

The Buzz Bulletin



January 2021
Edition 1 Vol. 6

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin

Chairman's Chat

Happy New Year and how we all hope it will be much happier than last year!

One of the good things to have come out of the various lockdowns is that Allan and I are now regularly meeting other prostate cancer support group leaders on Zoom. (Supported by PCUK)

Last week I hosted a discussion for about twenty groups from across the country on how we can best support you, our members, when we are not able to meet face-to-face. We discovered that most other support groups are continuing their monthly meetings on Zoom but typically only see 30-50% at best, of their prior-Covid restriction meeting attendance, much like ourselves.

With the on-off nature of lockdowns, other support groups have had to suspend their other social activities such as pub lunches and walking groups. I think we, the NHPCSG were one of the few to keep running an exercise group on Zoom.

With these lockdowns, the only practical way we can continue to help you is via Zoom, emails, our Buzz newsletter and by telephone. Unfortunately, we have very few of your telephone numbers so we may not be reaching members who do not use the internet. If you would like to give Allan your phone numbers that would really help – they will not be shared with other members unless you give us permission. If you know other NPPCSG members who are not receiving our emails or newsletters and would like to, please ask them to contact Allan.

Other support groups say their members really like their monthly speakers on both medical and non-medical topics so if you have any suggestions for speakers, or other ideas on how we can make the Zoom experience better for you please let us know. Zoom help is still available if you have not tried it before.

We have an exciting programme of speakers lined up for the next few months and hopefully with the success of the Covid vaccine, we can look at ideas for a grand re-union event when we return to face-to-face meetings.

Stay safe

Martin

DIARY DATES

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

**Our next online meeting is on
Thursday 28th January at 2.00pm**

**when our speaker will be
Stephanie Wallis
from**

**Stepping Stones Health & Well-Being
talking on the subject of
*The Benefits of Exercise***

~~~~~**Coming Up**~~~~~

**our February speaker will be  
Sarah Grey  
from Tackle UK  
the subject is**

***Working Together To Support People  
Living With and Beyond Prostate  
Cancer.***

in March

**AGM - on ZOOM**

**followed by a talk from  
Sian Woodward**

***A day in the Life of Parliament***

## 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



## 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 AGM business will be very short so the 25th March monthly group Zoom meeting will include a non-medical talk.

*Martin*

## Men's Sheds

You may remember we had a talk by one of the Basingstoke 'Men's Sheds' representatives before lockdown. 'Men's Sheds' are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. Facilities typically include woodworking, metalworking, electrical and computing. The difference is that garden sheds and their activities are often solitary in nature while 'Men's Sheds' are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Just like the NHPCSG, 'Men's Sheds' face to face activities have had to be restricted or suspended during the lockdowns but many are continuing on Zoom where help and advice is available for your DIY project or hobby.

Tadley (in the north of our area) has just started its own 'Men's Sheds' and welcomes new members. For details contact Paul on [tadleyurc@gmail.com](mailto:tadleyurc@gmail.com)

## Big Screen Zoom

We are very grateful to Stephanie for continuing the exercise classes on Zoom again but we know this can be difficult on small screen laptop or tablet. Anybody tried it on a smartphone?!

Did you know you may be able to show Zoom meetings on your TV? Most recent TVs will have HDMI input connectors, commonly used for DVD/Blue Ray players or games console. Similarly, recent laptops and PCs often have HDMI ports, so with a simple cable costing £6 or less to connect them, you can follow the exercise class on your TV. Do check the HDMI connector size however as they can vary between laptops and different cable options are available.

You may also be able display what's on a tablet (Android or Apple iPad) on your TV. This is known as casting. If you have a recent smart TV (one that can connect to the internet for showing BBC iPlayer for example) the Smart TV features may have an application for linking your tablet device. Most Smart TVs will have a built-in user guide that explains how to do this. You do need either a wired or WiFi internet connection to your TV.

Even if you don't have a smart TV, but one that has HDMI connectors, all is not lost. Plug in devices such as Amazon's Fire Stick, a Roku TV stick or Apple TV provide smart TV functionality allowing you to watch the BBC iPlayer and other TV catch up services as well as Netflix and Amazon Prime etc. These typically cost between £30 and £150 depending on functionality and depending on the particular model, may be able to receive the "cast" from a tablet including Zoom and YouTube etc.

I've had Amazon Prime for several years for Amazon parcel deliveries and only discovered last year that Amazon Prime TV (and music) is included in the Prime subscription. As well as movies and TV shows, Amazon Prime was showing many tennis grand slam events last year that were not on broadcast TV, and that kept my wife occupied for hours during the lockdown. Similar services are available on subscription from Netflix, Britbox and others.

My Roku TV stick is capable of streaming Ultra High Definition (UHD 4K) programmes which is great if you have a UHD 4K capable TV. The main TV channels do not broadcast UHD through a conventional aerial, but the BBC has been trialling UHD streaming on its BBC iPlayer service and the picture quality of David Attenborough's latest A Perfect Planet nature programme is stunning, and all for a one of payment of £40. (no subscription needed)

Don't be put off by the technology, you don't know what you're missing until you give it a go.

*Martin*



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



## **Some Useful Web Contacts**

Macmillan Cancer Support with  
advice relating to coronavirus  
Prostate Cancer UK advice at  
Macmillan Cancer Support at

<https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

<https://prostatecanceruk.org/>

<https://www.macmillan.org.uk/>