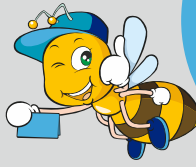


# The Buzz Bulletin



February 2021  
Edition 2 Vol. 6

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Welcome to the Buzz Bulletin

### Chairman's Chat

**W**here has January gone? The older I get the more time seems to fly by and I seem to be busier now than ever. What have you been doing during the lockdown? We could use a few good stories for the next Buzz.

As I have mentioned before, we only see a third or less of our members at our Zoom monthly meetings and our last face to face meeting at the bowls club was in February 2020. Some of you have been able to meet up at the exercise classes when they re-opened, but that leaves many members that we have had no contact with for nearly a year.

Where I have phone numbers for those members, I have called them over the last few days and I'm pleased to say that most are doing well and some have now had their first Covid-19 vaccination. With some however their cancer is still progressing, but it was good to hear that they are all receiving on-going treatment.

Everybody else said that they were still getting regular PSA checks and follow-up appointments although these were now all by telephone. A few of our members said they preferred telephone appointments as they did not have to travel to distant hospitals. One member even had a new knee joint fitted a couple of weeks ago although we know that many elective procedures such as these have been postponed as our hospitals are under extreme pressure with Covid patients.

As well as our own Zoom monthly meetings we occasionally pass on details of interesting speakers at other support group Zoom meetings. Last Thursday evening the Harrogate PCSG had a very interesting talk by Professor Norman Maitland on Androgen based hormone treatment. Prof. Maitland was until recently the director of a cancer research unit at York University.

Prof. Maitland explained how hormone treatments had developed and improved over the years, but how, like coronaviruses, the cancer eventually learns how to evade the treatment so they become less effective. Do keep a look out for these other support group meetings, they won't appeal to everyone but they offer a much wider range of speakers that we can arrange ourselves. Stephanie, our exercise group instructor, gave us an excellent talk about the benefits of staying physically active at our January group meeting. (Sounds much more attractive than exercise!) From another similar talk the saying of the day was - Don't wait until the storm, passes, learn to enjoy dancing in the rain i.e. don't put off exercise and activity until lockdown eases, go out and enjoy a walk now, or dare I say it?— push the vacuum cleaner around the house!

Stay safe

*Martin*



If you have subjects you would like publishing in YOUR newsletter please send them to us using the contact information. Bee happy.



## Exercise – Exercise- Exercise – Go for it

Cancer treatments are renowned for causing adverse serious changes to both body and mind. At this January's North Hampshire Prostate Cancer Support Group meeting, which was very well attended on Zoom, the group speaker was Stephanie Wallis, formerly providing the group's exercise classes at the Sports centre, but who due to the virus, has set up on her own as 'Stepping Stones Health and Wellbeing' business ([steppingstoneshw@gmail.com](mailto:steppingstoneshw@gmail.com)) and now runs our well attended group classes each week, on the mornings of Monday and Thursday.

Commencing her talk Stephanie highlighted her own training, qualifications, and extensive experience in providing exercise classes for cancer patients. This was followed by a review of the main forms of prostate cancer treatment, their common side effects and how exercise helps reduce these effects in each case.

In conclusion Stephanie highlighted various valuable forms of exercise, which go towards rebuilding muscle strength, raising heart rate and providing core exercise. She concluded by stressing both the need for professional medical advice and that none of us overdo any activity, but we 'listen to our bodies'. *Keith*



You may remember that in 2019 Nicola Middleton from St Michaels Hospice gave us a talk about the benefits of alternative therapies such as aromatherapy, reflexology, Indian head massage etc. Some of these were available through Blue Space but had to be suspended due to Corona virus.

The Ark cancer charity, adjacent to Basingstoke hospital, now has a new Well-Being Centre with two counselling and therapy rooms and has asked local cancer support groups for their views on what alternative therapies should be offered.

- What have you tried and liked?
- What have you tried and did not work for you?
- What have you not yet experienced and would like to give it a go?

Please let us know your views on these alternative therapies and we will pass them on to The Ark. We will let you know when they become available, Covid permitting.

## TACKLE asks for your Experiences

In these days of coronavirus many people are having remote online consultations rather than consultations in person. The organisation 'Tackle' would like to improve the quality of these remote consultations and would be pleased to receive input. They have produced an online survey and will be very grateful for anyone who has had remote consultations to complete. The following is part of an email from Tackle and if you would like to complete the survey just click on the link following this message from Tackle: *'We'd like to hear the views of men with prostate cancer about their experiences of having phone or video appointments – known as 'remote consultations' – with their hospital doctor or nurse. We're really keen to understand views – good or bad - to help us understand more about the remote consultations.*

*To share your views please complete this short 10 minute survey. Thank you for helping us ensure men with prostate cancer have the best possible experience of prostate cancer appointments in the future.'*

Survey is: <https://project.to.lunastart.com/s/k8MXx3>

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## AGM - March 25th

It's that time of year again when we start to think about our annual general meeting. Yes, even during a pandemic the formalities have to continue. They are a key part of ensuring that our support group is able to continue. It's an opportunity to have your say on who runs the group and how it is run.

We did not hold an AGM last year as the first Covid lockdown had just been imposed, but we need to maintain protocol, so this year and we will be holding it on Zoom as many other organisations have been doing very successfully.

Your committee has checked our Constitution and there is a risk that if insufficient members attend, then strictly speaking we may not meet the minimum numbers (quorum) required to hold an AGM. We have however agreed that we will still go ahead with those present so we can continue to support you, our members, with an appreciation that the pandemic has influenced the way we operate this year.

All committee posts are up for re-election, just to remind you the current roles are.

Chair and Webmaster – Martin Budd

Secretary and Membership Secretary – Allan Roper

Treasurer – David Janetta

Publicity Officer – Keith Bunker

Deputy Chair and Buzz Bulletin editor – Richard Holt

Member – David Fryers.

Social Secretary - Vacant

With Covid vaccinations now being rolled out, we hope that we will be able to re-start our face to face meetings by the summer and we would really like someone to help out with organising some new social events and suggesting new ideas for group meetings. You don't need to make any commitment now. The committee currently meets monthly by Zoom and if you are interested in finding out what goes on, you are welcome to join a committee meeting before the elections at the AGM. Please let Allan or myself know.

We expect the formal business of the AGM will be very short so it will be followed by a talk from Sian Woodward, one of the clerks who sits in front of the speaker in the House of Commons.

*Martin*

## DIARY DATES

Following Government Advice venues have been closed. Group Meetings are via Zoom.

**Our next online meeting is on  
Thursday 25th February at  
2.00pm**

**our February speaker will be  
Sarah Grey  
from Tackle UK  
the subject is  
*Working Together To Support  
People Living With and Beyond  
Prostate Cancer.***

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March

### **AGM - on ZOOM**

**followed by a talk from  
Sian Woodward  
*A day in Parliament***

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May

**a talk from  
Mike Eacott  
*A cyber Security Champion***

## **Group Meetings**

Group Meetings are via ZOOM



**Together we are Stronger**

## **Contact**

For more information  
call or text: 07377 430242  
email: info@nhpcsg.org.uk  
website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer  
Support Group