report, called a pathology report, with the results. This will show:

- whether any cancer was found
- how many biopsy samples contained cancer
- how much cancer was present in each sample.

If you are diagnosed with prostate cancer, you might need more tests to find out whether the cancer has spread outside the prostate. The results can show if the cancer is likely to cause any problems or symptoms or shorten your life. This will help you and your doctor decide if you need treatment and which treatments might be suitable for you.



Read more about having a biopsy and getting your results in our fact sheet, **How prostate cancer is diagnosed**.

Treatment for prostate cancer

There are several treatments available for prostate cancer. Some treatments aim to get rid of the cancer completely, others to control the cancer. The stage of your cancer (how far it has spread), how quickly it might grow and your personal preference will all affect which treatment you have.

You may have a choice of treatments. Your doctor or nurse will explain all your treatment options, and help you choose the treatment that's right for you.

Each treatment has its own advantages and disadvantages. Your personal preferences are very important – think about how the treatment and its side effects will fit into your life. Read more on page 13.



Before choosing a treatment, you may find it helpful to get some extra information or support. Speak to your doctor or nurse, or call our Specialist Nurses. It might also help to contact a prostate cancer support group. There are some support groups specifically for gay and bisexual men with prostate cancer where you can discuss treatments and side effects and the impact they might have on you (see page 28). Or you could visit our online community, which has a section for gay and bisexual men, and men who have sex with men (see page 23).



For more information about the different treatments for prostate cancer, read our fact sheets.

Side effects of prostate cancer treatment

All treatments have side effects. Depending on the treatment you have, these can include:

- sexual side effects (see page 14)
- urinary problems, such as leaking urine (see page 18)
- bowel problems (see page 18)
- tiredness.

You'll have your own reasons for choosing one treatment over another, including how the possible side effects could affect your lifestyle. For example, if you are the receptive partner (bottom) during anal sex and you're thinking about having radiotherapy, you might want to find out about how radiotherapy can affect the bowel and the back passage.

Speak to your doctor or nurse about your treatment options and the possible side effects. Consider telling them about your sexuality and lifestyle so they know how treatment could affect you. This might also help them to support you better. Find out more about speaking to health professionals on page 20. You might also find it helpful to discuss your treatment options with your partner, family or friends.



Read more about treatment side effects and ways to manage them in our fact sheets.

Sexual side effects

Treatments for prostate cancer can affect:

- how you feel about yourself sexually
- your desire to have sex (libido)
- your ability to get an erection (erectile function)
- your ability to ejaculate and have an orgasm
- your sexual satisfaction
- your ability to have children (fertility)
- how your body looks
- your relationships.



We talk about some of these below, and also include information on each of these in our booklet, **Prostate cancer and your sex life**.

For more information on the risk of sexual problems with different prostate cancer treatments, read our fact sheets. The way that sexual side effects affect you could also depend on your approach to sex, sensuality and intimacy. Not all gay and bisexual men have anal sex – but if you do, then the impact of side effects will depend on whether you are a ‘top’, ‘bottom’ or either.

Your experience of sex

If you have a partner or you are sexually active, then coping with cancer and side effects may change your relationship and the way you have sex. It may also affect how you feel about yourself. Try to look after yourself and your body – and focus on the things you like about yourself. Do activities or hobbies you are good at or try something new. Being physically active can lift your mood, keep your body in shape and may help your sex life.

Even though your sex life may not be the same as it was before cancer, you don't have to give up on having pleasure, closeness or

fun together. It can help to be realistic but flexible in your approach to sex. You may not find a quick fix, but keeping some kind of physical closeness alive, in whatever ways possible, can protect or even improve your relationship. You may be able to find new ways of giving and receiving pleasure and of being close or intimate. See pages 16 to 17 for ideas.

If you are the one receiving anal sex, a lot of the pleasure comes from the penis rubbing against the prostate. This is why the prostate is often referred to as the male g-spot. Some men who are the receptive partner during anal sex find their experience of sex changes if they have surgery to remove their prostate (radical prostatectomy) or radiotherapy.

If you have a new sexual partner or you're starting a new relationship, you may worry about explaining sexual problems, such as difficulty getting erections or less desire for sex, to someone you don't know very well.

Fear of rejection is natural and everyone has their own worries, whether they have had cancer or not. If you're single, you may want time to come to terms with any changes prostate cancer has caused for you, before you start having sex or dating.

Try talking over your worries with someone you feel comfortable with, such as a friend. Counselling or sex therapy may also help if you would prefer to talk to someone you don't know.



Our booklet, **Prostate cancer and your sex life** provides practical tips to help with your sex life, further information about sex therapy, and information for partners.

You could also get advice about the impact on your sex life at a genitourinary medicine (GUM) clinic or sexual health clinic. They know a lot about sexual issues, and may have ideas about what can help.

Watch Martin's story

For one gay man's experience of dealing with the impact of prostate cancer on sex and relationships.



I found loss of libido really difficult – it was just totally ‘switched off’. On the gay scene this is really difficult – size matters and you show you like someone with your erection.

A personal experience

Erection problems

To be the active partner (the ‘top’) during anal sex you normally need a strong erection, so erection problems can be a particular issue. You could try using a constriction ring around the base of your penis together with another treatment like tablets to help keep your erection hard enough for anal sex. Tablets used to help with erections include:

- sildenafil (generic sildenafil or Viagra®)
- tadalafil (Cialis®)
- vardenafil (Levitra®)
- avanafil (Spedra®).

Only use medicines that have been prescribed to you by a health professional, such as your doctor. Sildenafil is available free on the NHS to men with erection problems, so you shouldn't have to buy your treatment.

There are also other treatments for erection problems such as vacuum pumps, injections and pellets. There's not always a 'quick fix'. You often have to stick with them for a while or try different treatments to see what works best for you. Read our booklet,



Prostate cancer and your sex life for more information about treatments for managing erection problems.

Your GP, doctor or nurse at the hospital can tell you more about the treatments available. They might refer you to a specialist service such as an erectile dysfunction (ED) clinic.

You could also think about other ways to pleasure yourself and your partner, such as oral sex and masturbation by using your mouth and hands. You don't need as strong an erection for oral sex. Some men may decide to change from being a 'top' to a 'bottom' if they have erection problems.



I didn't realise how much significance as a gay man I put on having an erection. But I actually discovered I could really enjoy something new, which was sensuality.

A personal experience

Ejaculation and orgasm

After surgery for prostate cancer (radical prostatectomy) you will no longer be able to ejaculate semen, although you will still be able to have a dry orgasm. Some men also experience this after radiotherapy. This can be hard to come to terms with if you feel you need to ejaculate to enjoy sex fully, or for your partner to think that you are enjoying sex. It can take some time to adjust to these changes.



Read more about surgery and radiotherapy in our fact sheets.

Urinary problems

Treatments for prostate cancer can cause urinary problems such as leaking urine. For many men this improves over time, but it can be a long-term problem. Urinary problems may affect how you feel about your body and about sex, and in particular can make you worry about having oral sex and masturbating.

If you get any urinary problems, tell your doctor, nurse or radiographer. There are treatments to manage them, as well as things you can do to help yourself. Read more in our fact sheet,



Urinary problems after prostate cancer treatment, or speak to our Specialist Nurses.

Bowel problems and anal sensitivity

If you are the receptive partner ('bottom') during anal sex, then bowel problems after radiotherapy may be an issue. Some men also find that the skin inside their anus is more sensitive after radiotherapy.

If you have bowel problems or sensitivity in the anus, it's best to wait until your symptoms have settled before trying anal play or

sex. Although problems in the back passage may settle down after treatment, there can be some permanent changes.

You may want to be more cautious than you were before your treatment. Talk to your doctor or nurse for more information.

Here are a few ideas for when you feel ready to try anal sex again. You could try sitting on your partner and moving up and down on his penis so that you have more control of the penetration, and then moving positions if you want to. Or ask your partner to insert a small, well-lubricated dildo until anal sex becomes more comfortable.

Cleaning yourself before sex can make you feel more comfortable, but douching can irritate the lining of your back passage, making it more likely to get infections. So you may prefer to just clean the outside area, rather than cleaning inside. GMFA – the gay men's health charity has more information about douching.

 Read more about managing bowel problems in our booklet, **Living with and after prostate cancer: A guide to physical, emotional and practical issues**. Read more about radiotherapy in our fact sheets, **External beam radiotherapy**, **Permanent seed brachytherapy** and **High dose-rate brachytherapy**.

HIV and prostate cancer

HIV (human immunodeficiency virus) doesn't only affect gay and bisexual men, but gay and bisexual men are more likely to be affected by HIV than heterosexual men.

Current guidelines say that prostate cancer is not more common in men who have HIV. But some other cancers are more common in people living with HIV.

Studies suggest that treatments for prostate cancer, such as surgery and radiotherapy, do work for men who have HIV. But if you have HIV and are diagnosed with prostate cancer, it's important to discuss your treatment options with a health professional who specialises in HIV and cancer.

It's also important to tell your doctor about all the medicines you take, including over-the-counter and herbal remedies.

Speaking to health professionals

Some men find that their doctor or nurse assumes they are heterosexual. Health professionals don't record people's sexuality as standard. But it can help to tell your doctor or nurse about your sexuality so they can give you information and support that meets your needs.

You may feel anxious about how to raise the subject or how your doctor or nurse will react. Most health professionals will have had equality and diversity training, and it might not be the first time they've talked about this.

You could bring your partner or a friend with you for extra support. Try planning exactly what you'll say and when you'll say it – you might find it easier to bring the subject up at the start of your appointment, for example. Seeing a counsellor or a sex therapist may help if you find it difficult to talk to the nurse or doctor at the hospital.

Some men might worry that they will be judged or treated differently because of their sexuality. But remember that as a gay or bisexual man you are entitled to exactly the same standard of care and treatment as a heterosexual man. This means it's illegal to discriminate against you because of your sexuality.

But if you feel these rights are not being respected, you can complain. Contact your local Citizens Advice or visit the website for information about how to complain. You can also get information and support from Stonewall.

Including your partner

If you are married to, or in a civil partnership with, someone of the same sex you have the same rights as a person who is married to someone of the opposite sex - including in healthcare. Your husband or civil partner has an equal right to be your nearest relative. This means they can be involved in decisions about your healthcare.

If you're not married or in a civil partnership but do have a partner, then you can nominate them as your 'next of kin'. Next of kin can be anybody in your social or family group. Health professionals must respect your wishes about who this is. If you give permission, your partner or friend can:

- go to your medical appointments
- be included in discussions about your diagnosis, treatment and care
- make sure your wishes are heard.



Hospital staff have always treated me with respect, not turning a hair when I gave my civil partner as my next of kin and allowing him access at all times during my stay in hospital.

A personal experience

Getting more support

All Prostate Cancer UK services are open to everyone, whether you are gay, bisexual, transgender, heterosexual, single or in a relationship. Partners and family members can also use our services.

Who can help?

Gay and bisexual organisations

You may want to talk to gay and bisexual organisations such as:

- LGBT Foundation (lesbian, gay, bisexual and trans foundation)
- GMFA – the gay men’s health charity
- Stonewall
- Health with Pride
- Switchboard – LGBT+ helpline
- Malecare.

See page 26 for details.

Your medical team

It may be useful to speak to your nurse, doctor, GP or someone else in your medical team. They can explain your diagnosis, treatment and side effects, listen to your concerns, and put you in touch with other people who can help.



Our Specialist Nurses

Our Specialist Nurses can answer your questions and explain your diagnosis and treatment options. They've got time to listen, in confidence, to any concerns you or those close to you have.

Trained counsellors

Counsellors are trained to listen and can help you find your own ways to deal with things. Many hospitals have counsellors or psychologists who specialise in helping people with cancer – ask your doctor or nurse at the hospital if this is available. Your GP may also be able to refer you to a counsellor, or you can see a private counsellor. To find out more, contact the British Association for Counselling & Psychotherapy.

Our one-to-one support service

Our one-to-one support service is a chance to speak to someone who's been there and understands what you're going through. They can share their experiences and listen to yours. You can discuss whatever's important to you. Our Specialist Nurses will try to match you with someone with similar experiences. Let them know if you'd prefer to talk to a gay or bisexual man. Family members can also speak to partners of men with prostate cancer.

Our online community

Our free online community is a place to talk about whatever's on your mind – your questions, your ups and your downs. Anyone can ask a question or share an experience. The online community

is open to all, but there's also a section for gay and bisexual men and men who have sex with men. It's a place to talk to other men who may share or understand your experiences of prostate cancer.

Local support groups

At local support groups, men get together to share their experiences of living with prostate cancer. You can ask questions, share worries and know that someone understands what you're going through. Some groups have been set up by local health professionals, others by men themselves. Many also welcome partners, friends and relatives.

There are also some support groups in the UK for gay and bisexual men with prostate cancer. These groups are also for any men who have sex with men, as well as transgender women with prostate cancer. We've listed the larger groups on page 28.



To find out more about any of the above, visit **prostatecanceruk.org/get-support** or call our Specialist Nurses on 0800 074 8383.

More information from us

The Tool Kit

The Tool Kit information pack contains fact sheets that explain how prostate cancer is diagnosed, how it's treated and how it may affect your lifestyle. Each treatment fact sheet also includes a list of suggested questions to ask your doctor. Call our Specialist Nurses for a personally tailored pack.

Leaflets and booklets

We have a range of other leaflets and booklets about prostate cancer and other prostate problems.

To order publications:

All our publications are free and available to order or download online. To order them:

- call us on **0800 074 8383**
- visit our website at **prostatecanceruk.org/publications**

Call our Specialist Nurses

If you want to talk about prostate cancer or other prostate problems, call our Specialist Nurses in confidence. You can also text NURSE to 70004, or you can email or chat online with our nurses on our website. Visit **prostatecanceruk.org/get-support**



**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org

*Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.

Other useful organisations

Citizens Advice

www.citizensadvice.org.uk

Advice on a wide range of issues including financial and legal matters. Find your nearest Citizens Advice Bureau in the phonebook or online.

GMFA – The gay men's health charity

www.gmfa.org.uk

Provides health information for gay men.

Health with Pride

www.healthwithpride.nhs.uk

Online health resource for lesbian, gay, bisexual and transgender people. Includes information on cancer issues and erectile dysfunction.

LGBT Foundation

www.lgbt.foundation

Telephone: 0345 330 30 30

Information, advice and support for lesbian, gay and bisexual people.

Macmillan Cancer Support

www.macmillan.org.uk

Telephone: 0808 808 0000

Practical, financial and emotional support for people with cancer, their family and friends.

Malecare

www.malecare.org

American male cancer charity. Provides information and support

for gay, bisexual and transgender people and men who have sex with men, including an online forum.

NHS 24

111

www.nhs24.com

Health information and self care advice for people in Scotland. Lists local NHS services including GPs and dentists.

NHS Choices

www.nhs.uk

Information about conditions, treatments and lifestyle, and a directory of health services in England.

NHS Direct Wales

www.nhsdirect.wales.nhs.uk

Telephone: 0845 46 47

Provides health advice 24 hours a day, and lists local health services in Wales, including GPs and dentists.

nidirect

www.nidirect.gov.uk

Information about government services in Northern Ireland, including health services.

Stonewall

www.stonewall.org.uk

Telephone: 0800 050 20 20

Information about gay rights. Provides booklets with tips on using the NHS for lesbian, gay, bisexual and transgender people.

Switchboard — LGBT+ helpline

www.switchboard.lgbt

Telephone: 0300 330 0630

Free and confidential support and information for lesbian, gay, bisexual and transgender communities throughout the UK.

Support groups for gay and bisexual men with prostate cancer

We've listed the larger groups here. If these groups are not near you, they might have details of other groups that are closer to you. You could also ask your doctor or nurse about local support groups.

Metro Walnut

simon@metrocentreonline.org

A group for gay and bisexual men, men who have sex with men, transgender women, and their partners. Based in London.

Out with Prostate Cancer Manchester

www.outwithprostatecancer.org.uk

Offers a safe and confidential environment to discuss concerns and experiences with other gay and bisexual men with prostate cancer.

Out with Prostate Cancer — Midlands Gay, Bisexual and Trans Prostate Cancer Support Group

www.outwithprostatecancer.org.uk

A chance to meet and talk to others who share or understand your experiences of prostate cancer. Based in Birmingham.

Out with Prostate Cancer South

outwithprostatecancer.uksouth@gmail.com

A new group being developed for the gay and bisexual community in Berkshire, Hampshire and Oxfordshire.

About Prostate Cancer UK

Prostate Cancer UK fights to help more men survive prostate cancer and enjoy a better life. We do this through Men United, our movement for everyone who believes men are worth fighting for. You can join Men United at **prostatecanceruk.org/menunited**

At Prostate Cancer UK, we take great care to provide up-to-date, unbiased and accurate facts about prostate diseases. We hope these will add to the medical advice you have had and help you to make decisions. Our services are not intended to replace advice from your doctor.

References to sources of information used in the production of this booklet are available at **prostatecanceruk.org**

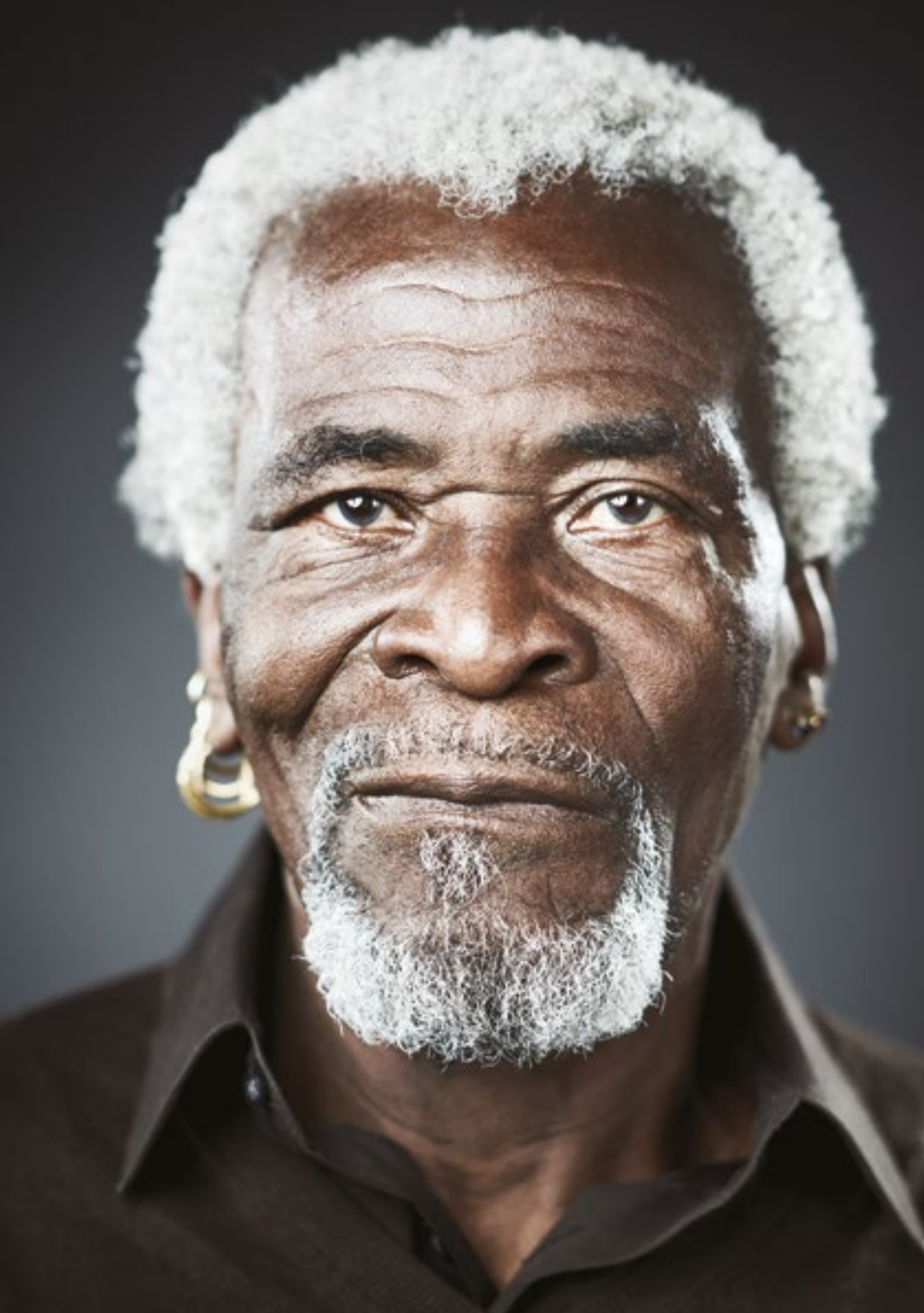
This publication was written and edited by
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- Louise Kelly, Information Manager, Stonewall
- Our Specialist Nurses
- Our Volunteers.

Tell us what you think

If you have any comments about our publications, you can email: **literature@prostatecanceruk.org**



Donate today – help others like you

Did you find this information useful? Would you like to help others in your situation access the facts they need? Every year, 40,000 men face a prostate cancer diagnosis. Thanks to our generous supporters, we offer information free to all who need it. If you would like to help us continue this service, please consider making a donation. Your gift could fund the following services:

- £10 could buy a Tool Kit – a set of fact sheets, tailored to the needs of each man with vital information on diagnosis, treatment and lifestyle.
- £25 could give a man diagnosed with prostate cancer unlimited time to talk over treatment options with one of our specialist nurses.

To make a donation of any amount, please call us on **0800 082 1616**, visit **prostatecanceruk.org/donate** or text **PROSTATE to 70004**[†]. There are many other ways to support us. For more details please visit **prostatecanceruk.org/get-involved**

[†] You can donate up to £10 via SMS and we will receive 100% of your donation. Texts are charged at your standard rate. For full terms and conditions and more information, please visit prostatecanceruk.org/terms





**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org



f Like us on Facebook: Prostate Cancer UK

t Follow us on Twitter: @ProstateUK

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To be reviewed May 2018

**Call our Specialist Nurses from Monday to Friday 9am - 6pm,
Wednesday 10am - 8pm**

* Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887.

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