

Buzz Bulletin

February 2025
Edition 2 Vol. 10

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Chairman's Chat



Keith Jones

Once again it is time for another edition of Buzz. I hope it finds you well. Spring is now on its way as we can see from all the snowdrops and the daffodils are about to come into flower. Although things can change, to see things starting to sprout makes you feel that winter is behind us.

I need to start with an apology for the later than usual publication of this month's Buzz. With preparation for the EGM and the subsequent update of the constitution combined with assisting with the preparation of the financial statements for 2024, time has flown past. On a personal note, I also had a large cake baking order for my granddaughter's birthday party at the weekend. I hope normal service will be resumed for the next issue

Group Charitable Status

I would like to start with an update on our charitable status.

The Extraordinary General Meeting (EGM) was held at the start of the February group meeting at which the new constitution was presented for approval by the members. Unfortunately, there were some points raised at the meeting that after discussion it was decided that the committee needed to consider further. A review of the points has now been undertaken and approved by the committee. As we have our Annual General Meeting (AGM) in March, the updated constitution will be issued to members and approval will be an agenda item at the AGM.

As I have previously reported, once the new constitution is approved, the necessary online application process to be considered for charitable status by the Charity Commission will be prepared and, once submitted, it is a case of waiting for the review by the Charity Commission which is known to take several months. We are hopeful that we would have our status confirmed by the end of the summer.

DIARY DATES

Thursday 27th March
AGM
plus Activity
~~~~~

Tuesday 1st April  
Partners Group meeting  
Gaberdrine Bar  
~~~~~

Thursday 3rd April
Pint and Chat
Red Lion Hotel, Basingstoke
~~~~~

Thursday 24th April  
Group meeting  
Versus Arthritis

Richard White has provided a report of the EGM in his section of Buzz and I will continue to provide further updates in future issues of Buzz.

## Committee Vacancies.

In common with many voluntary organisations, finding volunteers to join the committee and in particular being prepared to take on one of the specific roles is very difficult and we hear of



other similar organisations having to fold due to the lack of committee members. Thankfully we are not in that position at this time but as I stated last month, we do need someone to take on the role of Treasurer as David Jannetta has decided to stand down. Obviously the role involves maintaining the group's financial records but we do not have a high volume of transactions each month to have to deal with.

Are you up to the challenge? If so or if you would like to know more about the role, please send us an email to the [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) group email address. I should add that partners would be very welcome to apply.

In addition, we would be happy to hear from anyone who would like to join our committee as the group moves forward in raising awareness of prostate cancer and supporting people diagnosed with Prostate cancer and their partners.

## Carnival Hall Brunch

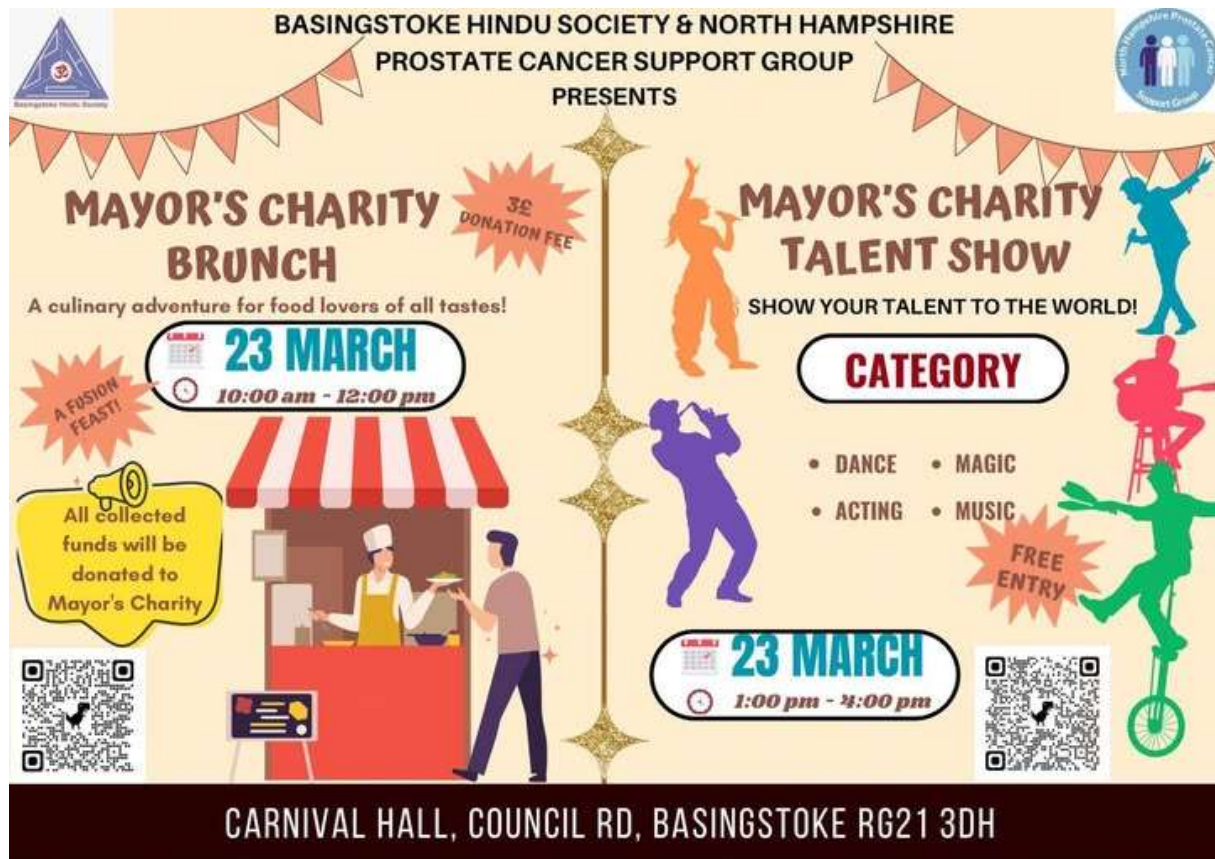
Although not an official Mayor's Charity event, here is a date for your diaries. On Sunday 23<sup>rd</sup> March, less than 2 weeks away, our friends at the Basingstoke Hindu Society are organising an event at their premises, Carnival Hall in Council Road, Basingstoke. The event will be in two parts, a brunch from 10am to 12noon followed by a variety show from 1pm to 4pm. Funds raised at these events will go to the Mayor's charity and of course NHPCSG will be in attendance.

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[Join us for a Charity Brunch followed by the Basingstoke Talent Show 2025!](#)



📅 Mayor's Charity Brunch (10 AM - 12 Noon)

🌟 Indulge in a delightful mix of Indian & English flavours

🌟 Savor traditional English pies & vibrant Indian snacks

🌟 Pay only for what you love!

💛 Donation Fee: Just £3 –All proceeds go to the Mayor's Charity

📍 Register for the Charity Brunch: <https://www.trybooking.com/uk/EOQE>

📅 Mayor's Charity Talent Show (1 PM - 4 PM)

Do you have a hidden talent? Showcase your skills on stage! 🎤 🎶 🎭

📍 Sign up for the Talent Show (Free!): <https://forms.gle/BxWG8cr9maGjy8uv5>

📅 Date: Sunday, 23rd March 2025

📍 Location: Carnival Hall, Council Rd, Basingstoke RG21 3DH

Come for the food, stay for the fun, and support a great cause! ❤️ See you there!

[\(4\) carnival hall brunch - search results | Facebook](#)



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## Partners Group

Just a reminder that this group, under the leadership of Pat Twigg, meets on the first Tuesday of the month at the Gaberdine Bar in Basingstoke. All partners welcome. If you have not been before, feel free to turn up on the day or send an email to [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) and we will put you in contact with Pat. Chat, Coffee and Cake in that order.

## Group News

### Houses of Parliament Visit

There are still places available on the guided tours of the Houses of Parliament during the Easter recess. This has been arranged by one of our members, Neil, who works there. There are six places available for each day although 15<sup>th</sup> April is now full. The dates are:

- 9th April
- 10th April
- 15th April
- 16th April

As there will be no parliamentary business being conducted, this will be an opportunity to see some areas that would not otherwise be open to visitors.

If you would like to join us, please let us preferred date(s) by contacting Allan at [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) If you are flexible on dates, let us know all suitable dates.

### Group 10th Anniversary

As I hope you are aware by now, this year we will celebrate the 10th anniversary of the formation of our group. We plan to hold a special event to commemorate this and we will have more news on our plans soon.

However if you have any suggestions as to how we should celebrate this milestone event, please let us know, we would certainly welcome your input.

### Advance Notice



The annual Basingstoke Festival of Transport will take place on Sunday 11th May between 11am and 4pm at the War Memorial Park. As in the past, we will have a pitch there to spread awareness of our group and the need for testing for Prostate Cancer. We will be calling for volunteers to help out on the day so if you can spare 1-2 hours that day, please let Richard White know via the group email [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk).

## Prostate Cancer in the News

### Artificial Intelligence “Supertest”

Scientists have developed a prostate cancer “supertest” they claim is the most accurate tool yet for detecting the disease.

The new test, developed by EDX Medical Group uses artificial intelligence (AI) to analyse blood and urine samples, looking for more than 100 biological markers. These markers, including specific genes and proteins, have been clinically validated as having a connection to [prostate cancer](#) in previous trials.

Sir Chris Evans, Founder and CSO, quoted as saying the test was “truly game-changing” and highly accurate. He said: “every indication thus far shows it will be the most accurate and sensitive screening test available and will be transformative in tackling prostate cancer in men who may have no idea if anything is wrong with them. The incorporation of all these biomarkers into routine screening could revolutionise prostate cancer management by enabling earlier detection and more accurate risk prediction.”

[AI supertest for prostate cancer screening ‘s game-changing](#)

### 2025 MOBO Awards (Music of Black Origin)



Superstars of Black music and culture came together at the 2025 MOBO Awards for one of the biggest nights in the entertainment calendar –and this year MOBO teamed up with Prostate Cancer UK (PCUK) to make prostate

cancer awareness and Black men’s risk an important part of the story on a huge night for music and entertainment.

Among those present, Tim Campbell MBE, a former winner of The Apprentice, shared his personal prostate cancer message.

"I know my chances of getting it are double that of other men, just because I'm Black –and my risk increases with age too," said Tim.

"For Black men and men with a family history of the disease, 45 is the age that it's a good idea to have a chat with your GP about your risk."

"We want to make sure more of our dads, brothers, sons and mates get that all-important earlier diagnosis. Thanks to this partnership with the MOBO Awards, we will make a sizable difference – so a huge thanks to everyone that helped make it happen. Here's to an encore next year!"

Stars light up the MOBO Awards to help us reach millions with lifesaving message for men  
[Postate Cancer UK](#)

## Prostate Cancer Research Ambassador

Former prime minister Rishi Sunak has said he is "honoured" to become an ambassador for a prostate cancer charity.

He will support Prostate Cancer Research's campaign to introduce a national screening



programme for men at high risk of the disease.

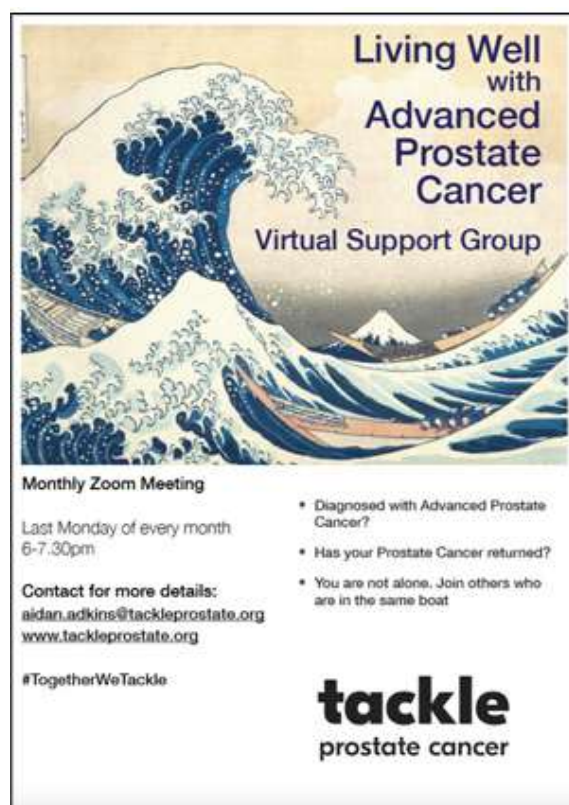
Earlier this month, Mr. Sunak met workers at the laboratories of British cancer diagnostics company Oxford BioDynamics, where they are working on a new blood test, its new EpiSwitch PSE blood test. This new test has been shown to

detect prostate cancer with 94% accuracy: a significant improvement on the accuracy of the current most commonly used PSA test.



At the Oxford labs Mr Sunak also met and spoke with several prostate cancer patients to hear their views on the importance of early detection and the need for a screening programme. Later Mr Sunak spoke in Parliament asking the government to support the introduction of a national screening plan

[Rishi Sunak Joins Prostate Cancer Research As An Ambassador - Prostate Cancer Research](#)



## Other Support Groups

For those diagnosed with Advanced Prostate Cancer. Please email [aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org) if you wish to attend.

- Monday 24th March (4th Monday)
  - Monday 28th April
  - Monday 26th May
- 6.00pm start

## National PC Partner Support Group,

The national partners group has now issued dates for its 2025 meetings.

- Supporting partners of those diagnosed with Prostate Cancer.
- Email Janet or Caroline if you wish to attend [janetldaykin@gmail.com](mailto:janetldaykin@gmail.com) or [carolineopcsg@gmail.com](mailto:carolineopcsg@gmail.com)
  - Monday 17th March
  - Tuesday 29th April
  - Monday 16th June
  - Tuesday 22nd July
  - Monday 15th September
  - Tuesday 28th October
  - Monday 15th December
- 6.30pm start with room opening at 6.10pm

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## Reading Prostate Cancer Support Group

**Wednesday, 12 March 2025, 13:00 - 14:00: NIHR Webinar: "What's next for prostate cancer research?"**

Join this webinar organised by the National Institute for Health and Care Research to better understand what we do and don't know about how to treat localised prostate cancer. Learn about these ongoing studies from the researchers and what their findings could mean for the future of prostate cancer care.

Presentations will be followed by a Q&A session. The webinar will be recorded.

Find details of registration for the webinar at: <https://www.nihr.ac.uk/events/whats-next-prostate-cancer-research>

**Tuesday, 18th March 2025, 10:30 for 10:45: Walk and Talk & Coffee/Lunch, Pangbourne to Goring**

Pangbourne to Goring walk, about 5 miles one way, return by train. Bring your own refreshments, or cafe available in Goring.

Meet at Pangbourne river meadow car park, RG8 7DA. Pangbourne rail station is also available 5 minutes walk away for anyone wishing to come by train.

Any queries please ring Richard Brown, 07973 662925.

Well, that is all for me this month, I hope to see you all at the March group meeting which will be our AGM.

**Keith Jones**

*Chair*

NHPCSG, a chosen charity of the Mayor of Basingstoke and Deane.



## January Meeting Report

**T**his month's group meeting started with an Extraordinary General Meeting called as required by our current constitution to discuss and ratify the constitution changes required to become a Charitable Incorporated Organisation, CIO.

We had a quorum under our current constitution of more than 28 persons and discussed the questions raised by our members who responded to the email earlier this month, and one further question raised on the day.

Why are we going for CIO status? Keith Jones explained that basically the reasons are:



- To raise awareness of the group.
- Build public trust in our group.
- Document our governance processes.
- Opportunity to raise further funds.

CIO status also gives us:

- Protection for the group's trustees.
- Regulation by the Charity Commission, but no need to register with Companies House.

We have consulted with the Basingstoke Voluntary Association (BVA) and the Reading PCSG who have recently achieved CIO status themselves. We have based our revised constitution on their already accepted constitution.

Martin Budd summarised the constitution changes as:

- We require a registered office - this is still to be arranged.
- Our objectives have been altered to match those in the Reading version.
- We must have trustees formally identified as committee members but committee members will still be elected at AGM (no change to the current process).
- Electronic communications are now in the constitution including the facility for proxy voting etc.

Accounting will be slightly different from the current processes requiring annual submission to the Charities Commission.

The next steps were to call this EGM to review and agree the constitution, then submit our application to the Charities Commission.

The 7 questions raised in advance were:

1. Para 9.1. to be extended to read 'diagnosed with Prostate Cancer' but we will not exclude people who are fact finding. AGREED.
2. Para 11.3. correct the typo [20] to [22]. AGREED.
3. Para 29. Reword to 'General Meetings' for consistency. AGREED.
4. Para 12.(3). Minimum number of trustees. No changes required Para 13 explains the appointment of trustees. AGREED.
5. Para 9 reword to change man to person. Trans women can get PC. AGREED.
6. Para 24. Minutes, need to be approved - in practice we do this already for the AGM.

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There was discussion as to whether we need a point to say this. Should we be more specific to define a "timely manner"? Or would it be sufficient that by distributing minutes by email, they are deemed to be approved if there is no response to the contrary. This item has been referred back to the committee for further consideration.

7. Para 21.1.a. The question was raised as to how we identify 'lost' members. It is difficult to see a practical way to do this and have to rely on members notifying the secretary/us if they don't receive information or minutes. This item has been referred back to the committee for further consideration.

8. A further question raised at the meeting Para 11.5.b. related to the size of a quorum? The new constitution states 15 members, the current one states 20% of members which would currently be 28. In other words, there would be a reduction in the number of members required to form a quorum. Discussion ensued as to if the group wants to dilute the size of the quorum and the subject of active members vs group membership per se. Keith Jones made the point that we currently add approximately 20 new members a year which under the current constitution would mean the quorum would increase by 4 each year. However this is not necessarily reflected by increased numbers attending the group meetings, specifically EGM or AGM.

There was a proposal that the number be increased to 20 members which was voted on and agreed. There will be further review by the Committee with possible reference to the Charities Commission.

As the EGM took longer than expected to conclude, the planned round table discussions on PC subjects was postponed and will be included in a future meeting

**Richard White**

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



**Together we are Stronger**

## Contact

**For more information**

call or text: 07377 430242

email : [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)

website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



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