

Buzz Bulletin



January 2024
Edition 1 Vol. 9

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Chairman's Chat



Keith Jones

Welcome to the first issue of Buzz for 2024. This is the time of the year when you think at what point do you stop wishing people a *Happy New Year*. Given that by the time you read this, we will probably already be through January, none the less, I wish you all a *Happy New Year* anyway.

We had a great turnout for our first meeting of the 2024. 50 members in total were present including four new members. Good to see so many people in the room and I am aware that there were a few regulars who were not present. I hope this level of attendance will continue through the year. We now have speakers lined up through to June but if anyone has ideas for the second half of the year, please contact us through the info@nhpcsg.org.uk email address or speak to one of the committee members.

Newly Diagnosed Statistics

In my news slot I reported on the number of newly diagnosed men at our two hospitals in the last three years. A summary of the figures is below and there is clearly a growth in numbers year on year.

Year	Basingstoke	Winchester	Total
2021	217	174	391
2022	301	279	580
2023	404	303	707

Whilst I do not have any specific reason for the growth, it is likely to be down to one of three factors.

DIARY DATES

Thursday 29th February
Group meeting
Speaker: Elizabeth Kerwood
Associate Director of
Community Involvement

Thursday 7th March
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 28th March
NHPCSG AGM

Thursday 4th April
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 25th April
Group meeting
Speaker: Paul Miller
The Making of a Civic Mayor
in the 21st Century

Thursday 2nd May
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 30th May
Group meeting
Speaker Ashley Jones
A Life in Removals

- Emergence from Covid lockdown restrictions and the availability of testing
- More men self-referring to their GPs
- Wider awareness of Prostate Cancer symptoms and testing

I would like to think that the numbers do not indicate a growth in the disease but greater levels of detection and early diagnosis.

Hampshire Together - Modernising Our Hospitals

As I hope you are all by now aware, the proposals for the future provision of hospitals in Basingstoke and Winchester are now out for consultation. At next month's meeting, the speaker will be from the consultation group. What should we be doing at this time?

- Become informed. I recommend that you read the proposal documents in advance. There is both a summary document or you can read the full proposal online as well as fact sheets and Q&A. They can be accessed at [Consultation documents :: Hampshire Together](#)
- Attend a listening event either in person or online if you cannot attend the February group meeting or if you want to hear more.
- Submit comments by the deadline midnight 17th March 2024

Options

In summary, there are three options under consideration:

- Option 1 - New specialist acute hospital on the current Basingstoke hospital site and refurbishment at Winchester hospital
- Option 2 (the preferred option) - New specialist acute hospital near Junction 7 of the M3 and refurbishment at Winchester hospital. Services remaining at the current Basingstoke hospital site: Outpatients, diagnostics and therapies. Planned day-case surgery
- Option 3 – As option 2 plus at current Basingstoke site, Nurse-led step-down reablement and rehabilitation beds
- In all options, Winchester will have:
 - 24/7 doctor-led urgent treatment centre and same day emergency care
 - Step-up and step-down inpatient beds for general medicine and care of the elderly
 - Dedicated planned surgery centre
 - Freestanding midwife-led birthing unit
 - Outpatients, diagnostics and therapies

There is much more detail in the proposal documents, see link above, so take some time to become informed.

One of the biggest concerns is the provision of transport for patients and visitors.

In Person Listening Events

- **Andover** - Thursday 1 February 2024 6.30pm to 8.30pm
- **Alton** - Saturday 3 February 2024 10.30am to 12.30pm
- **Eastleigh** - Thursday 8 February 2024 6.30pm to 8.30pm
- **Old Basing** - Saturday 17 February 2024 9.30am to 11.30am
- **Tadley** - Thursday 29 February 2024 3pm to 5pm
- **Winchester** - Wednesday 6 March 2024 2pm to 4pm

Online Listening Events on Zoom

- Friday, 26 January 2024 11am - 1pm
- Saturday, 10 February 2024 10am- 12pm
- Wednesday, 14 February 2024 7pm - 9pm
- Saturday, 24 February 2024 10.30am - 12.30pm
- Friday, 1 March 2024 2pm - 4pm

You can sign up for the in-person and for the online events using the link below.

[Get involved :: Hampshire Together](#)

In addition, the Wessex Cancer Alliance have organised a separate Listening Event over Zoom on Wednesday 14 February, 10.30am to 12.00pm. If you cannot attend our February meeting or the events listed above, you can sign up for this event using the link below.

[Wessex Cancer Alliance Virtual Listening Event: Wednesday 14 February 2024 Tickets, Wed 14 Feb 2024 at 10:30 | Eventbrite](#)

Prostate Awareness

We would not necessarily expect to hear of King Charles and our secretary Allan Roper mentioned together but following the news of King Charles surgery for a benign enlarged prostate, Allan was contacted by Radio Solent and asked to give an interview for inclusion in Saturday's news broadcasts about our group and the work we do as part of their news item on King Charles. Allan spoke very well and we were able to get very good publicity for our group.

Social events planning

The results of the survey indicated the most popular choices to be,

- The Bombay Gin Distillery visit
- A barge trip
- Afternoon skittles
- Group walks

We are planning to arrange the distillery visit for May/June time, depending on availability and the barge trip for the summer. The plan for the skittles is for a date in the autumn. We also

plan to arrange a walk in the summer but are aware that as we will be the organiser, therefore, we will need to carry out a risk assessment and discuss the planned activity with our insurer to ensure we are covered in case of any incident.

AGM

Finally, just an early reminder that the March meeting will be our AGM. Two current committee members have advised that they intend to stand down at the AGM, so if anyone is interested in joining the committee, please let Allan Roper know on info@nhpcsg.org.uk. The committee members will be very happy to explain the roles and responsibilities of the committee if you would like to speak to someone before making any decision.

Keith



January Meeting 2024

A great start to the year with a strong attendance and a particularly interesting talk for our partners and friends whose support is so important to us and makes our life all the richer.

So, a heartfelt thank you to our guest speaker Caroline Prance who runs the Oxford Prostate Cancer support group, OPCSG in addition Caroline's local group for partners she is involved in the National Online Group for Partners. Caroline spoke on the aspects of the national and local partner's support groups which may well be attractive to our members partners and friends. As Caroline said our lives would be poorer without them. A retired Nurse with the experience of setting up support groups she told us of her experience with her own family's journey with prostate cancer.

A driving force for involving partners was the lack of inclusiveness of partners in hospital appointments. Where a partner should be involved along the pathway and be able to ask questions so the cancer patient does not feel alone. She explained that research showed that conversations are different in mixed support than in gender specific alone. The Dr Terri Gilleace study showed that men who avoided talking about their PC were most impacted. The study showed some partners don't wish to breach the husband's privacy. They don't feel they have the right or need to seek help as they are not the person who is ill. That with the pressure on the Health Service many avoid talking to their GP.

Caroline joined the local support group with the specific aim of setting up a support group for partners. Help from a committed group chairman and others in the group gave her a platform. With help from PCUK and Tackle, Caroline now has 80 members throughout the UK on email, zooming in every six weeks. They have general discussions and great for those who don't have

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a local support club near them or can't travel. There are now around five partner support groups dotted around the UK. Caroline's local club has a social side and meets once a month for coffee and walks and a Christmas lunch. She found the ad hoc didn't work and but more structured approach did. Introducing a social side, has provided enjoyment for the members and has helped to grow the membership numbers. As a group where partners who have lost men they can continue to enjoy and share their life experiences with others.

Caroline set up a WhatsApp group but found she needed two. One for admin, the other for the Group and is working on the possibility of a Web Site. Caroline apart from the support from the CSG has enthusiastic lieutenants to help here. Its role in helping partners mitigate the feelings of loneliness and is a lifeline for others. Partners learn so much from each other's experiences and get through the social interactions emotional support for their partners. Caroline reminded everyone of the work of the PCUK nurses and the support and information help they can offer everyone.

At the end of our meeting after thanking Caroline for a real eyeopener. Partners were then canvassed to see if they would welcome a coffee morning and the indication was yes. I expect like Caroline we will need a number of ladies to step up and support any initiative. It doesn't have to be onerous and any partners who feel they could help should contact our Chairman. It's a great opportunity and one we should try to follow through.

Our monthly Raffle was as ever enjoyed and the generosity of our members again very much appreciated. The income helps to defray the cost of our tea and biscuits and contributes to the hire of the hall so thank you all.

A look forward; for those of you who put their name down for the visit to the Basingstoke Willis Museum. The Museum is on the other side of the old market square opposite Barclays Bank please be there for 2.00 PM Wednesday the 21st of February. There are several car parks to the rear of the bank so parking should not be a problem. It is Market Day too in the square for those who want to top up on veg. The Chairman of the Museum intends to host us and show us round.

Roger

Group Meetings

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

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



Contact

For more information

call or text: 07377 430242

email : info@nhpcsg.org.uk

website: www.nhpcsg.org.uk



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