

Buzz Bulletin



August 2024
Edition 8 Vol. 9

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Chairman's Chat



Keith Jones

Welcome as always to this month's Buzz. So, the last bank holiday of the summer has been and gone and the schools are back up and running again. For some of us, that means our grandparenting activities will reduce. I do not know about you but much as I

love my grandchildren, they can be hard work, I needed a rest when my wife and I got home after the last two weeks.

Partners Group

Our partners group goes from strength to strength. Pat Twigg reported to me that there were 11 partners present at the August meeting. The next coffee morning is planned for Tuesday 10th September at 11am, once again at the Gaberdine Bar.

If you are a partner and have not attended before, just turn up on the day and you will be made most welcome.

Mayor's Charity Events

After a quiet couple of months, we will see an increase of activity related to the Mayor's charity fundraising. First up we will be attending the Basingstoke Carnival Hall Diamond Jubilee Celebration on Saturday 14th September at May's Bounty Cricket Ground. The Mayor will be attending in his official capacity and we will have a stall.

Following on from this, on the Saturday 5th October there is the Mayor's Variety Show at the Anvil where we will be assisting with distributing programs, drinks and collecting donations as well as having our publicity banners and materials.

One week later, we have our own big awareness event at The Malls on Saturday 12th October. We are waiting to hear if the

DIARY DATES

Thursday 5th September
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 26th September
Group meeting
Erectile dysfunction and
incontinence aids
with Darren Breen
Managing Director of
iMEDicare

Thursday 3rd October
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 5th October
Mayor's Variety Show at the
Anvil

Thursday 12th October
PC Awareness Basingstoke
Malls

Thursday 31st October
Group meeting
Professor Langley, Royal
Surrey Hospital, Guildford.
Mayor Putty will also be
attending

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

Thursday 28th November
Group meeting
Health and Wellbeing - Steph
from our Exercise Class and
Alex from 5K My Way

Thursday 5th December
Christmas Lunch

Thursday 5th December
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Mayor will be making an appearance at this event.

For all these events, we rely on the members and committee to man (or woman) our stalls, so if you can give up an hour or two for any of these events, it would be greatly appreciated, just let Richard White or Allan Roper know through the email info@nhpcsg.org.uk .

Finally, as we get to the end of the year, there is the Mayor's Christmas Carol Service at All Saints Church in Basingstoke on Saturday 7th December at 6pm. Last year this event was free but as space is limited, tickets needed to be booked in advance and I expect the same will apply this year. More information will be provided when I have it.

For details of all our events, see Richard White's publicity section that follows.


Group Visit

We are setting up a wine tasting session at Majestic Wines in Basingstoke on Wednesday 16th October at 2pm. We still have space, so if you would like to join us, please contact Richard White (07768 904231) or Allan Roper at the group phone number (07377 430242) or email info@nhpcsg.org.uk .

Last month I mentioned the opportunity of a visit to the headquarters of the Hampshire and Isle of Wight Air Ambulance at Thruxton airfield. I am still waiting to get some proposed dates for this activity.

Prostate Cancer UK News

Have you heard of Prostate United? Nor had I, but October is the fund-raising month. You do not need to be a football fan or member of a football club, just sign up to commit to perform a daily activity challenge over the course of the month. The activities are one of the following:

Three small illustrations: a man and a woman walking, a woman running, and a man cycling.

Walk 3km a day or 5km a day
Run 5km a day or 10km a day
Cycle 10km a day or 25km a day

What is more, if you sign up, you will receive a PCUK Man of Men T Shirt with other rewards given based on the funds raised. Details are below.

[Prostate United 2024 \(prostatecanceruk.org\)](https://www.prostatecanceruk.org)

Prostate Cancer Research News

Prostate Progress

Just a further reminder about the new initiative from Prostate Cancer Research creating a patient data platform which can then be used by those involved in research projects related to prostate cancer. Data will be gathered through online surveys at various times from men diagnosed with prostate cancer who have signed up and will cover a wide range of subjects. Some of the data requests may be repeated, for example a prostate cancer health survey will be repeated to gain information on how respondents health may have changed over time.

If you have not signed up, I encourage you to do so.

[Prostate Progress - Prostate Cancer Research \(prostate-cancer-research.org.uk\)](http://prostate-cancer-research.org.uk)

Finally, a date for your diary, we will be returning to BCoT for our Christmas lunch on Thursday 5th December. We expect to open up registration at the September meeting but if you are unable to attend that meeting and want to join us for the Christmas lunch, let Allan know on info@nhpcsg.org.uk.

Well, that is all for me this month, I hope to see you all at the September meeting

Keith Jones

Chair



Meeting Notes

The 9th Anniversary meet followed the now traditional format of Chairman's update followed by a quiz, then cakes (lots of cakes) at the interval and finally a raffle.

A fun time! .



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Meeting Notes *continued*

Some dates for your diaries.

Pint and Chat, Red Lion Basingstoke, First Thursday of every month. Next one is on 5 September 19:00 - 21:00. Then 3/10, 7/11 and 5/12.

Next meeting Thursday 26 September, Brighton Hill Community Centre.

IMedicare "Incontinence Management" and more.

October Meeting (24/10)- Professor Langley of Guildford, Brachytherapy and other treatments, and the Mayor will be present.

November (28/11) - The Benefits of Exercise, Steph from the Monday exercise class and Alex from 5K Your Way. Plus we hope to have the presence of a Clinical Nurse Specialist or two from Winchester and Basingstoke hospitals.

Awareness stands at the following events.

All volunteers welcome, please contact Richard White (07768 904231) or any committee member if you want to help out.

7 September - Silchester fair, 10:00 - 16:00

14 September - Carnival Hall Basingstoke, 10:00 - 16:00 (the Mayor is to attend this event)

12 October - The Malls, Basingstoke - 09:00 - 17:00

Social events

October 9 or 16 (date to be confirmed) Wine tasting at Majestic Wines in Basingstoke from 2pm for 2 hours

Richard White

whiri02@gmail.com

07768 904231

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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