I had radiotherapy for prostate cancer, I had 20 sessions over a month and I remember on the last day feeling mixed emotions.

I was quite relieved that I'd completed it.

But they were lovely people and I cannot praise them enough.

They were fantastic and the on the last day they wished me well and I was quite pleased that I'd completed it.

It was tough but you know, just keep going, take each day at a time and do exactly what they say and everything will be fine.

A week before my final session I had a telephone call which was called the end of treatment phone call.

I was given advice they told me to expect tiredness, fatigue.

It was all part and parcel of radiotherapy treatment.

They told me to keep hydrated, plenty of rest.

You may have trouble weeing, maybe a burning sensation, bowel problems.

They gave me a helpline with which to ring if I had any problems.

Luckily I never had to call them, but that was very good.

Very useful was that helpline, which was like direct link to radiotherapy nurses.

And, and I would say that six weeks after the last session, well maybe 6 to 8 weeks, I felt considerably stronger.

I didn't feel as tired.

Keep active, keep hydrated, bit of gentle exercise, get the balance right.

You don't have to go mad, just walk around the block.

But you do have to make some adjustments when you've had this treatment or you know it does, it does affect your life and I cannot praise the radiotherapy staff enough.

They were.

They saved my life.