

PEER-LED DECISION SUPPORT AFTER A PROSTATE CANCER DIAGNOSIS

Making sense of it – together

A practical offer for clinical teams: trained peer coaches help people prepare for treatment decisions, understand what matters to them, and come back to consultations better informed and more confident.



WHY THIS MATTERS



Prostate cancer is the most commonly diagnosed cancer in the UK.



More than **64,000** men are diagnosed with prostate cancer every year.



More than **12,000** men die from prostate cancer every year.



1 in 8 men will be diagnosed with prostate cancer in their lifetime; rising to 1 in 4 for Black men.



Around **540,000** men are living with or after prostate cancer.



WHAT MAKE SENSE OF IT IS

A three-year pilot offering structured, confidential, non-directive peer coaching to people newly diagnosed with prostate cancer or facing treatment decisions.



Volunteer Peer Coaches all have lived experience of prostate cancer. They are trained and supported by Tackle Prostate Cancer, the national federation of over 162+ peer-led support groups across the UK.

EACH PERSON CAN RECEIVE:



2–3 one-to-one sessions
Online, by phone or in person where available



Coaching using the GROW model
to clarify goals, worries, values and priorities



Support to use trusted decision tools
and information, including Predict Prostate and The Infopool



Help to prepare questions
for the MDT, CNS, consultant or GP



Signposting to wider local and
national peer support where useful

SAFEGUARDED & GOVERNED



- ✓ Coaches are recruited, trained and DBS-checked
- ✓ Non-clinical and does not give medical advice
- ✓ Does not steer people towards a treatment choice
- ✓ Evaluation will combine wellbeing measures, feedback, case studies and qualitative learning to build a scalable model

BETTER SUPPORT. BETTER DECISIONS. BETTER CARE.



BETTER PREPARED PATIENTS

People arrive with clearer questions and priorities.



IMPROVED SHARED DECISIONS

Choices are more likely to align with values and lifestyle.



REDUCED ANXIETY & REGRET

Peer support helps supports the reduction of anxiety and treatment regret.



STRONGER EQUITY

Extra support for communities least likely to feel understood.

ALIGNED WITH WEST MIDLANDS CANCER ALLIANCE PRIORITIES



REDUCING HEALTH INEQUALITIES

Tailored support for underserved groups including Black men, LGBTQ+ communities and people experiencing deprivation.



PERSONALISED CARE

Helps people clarify values, priorities and treatment preferences.



SHARED DECISION-MAKING

Supports informed conversations and preparation before consultations.



PATIENT EXPERIENCE

Supports the reduction of anxiety, confusion and treatment regret.



COMMUNITY PARTNERSHIPS

Strengthens NHS + voluntary sector collaboration through trained peer volunteers.



PATHWAY IMPROVEMENT

Better prepared patients may reduce delays and repeat appointments.



HOW CLINICAL TEAMS CAN WORK WITH US

- ✓ Refer or signpost newly diagnosed people or those weighing up treatment options.
- ✓ Use alongside existing CNS, MDT, personalised care and support planning processes.
- ✓ Particularly support people who are anxious, conflicted, isolated, digitally excluded or unsure how to involve family or partners.
- ✓ No additional clinical staffing required.



WHAT TACKLE OFFERS

- ✓ A ready-to-use, funded pilot with trained peer coaches and central coordination
- ✓ Briefings for teams, MDTs, personalised care leads and commissioners
- ✓ Patient information & referral materials
- ✓ Safeguarding, governance and quality assurance for coaches
- ✓ Regular learning and evaluation insight
- ✓ A bridge into our network of over 162+ peer-led support groups across the UK.



IMPACT FOR EVERYONE



FOR PATIENTS

More time to process diagnosis, clarify priorities, prepare questions and feel less alone.



FOR CLINICAL TEAMS

Better prepared conversations, a trusted non-clinical support route and clearer feedback from lived experience.



FOR SYSTEMS

Improved personalised care, stronger VCSE integration, equity-focused support and useful evaluation learning.



CALL TO ACTION

Invite us to brief your:

- CNS teams
- MDTs
- Personalised care leads
- Provider collaboratives
- Cancer pathway teams



Learn more about the pilot and how to get involved:
tackleprostate.org/treatment-decision-support



More time to process. Clearer choices. Better conversations. | *Together, we can make sense of it.*



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