

Buzz Bulletin

April 2026
Edition 4 Vol 11

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Chairman's Chat



Keith Jones

Welcome to the April edition of Buzz. I hope you are all enjoying the improved weather, your gardens are flourishing and you are looking forward to a hot sunny late spring and summer. Now that has put a jinx on the weather.

At the recent group meeting, a point was raised about the many different research projects that are taking place, TRANSFORM, Enhance, Stampede and how we seem to wait so long for results. There are a number of factors that have to be taken into account.

1. Research projects can take a long time, defining the basis, recruiting volunteers, the actual elapse time for testing to be carried out and the subsequent time to analyse results.
2. Reports on progress can only be made when there is something significant to report.
3. Once the initial research has been completed, if the results look positive, much larger samples of volunteers must be recruited to validate the initial research and the process is repeated and improved.
4. Where there is a positive outcome from the research this must then be reviewed by the various health organisations and medical bodies that will ultimately decide on any implementation strategy.

DIARY DATES

**Thursday 7th May
Pint and Chat
Red Lion Hotel, Basingstoke**
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**Sunday 10th May  
Basingstoke  
Festival of Transport  
War Memorial Park**  
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**Thursday 14th May
Partners Group Meeting
Mono Pizza**
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**Thursday 28th May  
Group Meeting  
Defibrillation and CPR**  
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**Sunday 31st May
Tadley Treacle Fair
(Awareness)**
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**Thursday 4th June  
Pint and Chat  
Red Lion Hotel, Basingstoke**  
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**Thursday 11th June
Partners Group Meeting
Mono Pizza**
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**Thursday 25th June  
Group Meeting  
Citizens Advice Bureau  
How to Avoid Scams**  
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*Group Meeting 2.00pm – 4.00pm
Pint and Chat – 7.30pm-9.30pm
Partners Meeting - 11.00am*

Research does not product any quick fix to a problem, it is creating a future solution. All of this takes time and of course money, which is why charities like Prostate Cancer UK and Prostate Cancer Research need to keep raising funds in order that these projects can continue.

So, whilst many of us may not directly benefit from the results of current research, we must remember two things.

1. These research projects will benefit future generations so that our children and grandchildren may have better outcomes in life and will not have the same experiences we have been through.
2. We are benefiting from the research that was undertaken during the lifetimes of our fathers and grandfathers.

I hope this all makes sense.

Group News

Awareness Events

!!Urgent Call for Volunteers - Basingstoke Festival of Transport!!



Date: Sunday 10 May 2026
Time: 11am to 4pm
Venue: War Memorial Park,
Basingstoke



As I reported last month, we are all set for one of our major awareness events of the year, the Basingstoke Festival of Transport. This will take place on Sunday 10th May at the War Memorial Park. However, we are still short of volunteers to help us in the

afternoon, so if you are able to spare one or two hours on the Sunday, please let us know as soon as possible by contacting Richard White via the group email info@nhpcsg.org.uk. Your help would be greatly appreciated.



Tadley Treacle Fair

We will also be attending the Tadley Treacle Fair at the end of the month on Sunday 31st May. This is a great family fun day out and we are also looking for volunteers to help us out at this event. So, even if you are not able to help at the Festival of Transport, but want to get involved, let Richard know by the group email info@nhpcsg.org.uk.

Partners Group

The Partners Group are now settled back in at their monthly venue in what was the Gaberdine Bar and is now Mono Pizza. Meeting are at 11am on the second Thursday of every month. If you want to join this group in the future, you can contact Pat by emailing the group email address info@nhpcsg.org.uk with the subject "Partners Group" and we will pass your details on to Pat. You can be sure of a very warm welcome.

Members Breakfast

We held our first monthly breakfast meet-up in April at the Maidenhead Inn with 11 of us attending which was a great start. All are welcome to join us including partners and we specifically hope to see some of those members who are unable to attend the monthly group meeting due to work commitments on a Thursday afternoon.

Our next meet-up is on Saturday 9th May 9-11am

Where: Maidenhead Inn, Winchester St., Basingstoke.

Cost: Depends on what you order from the menu which is extensive and for less than £5 you can have a fried breakfast or scrambled eggs on toast with unlimited tea or coffee.

No sign up is required, just turn up on the day.

The area we have been assigned in the Maidenhead Inn is at the back of the pub.

However, please be aware that there are steps down to this area from the main bar area

and there is no special disabled access. So, apologies if that puts anyone off but we are at the hands of the pub and what they can offer us.

PSA Testing Events

Allan Roper and Martin Budd attended the Lodden Lions PSA testing event at Tadley where just under 200 men were tested. Our final event for this half of the year will be to support the Hook, Odiham and Hartley Whitney Lions testing event at Odiham Cottage Hospital on 23rd May. This will be the fifth event we have attended this year resulting in over 1000 men having been tested. Typically, at each event, between 15 and 20 men will receive a “red” result where they are recommended to see their GPs at the earliest opportunity, so the benefit of this testing is obvious.

Ollie’s Gazebo

At the Festival of Transport, we will be giving a first airing to the gazebo that we purchased with the funds Ollie Parson’s raised from his ultra marathon back in February. Richard White organised the purchase of the gazebo and has given it a try out in his garden as can be seen in the photo below.



To give a better view of what the gazebo looks like, below is the design draft (without the side panels).

As you can see, this will really stand out and is a great addition for us to help raise awareness of the group.



We have also taken the opportunity to upgrade some of our Audio-Visual equipment, a project led by Martin Budd. This should enable us to provide a more reliable service at the group meetings.

Next up is a replacement laptop for our secretary Allan Roper as the current Dell is no longer suitable, with the battery life only lasting around an hour. It will also ensure we are up to date with the latest operating systems and software.

Prostate Cancer in the News

National Screening Campaign

The latest news on the campaign to realise a national screening campaign is that there is no news! The National Screening Committee (NSC) were due to meet on 26th March and did so. However, there was no outcome from that meeting at this time. As many of you are aware, in the 12-week public consultation period which ended on 24th February, Prostate Cancer Research (PCR) carried out its own modelling after deciding that the modelling originally used by the NSC was out dated and this new modelling showed significantly different results. This, amongst other submissions has been under review by the NSC, which probably explains why there has been no final recommendation at this time. There is no indication when the NSC will make their final recommendation, so it is a case of watch this space.

ENHANCE Trial Launch: Lower-Dose Hormone Strategy (UK)

This trial is being funded by Prostate Cancer UK and will study the impact of prescribing lower doses of hormone therapy tablets. Examples of these tablets are enzalutamide, abiraterone, darolutamide and apalutamide. They are classed as androgen receptor pathway inhibitor (ARPI) therapy which stops the body from producing testosterone. In the trial, 1,500 men with metastatic prostate cancer will be randomised to full versus half doses of the above medication. Recruitment aims for at least 10% Black participants. Bio samples collected will support biomarker research for personalised treatment. The clinical significance that is being examined is if these lower doses may maintain survival benefit of the hormone therapy while reducing side effects like fatigue and hot flushes. Results expected to inform UK and international guidelines and improve NHS cost-effectiveness by 2030.

[Can we make hormone therapy kinder and smarter for prostate cancer? \(ENHANCE trial\) | Prostate Cancer UK](#)

Tackle Prostate Cancer News

Loaded Magazine Team Up With Tackle

How many of you remember the lads magazine **Loaded**. Well, it is no longer available in print form but is still in existence in digital form. Loaded teamed up with Tackle in Prostate Cancer Awareness Month to promote awareness in a younger generation. They came up with a novel advertising approach with posters in Gents toilets on UK motorways (see picture below). The basis of the awareness campaign is that men who grew up in the 90's, are now in their 50's, which we all know is an age group at high risk of developing prostate cancer.



To read the text of the posters, click on the link below.

[IF YOU SURVIVED THE 90s DON'T LET PROSTATE CANCER GET YOU NOW](#)

Also backing this campaign was the former footballer Neil "Razor" Ruddock who was known for a tackle or two in his time.

Read the blog copy in the link below.

[CHECK YOUR TACKLE, MATE](#)

Whilst this may seem a somewhat light-hearted approach to a serious subject, if it resonates with men in their 50's, then it will have been worthwhile.

Other Support Groups

Advanced Prostate Cancer



For those diagnosed with Advanced Prostate Cancer.

Please email aidan.adkins@tackleprostate.org if you wish to attend.

6.00pm start

Monday 25th May

Monday 29th June

National PC Partner Support Group,

The national partners group has now issued dates for its 2026 meetings supporting partners of those diagnosed with Prostate Cancer. If you wish to attend, email janetldaykin@gmail.com or carolineopcs@gmail.com

- Monday 15th June
- Monday 27th July
- Tuesday 15th September
- Monday 26th October
- Tuesday 15th December

6.30pm start with room opening at 6.10pm

The Prostate Brachytherapy UK Support Group

This group meet on Zoom and is aimed at those who have had, or who are considering Prostate Brachytherapy.

If you are interested in joining this group and the Zoom meeting, please email support@prostate-brachytherapy.uk for connection details. Meetings take place on the

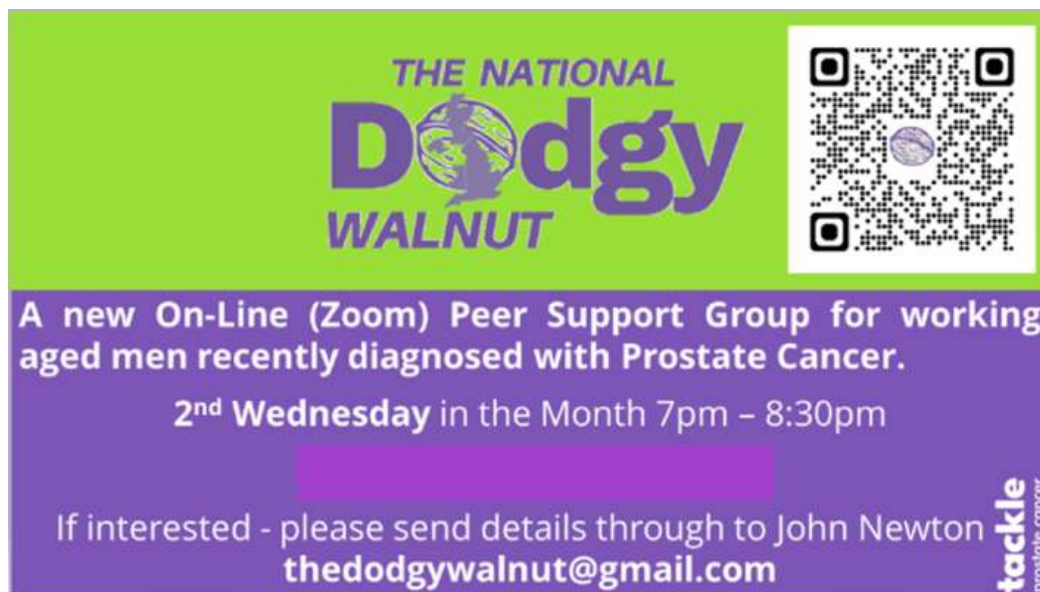
second Thursday every other month with the next meeting is scheduled for Thursday, 14th May, 18:45 for 19:00

Working Aged Men and Partners


Finally, there is now a national group aimed at supporting working aged men and their partners. I know that often when we speak to working men, they say they are unable to attend our monthly group meetings as the meetings are held in the afternoon and they are at work at that time. The group is called The Dodgy Walnut, what a great name! Meetings are to be held on Zoom in the early evening. If you are interested in joining the next Zoom call, please contact John Newton at the email address below.

Dates of the next meetings are:

- Wednesday 13th May



**THE NATIONAL
Dodgy
WALNUT**



A new On-Line (Zoom) Peer Support Group for working aged men recently diagnosed with Prostate Cancer.
2nd Wednesday in the Month 7pm - 8:30pm

If interested - please send details through to John Newton
thedodgywalnut@gmail.com

tackle
prostate cancer

Well, that's about it for this month. I hope to see as many of you as possible at the next group meeting on 28th May when we will be having a demonstration from the South Central Ambulance Service on the use of defibrillators and CPR techniques which should be very interesting. Until then, look after yourselves.

Keith
Keith Jones
Chair

North Hampshire Prostate Cancer Support Group (**Registered Charity No 1215156**)

April Group Meeting

Mission Aviation Fellowship provide Help, Hope and Healing to Isolated Communities

Who would have believed in 1945 at the close of the second world war that a charity founded then would today fly regularly to more destinations than any commercial airline in the world. However, Murray Kendon, a New Zealander and former pilot in Coastal Command, and Stuart King, a 25-year-old with many years war time service as a senior aircraft engineer in the RAF, opted to give up their assured futures to found Mission Aviation Fellowship (MAF). Experienced MAF speaker John Ledger highlighted to the meeting at the North Hampshire Prostate Cancer Support Group how this Christian charity continues to be dedicated to providing aviation services to isolated communities delivering help, hope, and healing through aviation. From those early beginnings it now operates 140 aircraft in 23 countries with a plane taking off or landing somewhere in the world every 5 minutes.

John started by giving some of MAF's early history, explaining that the first aircraft, a twin engined 4-seater Miles Gemini, was purchased and used to undertake a very challenging survey flight across Africa in 1948 by Stuart King and Jack Hemmings. In no small part due to the plane's short fuel range, getting out to Nairobi (the survey starting point) required many refuelling stops, greatly adding to delays in starting. However, they learnt a lot about the plane and the challenges of operating in higher altitudes with reduced air density impacting on payload; it was these limitations which ultimately ended in them crashing in Burundi, caused by a strong downdraft which the plane's lack of power could not overcome. The plane itself was a write-off, but thankfully they were both able to crawl out, and finally make their way back to Nairobi and then London.

The subsequent survey report was well received and 2 years later a used De Havilland Rapide was purchased. This design of plane was larger, more powerful, well proven and crucially had wider tyres for operating out of grass strips and other poor surfaces, making its first service flight with MAF in Sudan in 1950. These days the charity uses planes like the Cessna turboprop Caravan and Quest Kodiak aircraft. The charity has a number of pilot training centres round the world, with emphasis on the discipline and experience of the challenging conditions they will later experience. Training of each pilot typically costs about £80,000. John explained that if only MAF had the funds to fill all of its current vacancies it would enable the charity to undertake 60% more flights resulting in many more lives in isolated communities being saved. Normally a pilot will serve for 4 years, with the possibility of a second 4-year term, often accompanied by their family.

John then explained some of the challenges for the pilots, operating often in flooded areas and sometimes in rebel-controlled regions. Runways too can be challenging, and to illustrate this he showed a slide of a steep-sloped humped mud road which had been used as a runway. To illustrate their life-saving healthcare flights (Medevacs), he highlighted the story of an 8-year-old girl badly injured by 8 bullets through her bowels who undoubtedly would have died had she had to endure the challenging overland journey to the nearest hospital, but was saved by the short 4-hour flight that MAF were able to provide.

Concluding John summarized the key activities MAF is involved in:

health and education; flying in medical staff to remote places and medevacs;

disaster relief (involvement after the 2004 tsunami and again even hiring helicopters to help bring in supplies after the Nepalese earthquake in 2015 – no landing strips being available);

development, aiming to improve agriculture and irrigation, as well as helping local people start their own businesses and thus gain independence;

finally acting in a **mission capacity** flying in bibles and transport to help with their distribution.

John was roundly applauded and thanked by everyone for his well-illustrated, interesting, and informative talk.

For more information: -

www.maf-uk.org

info@nhpcsg.org

www.nhpcsg.org.uk



Keith Bunker