News Release

(Insert name of area) man/woman/group/duo/family set to take on March the Month for Prostate Cancer UK

This March (insert name, age) from (location) is boosting their daily step count as he/she/they take(s) on Prostate Cancer UK’s virtual fundraising challenge, [March the Month](https://marchthemonth.prostatecanceruk.org/?utm_source=march-the-month&utm_medium=press-release&utm_campaign=march-the-month-march-22&utm_content=organic-link), to raise money for the leading men’s health charity.

(Insert name(s)) aims to walk 11,000 steps a day to represent more than 11,000 dads, partners, brothers, grandads and mates who die from prostate cancer every year.

(Insert name) was inspired to take part in [March the Month](http://marchthemonth.prostatecanceruk.org) (summary of motivation to fundraise for Prostate Cancer UK) and is hoping to raise (amount) to help stop men dying from prostate cancer.

The money raised by (insert name) will fund vital research into lifesaving treatments for prostate cancer and provide practical support to men and their families affected by the disease.

(Insert name) said: “I have decided to take on March the Month to help support Prostate Cancer UK because (detail about your motivation and/or link to the charity).

“I am really looking forward to challenging myself this March and I’m delighted to be raising awareness of the disease and much needed funds to stop prostate cancer limiting lives.

March the Month has raised more than £4m with a tireless team of over 23,000 walkers covering more than 2 billion miles.

Seren Evans, Head of Events and Community Fundraising at Prostate Cancer UK, said: “Prostate cancer is the most common cancer in men, with 1 in 8 getting diagnosed. We’re incredibly proud that (insert name) is taking on March the Month to help us fund scientific research, to stop prostate cancer damaging the lives of men and their loved ones.

“The March the Month participants, including (insert name), have well and truly shown how families, friends and communities can work together, locally and across the UK to help save lives.

“We thank (insert name) and everyone who has signed up to the challenge, for going that extra mile this March.”

To sponsor (insert name), visit (enter fundraising website such as your JustGiving page URL).

**ENDS**

For more information please contact Amy Barlow on 020 3310 7265 or at: amy.barlow@prostatecanceruk.org. Alternatively, email pressoffice@prostatecanceruk.org or call 07984 325001.

**Notes to editors**

**About March the Month**

* March the Month is a virtual step challenge for anyone who wants to keep active and help beat prostate cancer.
* Join thousands of people, across the nation, committing themselves to walk or wheel 11,000 steps a day throughout March.
* You'll be doing it for more than 11,000 dads, brothers, grandads, partners and mates who die from prostate cancer every year. Sign up to [March the Month](http://marchthemonth.prostatecanceruk.org) and help raise lifesaving funds, get active and walk your way.

**About Prostate Cancer UK**

* Prostate Cancer UK has a simple ambition – to save and enrich the lives of men with prostate cancer.
* We invest into finding better treatments and tests that could save thousands of lives.
* We work with the NHS to make sure men get access to breakthrough tests and treatments.
* We spread the word about who is at risk of prostate cancer, especially to those at higher risk.
* We support people dealing with prostate cancer and provide health information.
* Visit [prostatecanceruk.org](https://prostatecanceruk.org/) now to help beat this disease

**About prostate cancer**

* Prostate cancer is the most common cancer in men.
* 1 in 8 men will get prostate cancer.
* If you’re over 50, if you’re Black, or if your dad or brother have had it, you’re at even higher risk.
* Most men with early prostate cancer don’t have symptoms.
 Go to [www.prostatecanceruk.org/risk-checker](http://www.prostatecanceruk.org/risk-checker) for our 30-second online risk checker to find out what you can do about it, and learn about a free blood test you can get from your GP.
* More than 52,000 men are diagnosed with prostate cancer every year on average – that's 143 men every day.
* Every 45 minutes one man dies from prostate cancer – that's more than 12,000 men every year.
* Around 475,000 men are living with and after prostate cancer.
* Anyone with concerns about prostate cancer may contact Prostate Cancer UK's Specialist Nurses in confidence on 0800 074 8383 or online via the Live Chat instant messaging service: [www.prostatecanceruk.org](http://www.prostatecanceruk.org/). The Specialist Nurse phone service is free to landlines and open from 9am to 5pm on weekdays, 10am to 5pm on Wednesdays.