

# Buzz Bulletin



August 2022  
Edition 5 Vol. 7

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

## Welcome to the Buzz Bulletin

### Chairman's Chat

July's group meeting talk on mental health was very thought provoking, and many of the tips on how to talk with people that have, or you think might have, mental health problems, are also very relevant to the conversations we have with our own group members about prostate cancer.

One key message was that we need to listen more and talk less. It is all too easy for us to launch into a monologue about our own prostate cancer condition, treatments and side effects etc, without really understanding what is worrying the person we are talking to, or leaving them opportunities to ask questions.

When others do have questions, we don't always have the answers, and we should never give direct medical advice about their treatment, but even if we cannot provide help ourselves, we can signpost to the many organisations that can help such as Prostate Cancer U.K.'s telephone help lines, Tackle Prostate Cancer, MIND, Macmillan Cancer Support as well as asking our own group members for relevant experiences.

August's group meeting will be the 7<sup>th</sup> anniversary of the foundation of the group and we will celebrate in an informal way with a good supply of cakes and scones baked by our members. Thanks for all your offers to do some baking and we will be in touch to confirm what's needed well before the event. This year we will also have a quiz so come prepared with paper and pens.

After what seems like many months of research and discussion, we have finally purchased some amplifier kit and microphones etc to make it easier for you to hear our speakers at group meetings and play clips from YouTube etc. We've still got some final testing to do, but hopefully we will be able to give a demonstration at our August meeting.

We rarely hear about Covid in the news these days, but cases are still very high in our area. I've heard about more cases in close acquaintances and friends within the last month, including some NHPCSG members, than I have in the past two years. So please keep taking those well publicised precautions and stay safe.

*Martin*

### DIARY DATES

August 25th  
the Group's 7th Anniversary  
Come along for tea, cakes and  
a fun Quiz  
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September 29th  
Mr Richard Hindley  
Consultant Urologist  
A talk about Prostate Cancer  
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October 27th  
Presentation from the  
Blue Lamp Trust.  
Staying safe online and  
avoiding scams

**If you wish to contact the Urology Department at HHFT**

**Telephone: 01256 313515**

**Email: [UrologyNurses.Basingstoke@hhft.nhs.uk](mailto:UrologyNurses.Basingstoke@hhft.nhs.uk)**

## Free pads!

One of the more common side effects of treatment for prostate cancer is urinary incontinence. Regular pelvic floor exercises, even years after treatment, can considerably reduce the urgency and leakage, but some men still need to rely on incontinence pads.

These pads are not cheap and recent conversations with group members have shown that some are buying them on a regular basis.

Did you know that these pads are available **free on prescription** (for the over 60s) from the NHS in our area? Unfortunately you can't get them through your G.P. or hospital nurse, but if you regularly suffer from incontinence, your G.P or prostate cancer nurse specialist at your hospital can refer you to the NHS Southern Heath Continence Service where a nurse will assess your needs and set up a regular delivery to your home (in discrete packaging)

Our needs change over time, and even if you are already receiving these pads on regular prescription, you may find they are no longer suitable, or the recent change of supplier to the NHS, from Tena for Men to I.D for Men, may leave you with pads that do not meet your needs.

If this is the case, the NHS Southern Heath Continence Service may be able to send you samples of different types of pads so you can find some that do meet your needs, and they will then change your regular prescription.

If you need to change your prescription contact NHS Southern Heath Continence Service, not the company the dispatches the regular deliveries. If you are not already receiving them, ask your G.P. or CNS for a referral.

Be aware that not all NHS regions provide this prescription service, so if you have friends or relatives in other parts of the country who regularly use pads, they may not be available in their area.

Southern Health NHS Foundation Trust

Continence Service

Room G20B

Regus House

Pinewood

Crockford Lane

Chineham Business Park

Chineham

Basingstoke

Hants

RG24 8AL

Tel: 02382311690

Email : [Continenceservice@southernhealth.nhs.uk](mailto:Continenceservice@southernhealth.nhs.uk)

WEB : [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

*Martin*

## July Meeting Report

Andrew Cox from MIND Woking gave a presentation entitled 'The Black Dog'. To improve mental health we need to understand it. The Black Dog in the title is reference to remarks made by Sir Winston Churchill when describing his own state of mind.

So, what is Mental Health? It is important, it is something everyone has, it is intrinsically linked to physical health, it is worth making time for, it is part of being human, it is something we need to look after, and it can be both a positive and a negative experience.

More importantly, what it is not. It's not a sign of weakness, it's not always negative, it's not something to only be thought of when broken, it's not a mental illness, it's not something you can 'snap out of'. Because it has no physical manifestation doesn't make it any less real and it is not fake news.

The signs of mental health issues are not always obvious.

The centre piece of the presentation was a video entitled 'Black Dog'. This can be viewed at <https://www.youtube.com/watch?v=XiCrniLQGYc>. The video will explain by both visual impact and clever dialogue the way in which mental health can become a serious problem, unless or until help is sought.

We were encouraged to have a conversation with our friends about mental health. Always asking 'How are you?' twice to really discover their true state of mind. Questions asked should be open questions, so that our friends need to think and be engaged in the conversation. Listening is always the difficult part. Listening rather than trying to fix the problem should be the goal. Being knowledgeable is fine but getting your friend to contact their GP is a preferable first step. Nevertheless, keeping the conversation going and being patient should be the aim. Above all don't ignore your own mental health in the process of helping others.

In summary the strategies to promote positive mental health are to connect, be active, take notice, learn, give of yourself and enjoy being a helpful friend.

All in all a great presentation.

*Richard*



## Advanced (metastatic) Prostate Cancer discussion group

For many men that received an early diagnosis of prostate cancer, fast initial treatment will often mean that after a few months they have no signs of cancer and their PSA levels are very low or undetectable. Clinicians will however never say you are cured of the cancer, the usual expression is that the cancer is in remission, this may be forever, however there is always a chance it could return and spread to other parts of the body including your bones.

If this occurs it is usually referred to as metastatic or stage IV (4) cancer. Unfortunately for some of our members their cancer was not caught early, or has since spread, they usually receive hormone treatment, chemotherapy or sometimes focal radiotherapy.

There are a huge range of treatments for stage 4 cancer, some of which Dr. Steve Allen has referred to in previous talks to our group and Tackle Prostate Cancer is starting a discussion forum, which will probably be on Zoom, for members to exchange information.

The first meeting is on Monday 26<sup>th</sup> September at 6pm. If you are interested in joining the group, send an email to Aiden Atkins [aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org)

## North Hampshire Prostate Cancer Support Group



- ➔ Had your diagnosis?
- ➔ Want to discuss your treatments?
- ➔ Meet us for a pint and a chat in the Red Lion Hotel Bar  
Red Lion Hotel, Basingstoke RG21 7LX

**Thursday 1st September from 7.30pm**

*"It was the shock and confusion that you will all remember at being diagnosed with a prostate issue. Timing is all in life. My diagnosis coincided with an invitation on a flyer from your group to meet for a pint and a chat. For me personally this was so important as I was all at sea. I had been given options for treatment but what did that mean in the real world? The opportunity to meet and talk through the hosts' diverse treatments and experiences enabled me to focus on and decide on the treatment I would seek. I am so grateful for the time unselfish and openness the team members gave me that night. The meeting for me was beyond value."*

Testimonial RKVB

### FOR MORE INFORMATION

#### Group Meetings

2pm - 4pm last Thursday of each month  
Check Web Site or Facebook Page for  
Details

**No need to book, just join in!**

#### Contact

'phone or text: 07377 430242  
e-mail: [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)  
web site: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



North Hampshire Prostate  
Cancer Support Group

## Group Meetings

Brighton Hill Community  
Association Hall  
Gershwin Court  
Basingstoke.  
RG22 4NN

Meetings are held on the last Thursday  
of every month except December



**Together we are Stronger**

## Contact

For more information

call or text: 07377 430242  
email: [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)  
website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



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