

# Buzz Bulletin

February 2026  
Edition 2 Vol 11

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Chairman's Chat



Keith Jones

**G**ood day to you all, and it seems we can now finally welcome spring and hopefully there will be less rain! I have even been working in the garden over the last few days. Plants are beginning to sprout, the daffodils, snowdrops and crocuses are out, and the first

buds are on the trees. The ground is still very soggy and needs to dry out a bit but that doesn't seem to have stopped the grass growing, so much so that I was forced to give it a first cut today. Anyway, enough of Gardeners Question Time and on to Group matters.

### Group News

First up some important group news.

### Fund Raising

On a very cold and wet Sunday 15<sup>th</sup> February Ollie Parsons, son of John, set off from the War Memorial Park in Basingstoke cheered on by his supporters and a number of members of our group. Around 6pm Ollie completed his run and was welcomed by a large group of supporters at the Riverdene pub.

### DIARY DATES

**Thursday 5th March  
Pint and Chat  
Red Lion Hotel, Basingstoke**  
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**Thursday 12th March  
Partners Group Meeting  
Mono Pizzeria**  
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**Thursday 26th March  
Group Meeting  
AGM**  
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**Thursday 2nd April  
Pint and Chat  
Red Lion Hotel, Basingstoke**  
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**Thursday 9th April  
Partners Group Meeting  
Mono Pizzeria**  
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**Thursday 30th April  
Group Meeting  
Mission Aviation Fellowship**  
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*Group Meeting 2.00pm – 4.00pm  
Pint and Chat – 7.30pm-9.30pm  
Partners Meeting - 11.00am*

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## The Start



## The Finish



At the end Ollie looked absolutely shattered but after getting into the warmth of the pub, he seemed to recover remarkably quickly.

At the Group meeting last week, we were able to welcome Ollie so that we could express our gratitude for his efforts. Ollie original target for his fundraising was £500 but he unfurled a cheque for £4,120. He then had a surprise up his sleeve when he revealed that this total had increased further and the final total was £4,420.



I informed Ollie that one of the first things that we intend to purchase is a gazebo which will have our name prominently printed on it for use at awareness events and it is intended that we will also add suitable text to record that it was purchased through Ollie's fundraising.

This was such a wonderful effort!

See below for a link to an article in the Basingstoke Gazette.

[Basingstoke man raises £4k in ultramarathon for his dad | Basingstoke Gazette](#)

## Partners Group

Hot off the press!

This week, Pat Twigg with Kate Bensaid visited the new restaurant Mono Pizzeria that has opened in the old Gaberdine Bar. The owner was very positive about the group meeting there as in the past. So, it will be back to the old/new Gaberdine Bar for the March meeting which will take place on the usual second Thursday of the month, i.e. 12<sup>th</sup> March.

The group is open to all partners, but Pat has been asked to give them expected numbers so that the new owners can ensure they are suitably prepared. For the regulars, please let Pat know if you plan to attend. If you have not been before, you will be very welcome, just drop an email to the group address [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) and we will ensure Pat can make contact with you.

Thank you to Pat and Kate for their efforts.

## Annual General Meeting Notice

The March meeting will be our AGM and formal notice will go out to all members in the coming days.

The meeting will follow the normal, required format, namely:

- Reports from the elected trustees, Chair, Secretary and Treasurer.
- Presentation of the financial results for 2025.
- Election for positions of Chair, Secretary and Treasurer.
- Election of all trustees (Those trustees prepared to continue in the role and any new trustees must be elected at the AGM).
- Open discussion on any matters raised by members. Members are asked to submit such requests to Allan Roper in advance so that they can be added to the agenda. Please use the group email address [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)

Three trustees have indicated that they intend standing down at the AGM – Martin Budd (current Treasurer), David Jannetta and Roger Bensaid. I thank all three for their service to the group. With the departure of Martin, David and Roger, this will bring the number of trustees down to seven. Whilst we will definitely be sorry to see them go, this does open up an opportunity for some new blood to join our group of trustees. We also need to be thinking of succession planning as none of the remaining trustees are getting any younger.

So, I have a request to make. Do any of you, our members and indeed partners, especially those who have joined the group in recent years, feel they could bring some fresh ideas to how the group operates and help us shape the future of the group. There are no qualifications required, nor is it necessary to have had experience in being a charity trustee.

In terms of commitment, apart from the elected positions, the Trustees meet once a month and our meetings last around two hours.

If you are interested, please contact Allan Roper at [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) or leave a message on the group phone number 07377 430242 so that we can arrange to have a chat.

## Prostate Cancer in the News

### National Prostate Cancer Screening Campaign

By now everyone knows the National Screening Committee's (NSC) draft recommendation to a targeted national prostate cancer screening programme. After reviewing the modelling data that the NSC use as the basis of their review Prostate Cancer Research (PCR) commissioned their own review of the modelling data which they have submitted to the NSC.

The NSC and the Sheffield Centre for Health and Related Research SCHARR team are now reviewing the consultation responses to determine whether the model and literature review need amending. If no further work is required, then final evidence reports and feedback from the consultation will go to the 26 March 2026 NSC meeting when members are expected to agree a final updated recommendation. However, if the consultation responses identify a requirement to revisit the modelling and evidence summary, then it will be updated and considered by the UK NSC at the earliest possible opportunity.

PCR have now launched a petition to have a national screening program considered for debate in Parliament. For this to happen, the petition needs 100,000 signatures and the sooner this number is reached, the sooner it will be heard in Parliament. As of today, the total number of signatures stands at 46,147, if you haven't already done so, I would urge you to sign the petition at the link below.

<https://petition.parliament.uk/petitions/751472>

### Enhance Research Project

Advanced prostate cancer is often treated with hormone therapy, but the full doses can cause side effects like fatigue, hot flushes and high blood pressure, making life harder for many men.

The ENHANCE trial, jointly funded by Prostate Cancer UK and Cancer Research UK, plans to optimise hormone therapy dosing in metastatic prostate cancer. Clinical trial results will refine treatment pathways, especially in advanced disease. What makes this project different is its focus on improving quality of life without compromising survival.

Normally, these drugs are given at full strength every day, but the researchers want to find out if half the usual dose works just as well. To do this, they'll run a large study involving around 1,500 men across hospitals in the UK.

As part of this, the research team will work to ensure that at least 10 per cent of men recruited are Black. This is crucial because Black men are more likely to get prostate cancer, and to be diagnosed at a later stage, yet Black men are traditionally underrepresented in research trials – meaning that decisions about their treatments may not be based on data that is as relevant to them.

We will hear more on this project in due course.

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

## **TRANSFORM Project Update**

The primary objective of the trial is to identify optimal and cost-effective screening pathways.

Stage 1 enrolment is now underway with 16,000 men, testing innovative screening modalities including: -

- PSA blood test (conventional baseline).
- Genetic spit test (polygenic risk scores).
- Rapid multiparametric MRI.
- Combinations using novel AI algorithms.

Ultimately the project will involve 300,000 men.

The National Screening Committee are also very interested in the findings of the TRANSFORM project and are collaborating with the trial team. They are particularly interested in two areas of the trial.

- Getting answers to outstanding questions on screening effectiveness for black men and men with a family history as soon as trial data becomes available.
- The results of the study to develop and trial a more accurate test than PSA alone, to improve the better balance the benefit to the harm of screening.

You can read more about the trial from the link below.

[TRANSFORM trial | Prostate Cancer UK](#)

## Tackle Prostate Cancer News

Tuesday 24<sup>th</sup> March is the date for this year's leaders conference organised by Tackle. The venue will be the same as last year in central Birmingham and I will be attending to represent the group. Many different support groups are represented at the conference, and I am hoping to get some good ideas that we can apply for our group through networking with other group leaders and the Tackle presentations.

I will provide a report back in the next edition of Buzz.

## Some Diary Dates

### PSA Testing Events

Spring is around the corner and with that a number of local organisations have arranged PSA testing events with the support of the Graham Fulford Charitable Trust. We hope to attend most if not all of these events.

- 7<sup>th</sup> March - Basingstoke & Deane Community Leisure Trust at Basingstoke Aquadrome
- 20<sup>th</sup> March - Royal Winchester Golf Club
- 25<sup>th</sup> April - Lodden Lions at Tadley
- 23<sup>rd</sup> May - Hook and Odiham Lions PSA testing event at Odiham Cottage Hospital

### Awareness Events

We have two events coming up shortly. The first is a health awareness event organised by Stephanie Wallis from the Basingstoke Sports Centre on Saturday 14<sup>th</sup> March where we will be present.

The second event is one of our major events of the year, the Basingstoke Festival of Transport. This will take place on Sunday 10<sup>th</sup> May at the War Memorial Park. With the volume of people attending this very popular event, we will need volunteers to help us in putting across the message of prostate cancer awareness and PSA testing. Look out for details next month.

## Other Support Groups

### Advanced Prostate Cancer



**Living Well with Advanced Prostate Cancer**  
Virtual Support Group

Monthly Zoom Meeting

Last Monday of every month  
6-7.30pm

Contact for more details:  
[aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org)  
[www.tackleprostate.org](http://www.tackleprostate.org)

#TogetherWeTackle

- Diagnosed with Advanced Prostate Cancer?
- Has your Prostate Cancer returned?
- You are not alone. Join others who are in the same boat

**tackle**  
prostate cancer

For those diagnosed with Advanced Prostate Cancer.

Please email [aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org) if you wish to attend.

6.00pm start

Mon 30<sup>th</sup> March

Monday 27<sup>th</sup> April

Monday 25<sup>th</sup> May

Monday 29<sup>th</sup> 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](mailto:janetldaykin@gmail.com) or [carolineopcs@gmail.com](mailto:carolineopcs@gmail.com)

- Tuesday 28th April
- 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](mailto: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, 12<sup>th</sup> March, 18:45 for 19:00

## Working Aged Men and Partners



A new On-Line (Zoom) Peer Support Group for working aged men recently diagnosed with Prostate Cancer.  
2<sup>nd</sup> Wednesday in the Month 7pm - 8:30pm  
If interested - please send details through to John Newton  
[thedodgywalnut@gmail.com](mailto:thedodgywalnut@gmail.com)

tackle prostate cancer

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 shown.

Dates of the next meetings are:

- Wednesday 11th March

Well, that's about it for this month. I hope to see as many of you as possible at the AGM on 26<sup>th</sup> March. Until then, look after yourselves.

**Keith**

Keith Jones

**Chair**

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

## Meeting Report

At this meeting we had a very engaging and interesting story about the history of the Royal Observatory in Greenwich from John Noakes a long serving volunteer at that place for the last 2 and a half years.

Prior to volunteering John had a career in the navy. Joined age 16 as a training navigation cadet, rising to captain at the age of 26. Then a second career in IT for many years.

The observatory is part of the UNESCO World Heritage site comprising the Cutty Sark, the Observatory and the National Maritime Museum. Last year, 2025, was the 350th anniversary of the observatory.

In 1675, in the time of Charles II, the observatory was built after the king heard that the French were ramping up their astronomy and had already built an observatory in Paris to map the stars.

The position of Astronomer Royal (AR) was created by Charles II. The 1st AR was John Flamsteed who gave his name to the observatory building which would have been his family home as well. His job and that of all subsequent ARs was to plot the transit of the sun, moon and other celestial bodies across the sky with reference to a Prime Meridian and record that information in the Nautical Almanack for sailors to use to determine their position. That meridian was yet to be agreed! Eventually there was an international conference in 1884 at which it was agreed that the Greenwich Meridian would be adopted as the Prime Meridian.

The final thing that was needed to use together with the almanack was an accurate time piece, a Nautical Chronograph, to know and keep the exact time at Greenwich.

In 1714 the Longitude Act was passed and offered a reward of £20,000 to find a means to determine longitude at sea with an error of no more than half a degree. The work of John Harrison led to a Nautical Chronometer accurate enough to use at sea and by 1851 the 7th AR George Airy's moon observations completed the work to determine longitude at sea.

**Richard**

## 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 430 242  
Email: [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)  
Website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)

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