



Welcome to a new feature for the 2026/27 season and beyond: the Wellbeing Corner.

Sub-Edited each edition by Cardiff City's Medical Director **Professor Len Nokes** and Club Psychologist **Dr Mikel Mellick** – with contributions from Club medical personnel, health partners, researchers, charities and other voices – these pages will provide you with information around current wellbeing and health-related issues and campaigns.

And crucially, where you can find out more information and get support.

This weekend, Doctors Len and Mikel highlight the risk of Prostate Cancer with its symptoms, encouraging *Bluebirds* supporters to sign up to join Prostate United this October...



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SUPPORTING

PROSTATE
CANCER UK

1 in 8 Men Will Get Prostate Cancer. Assess Your Risk.

Prostate cancer is the most common cancer in men. And if you're over 50, or you're Black, or you have a family history of the disease, then your risk is even higher.

But the earlier you find it, the easier it is to treat. And the first step is to check your risk which you can do by visiting prostatecanceruk.org/risk-checker or scanning this QR code.



Prostate Cancer UK strongly recommends speaking to your GP about getting a free PSA test to assess if there's anything wrong with your prostate once over the age of 45 if you have family history. They will discuss the pros and cons with you of taking the test.

Know Your Body

If you notice changes in how you wee, or if it becomes painful, it's important to speak to a GP. If you have any questions or concerns, you can talk to one of Prostate Cancer UK's experts by contacting their Risk Information Service on **0800 448 0821**.

Some facts:

- Prostate cancer is the most common cancer in men. 1 in 8 men will get prostate cancer, and if you're Black, that risk is doubled.
- The earlier you find prostate cancer, the easier it is to treat. But early prostate cancer often doesn't have symptoms. That's why it's important for men to know their risk and what they can do about it.
- The best first test for prostate cancer is a quick and simple PSA blood test. **You do not need a rectal exam.**
- If you are at higher risk, you have the right to request a PSA blood test free from your GP.
- Each year in the UK, more than 64,000 men are diagnosed and more than 12,000 die of the disease.

Worried about Dad? Grandad? Brother, Hubby or Mate? Let them know what you've read today and say these simple words:
"Don't put it off, go to Doc."

Think Bigger. Join Prostate United.

This October, Prostate United is bringing clubs across the UK together to take on one rival every badge has in common: prostate cancer.

Every 45 minutes, a man dies from prostate cancer in the UK – the same time it takes to play half a football match.

That's why we're asking Cardiff City fans to sign for Prostate United and get the Bluebirds up the league table to challenge current champions, Doncaster Rovers!

The challenge is simple. **Staff and fans walk, run or cycle every day in October.** You represent the Bluebirds, raise money and climb the Prostate United table.

Every step and every pound raised will help fund lifesaving research. Better tests, earlier diagnosis and treatments that save men's lives. Pull on the shirt. Put in the miles. Let's take this rival on!

To sign up or sponsor a squad member visit prostateunited.prostatecanceruk.org/ or scan the QR code! Our champion fundraiser will win a 2026/27 home shirt, signed by the First Team Squad!



How it Started...

It all kicked off in 2018. Two football club staff members, **Stephen Gilpin** and **Ross Burbeary**, set themselves a challenge after Stephen lost his grandad to prostate cancer. Their mission? Get moving every day and raise money to stop men dying from the most common cancer in the UK.

What began as two mates taking on a challenge has grown into something much bigger. Since then, Prostate United has become football's biggest grassroots fundraising movement. Thousands of people from clubs across the beautiful game have walked, run and cycled together, raising more than £1.5 million.

And this October, we're calling you up to the squad.

This October, in memory of my dad, I'm signing for **Prostate United**.

I'll be walking, running or cycling a total of 10km every day alongside thousands of other football fans and plenty of fellow Bluebirds, all taking on the same rival: prostate cancer.

I'm raising awareness to find better tests and treatments so more dads, partners and mates get the chance to see another matchday.

If you can, join the squad or sponsor somebody you know that's taking part. Every donation helps fund lifesaving research for men and their families. Thank you.

Mark Denham
Cardiff City FC Head of Communications



In association with



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