



Buzz Bulletin

Newsletter of the
North Hampshire Prostate
Cancer Support Group

November 2024
Edition 11 Vol. 9



Chairman's Chat



Keith Jones

Well, in the words of the esteemed singer Noddy Holder from Slade.....It's Christmasssss. And so I would like to take the opportunity to wish everyone reading this newsletter and their families a very happy Christmas.

Group Charitable Status

I want to start this month with a very important subject for the group. Back in July, at our monthly group meeting, I mentioned that we were exploring becoming a registered charity and this month I provided an update on progress to the meeting.

Firstly, why would we want to do this? Among the reasons are:

- To raise public awareness.
- To build public trust
- To enforce rules related to governance.
- To provide opportunities for further fund raising including the possibility of claiming back Gift Aid on donations.

Since July we have embarked on a number of activities.

- The committee agreed by a large majority to proceed with an application to gain charitable status.



of the committee, have reviewed what options are open to us and what we would need to do to move this forward.

- Basingstoke Voluntary Action (BVA) who in the past have provided us with advice on marketing and publicity have been able to

DIARY DATES

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

Thursday 7th December
PC Awareness Day
at Morrisons Supermarket
Basingstoke

Thursday 2nd January 2025
(TBC)

Red Lion Hotel, Basingstoke
Pub Pint and Chat

Monday 6th January
Partners Group at the
Gaberdine Bar

Thursday 30th January 2025
Group meeting
Heartburn
Cancer UK

Thursday 6th February 2025
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 27th February 2025
Group meeting
TBA

Thursday 6th March 2025
Red Lion Hotel, Basingstoke

Thursday 27th March
AGM



provide us with a lot of information based on the experience of Mary Robinson who is their Community Development Manager and who has assisted other local charities in the past with the preparation and application process.

- One of the major changes we recognize that we need to make is to update the group's Constitution. We have spoken with the Reading Prostate Cancer Support Group, our close neighbours. Reading PCSG have recently been successful in applying for charitable status. They have been happy to provide us with a copy of their updated Constitution for which we are very grateful and we intend using this as the template for our own updated Constitution.
- We are now in the process of personalising the Reading Constitution where necessary.

What form of charity would we become?

We intend to apply to become a Charitable Incorporated Organisation, a CIO.

- This allows the members and trustees certain protections against personal liability and provides a legal capacity as an individual. This means a CIO can conduct business, own property, and manage debts and legal claims independently of its trustees and members.
- It is the simplest form of charity and is intended for those organisations with a relatively small level of annual revenue such as ourselves.
- The structure is still regulated by the Charity Commission.
- It does not require registration with Companies House.
- As a CIO we would have a registered charity number which we will be able to display on all our literature.

Next Steps

1. As indicated, we are reviewing the necessary changes we will need to make to our Constitution.
2. Such changes must be agreed by the members at an Extraordinary General Meeting. We plan to hold this meeting at the start of the January group meeting.
3. Complete the necessary online application process to be considered for charitable status by the Charity Commission. This runs to many pages but we hope to complete this application in February.

Once the application is submitted, it is a case of waiting to 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 May.

I will provide a further update in the January Buzz.

Committee Vacancies

We need to recruit a new Treasurer for the group to join our committee. After a number of years in the post, David Jannetta has decided to stand down as Treasurer at the AGM in March. Thank you for your service, David.



As a result, the hunt is now on for someone to replace him. If you think this is a role for which you would be suited, please send us an email to the info@nhpcsg.org.uk group email address. 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.

Partners Group

As I mentioned last month, the partners group are taking a break from their monthly meeting until the New Year. The group will next meet at 11:00am on January 6th at the Gaberdine Bar in Basingstoke. All partners welcome.

Speaking of partners, the National Prostate Cancer Partners Support Group meet on Zoom on alternate months. The meetings start at 6:30 and are open to all partners. The next date is Monday 16th December

For Zoom details, contact either carolineOPCSG@gmail.com or janetldaykin@gmail.com.

Mayor's Charity Events

The final event of the year for the Mayor is the Mayor's Christmas Carol Service at All Saints Church in Basingstoke on Saturday 7th December at 6pm and Allan Roper and I will be representing the group. Unfortunately, this is a ticketed event and all tickets have now been taken up.

Looking forward to next year and there is another event on the Mayor's calendar.

The date is Saturday 1st March 2025 – Mayor's Spring Charity Concert at the Anvil.

The event will celebrate the key anniversaries of Jane Austen within the Borough and in nearby Steventon, as well as commemorate VE Day.

These themes reflect the Mayor's principle of fostering community cohesion by bringing people together to enhance the wellbeing of all.

Tickets are now available from The Anvil box office priced £20 for under 65's and £16 for over 65's and students with under 16 children's tickets £13.

Awareness Events



As I advised in the last issue of Buzz, we now have our final awareness event of the year on Saturday the 7th December in Morrison's supermarket in Basingstoke. You will note I said “in” and not “outside” Morrisons, thankfully. We have our rota drawn up for the day, but if anyone is passing or needs to do some shopping, come along and say hello.

Prostate Cancer in the News

Prostate Cancer Research Launch Report on Socio-economic Impact of Prostate Screening

Last month at the House of Commons, Prostate Cancer Research launched this report. The event was attended by MP's (see below) as well as several celebrities including Sir Steve McQueen, Gary Lineker, Claudia Winkleman and James Cordon to name but a few.



From left to right, Aidan Adkins (Tackle), Rt Hon. James Cleverly MP, Rt Hon. David Lammy MP, Josh Babarinde MP, PCR CEO Oliver Kemp and Sir Steve McQueen. Aidan Adkins was one of the keynote speakers.

In a major report prepared by Prostate Cancer Research, three strategic recommendations to revolutionise prostate cancer care have been proposed:

1. Introduce targeted prostate cancer screening for high-risk groups as soon as possible. This means prioritising those at highest risk of prostate cancer which has been shown to provide economic benefits, while requiring the lowest level of health system change.
2. Trial new diagnostic tests in clinical practice by focusing on getting new diagnostic technologies into trial (e.g. reflex tests), gathering real-world evidence and understanding the benefit in diverse populations. Once the value of this has been demonstrated, the screening programme should be expanded to cover the general population using a test with greater accuracy as this will realise the greatest economic benefits.
3. Adopt AI-driven technologies to enhance patient outcomes and efficiencies by leveraging its potential to improve the accuracy and reliability of screening, avoiding the

need for unnecessary biopsies, while also boosting operational efficiencies. By adopting AI-driven technologies in imaging, processes can be streamlined reducing diagnostic errors and ensuring resources are allocated more effectively.

If anyone wants to read the report in full, it can be accessed from the link below.

[PCR Socioeconomic Impact Prostate Cancer Screening Nov24-v1.0.pdf](#)

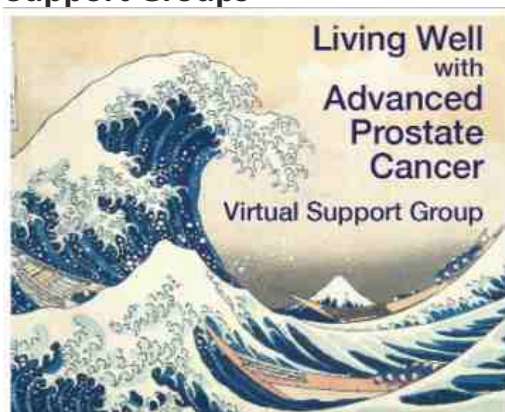
The event received extensive press coverage and there are links to a sample of the reports below.

[Steve McQueen reveals he paused Blitz filming for prostate cancer treatment | Prostate cancer | The Guardian](#)

[Gary Lineker: Men must start talking about prostate cancer](#)

["Streeting: Women treated like alien species due to health inequalities | The Independent](#)

Other Support Groups



Monthly Zoom Meeting

Last Monday of every month
6-7.30pm

Contact for more details:
aidan.adkins@tackleprostate.org
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

Living Well with Advanced Prostate Cancer Virtual Support Group

Contrary to my report last month, there will be one more Zoom meeting this year for this group which will be on Monday 30th December at 6:00pm with access available from 6.00pm. Please email aidan.adkins@tackleprostate.org if you wish to attend.

National Prostate Cancer Partners Support Group

As advised above, this group also have one further Zoom meeting this year on Monday 16th December starting at 6:30 and it is open to all partners.

For Zoom details, contact either carolineOPCSG@gmail.com or janetldaykin@gmail.com.

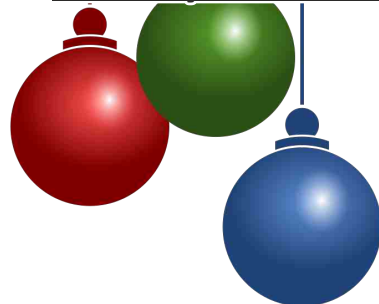
Well, that is all for me this month, again I wish you all a very Happy Christmas and I hope to see as many of you as possible at the January meeting.

Keith Jones
Chair

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

Meeting Report 28th November 2024

Activity ~~NOT~~ Exercise



Health and Wellbeing was the theme of our presenters today - Steph Wallace from Better (our Exercise Class at Basingstoke Sports Centre) and Alex Conboy from 5K My Way. We also had 3 Cancer Nurse

Specialists in attendance.

Steph has over 20 years experience in the exercise education and personal training arena, with 7 years as a Cancer rehab specialist Alex is similarly qualified and has had her own cancer recovery journey.

The side effects of cancers and cancer treatments were enumerated: Fatigue; Decreased bone density, Lowered hormones; Urinary problems, and specifically from the hormone treatments associated with prostate cancer: Worsening bone health; Man boobs; ED; Hot flushes.

The discussion was about the positives effects of getting active (Not Exercise just getting active!):

- Increased Energy Levels
- Better sleep
- Improved mood due to the increased endorphins.
- Resistance work improves skeletal health
- Lymphatic drainage/circulation (for help with lymphoedema)
- It burns calories - so can help with weight control and reduce fat mass.
- Improves bone strength - even walking will have a positive effect.
- Improves your immune system
- Cardio Vascular health improves which can significantly reducing the risk of other health issue
- Self-confidence and body confidence returns.

You don't have to go to the gym - walking, cycling, gardening, housework (yes housework!), swimming are all forms of low impact ACTIVITIES open to all.



As you get more into ACTIVITY you could consider home workouts, and gym exercise classes. Our gym exercise class are 11:30 -12:30 each Monday at Basingstoke Sports Centre. We always start with a warmup, followed by circuits working lower body, upper body, abs then cardio, one minute per station. The session ends with pelvic floor exercises :-). Several of the audience vouched for its efficacy.

If you prefer your ACTIVITY to be outside, then Alex put forward a very strong case for 5K Your Way.

This is part of the Move Against Cancer charity that supports anyone affected by any cancer, 5KYW was founded in 2018. It uses the weekly Park Runs around the country as the catalyst to get and keep individuals moving.

Alex was part of the early Alice Holt runs and decided to form her own group based here in Basingstoke.

She outlined her own personal journey, as a runner she was training for a half marathon when she had her cancer diagnosis. She continued running as best she could throughout the treatments. Her perseverance with running helped her combat treatment symptoms, improve physical and mental wellbeing.

This benefit is what is being passed on through the 5KYW movement. It is not necessary to run the parkrun any level of activity is beneficial. There is also a strong social aspect, you will see some of the same faces each time you take part, and the 5KYWers meet for a brew and chat during and after parkrun on the last Saturday of each month. Their next meets are Nov 30th and 28th Dec. Basingstoke parkrun is in War Memorial Park, the social gathering is outside the Totally Tennis pavilion.

The name parkrun is somewhat of a misnomer as the organisation actively promotes walking participants. There are volunteer Park Walkers who are designated to walk and talk with anyone walking the course, plus there is always a Tail Walker so you will never finish last.

The additional benefits from activity outside is that it boosts serotonin production and Vitamin D.

To get your parkrun times recorded you will need to register at <https://www.parkrun.org.uk/register/>.

To get more information about 5KYW and to register <https://www.moveagainstcancer.org/5k-your-way/>

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