

Buzz Bulletin

June 2025
Edition 6 Vol 10

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Chairman's Chat



Keith Jones

Greetings to everyone. And I start with the sad news that many of you are already aware of which is that one of our longest standing members has passed away. David Fryers passed away quietly on 26th June with his family by his side.

For those that did not know David, he was a founding member of the NHPCSG, a committee member and was the group's secretary for many years. He was also an ambassador for the group, speaking to new members attending their first meeting and David took me under his wing when I attended my first meeting. I appreciated his patience and clarity at that time and he will be sorely missed.

My thoughts go out to Katherine and all of David's family at this time.

Group News

Group Charitable Status

We have continued to move forward with our application to the Charity Commission. Martin Budd, Allan Roper and I have prepared the online application form and the small number of remaining issues have now been resolved including obtaining a registered address. We have decided use Basingstoke Voluntary Action who can provide this service. We will now await the response from the Charity Commission.

DIARY DATES

Thursday 3rd July
Pint and Chat
Red Lion Hotel, Basingstoke
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Thursday 10th July  
Partners Group meeting  
Gaberdrine Bar  
~~~~~

Thursday 31st July
Group Meeting
The Swordsman
~~~~~

Thursday 7th August  
Pint and Chat  
Red Lion Hotel, Basingstoke  
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Thursday 14th August
Partners Group meeting
Gaberdrine Bar
~~~~~

**Thursday 28th August  
10<sup>th</sup> Anniversary BBQ  
Monk Sherborne Village  
Hall**  
~~~~~

Thursday 4th September
Pint and Chat
Red Lion Hotel, Basingstoke
~~~~~

Thursday 6th September  
Silchester Country Fayre  
~~~~~

Thursday 11th September
Partners Group meeting
Gaberdrine Bar
~~~~~

## Partners Group

Just a reminder that the Partners Group will meet on their new date of the second Thursday of the month. All partners are welcome, so 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.

## Mayor's Charity



On Thursday 5<sup>th</sup> June, Allan Roper and I attended the Mayor's chambers where we were presented with a cheque for £5,421.34 being our share of the amount collected throughout the Councillor Dan Putty's year as mayor. This is a magnificent sum of money for a group of our size and we are now considering how we can use some or all of this to improve the support of men and their partners who have been affected by prostate

cancer as well as raising awareness of the need for testing.

## Prostate Cancer Awareness

Just a note for the diary, the next event we will be present at is the Silchester Country Fayre on Saturday 6<sup>th</sup> September. IF you would like to assist us at the event, please let Allan know at [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk).

## Hampshire and Isle of Wight Air Ambulance Visit

For everyone who has confirmed their interest in this event, we are still waiting for confirmation of a new date for the follow up visit to the Operations Centre at Thruxton for those who were unable to attend last year. At the April group meeting 13 members indicated their interest in attending this visit. I expect that number may increase following the very interesting speaker Ryland Lee so If you were not at the meeting and would like attend, please email [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk).

## Group 10th Anniversary

The venue for the celebration meeting has now been confirmed as Monk Sherborne Village Hall. The event which will be in place of our August meeting, same date and time but different venue, will be a catered barbecue and invitations will be issued very shortly.

A lot of planning has already gone into the arrangements for the day and we hope it will be a great success. Look out for the Email and make sure you have the date of 28<sup>th</sup> August in your diary.

## Clothing

The polo shirts have been received and were available at the meeting on Thursday. We will be in contact with everyone who ordered a polo shirt but did not attend the meeting to make arrangements to hand them over, starting with the exercise group on Monday. If anyone has not received their shirt by the time you read this, can you contact us on the group email address [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) so that we can arrange delivery.

The order for fleeces is still being progressed although given the current weather, I cannot imagine anyone is in a hurry to receive their order.

## Prostate Cancer in the News

### The Unmentionables Podcasts

This is a new series of podcasts on YouTube sponsored by Accord Healthcare. The host is the sports broadcaster Jeff Stelling who has been a very active supporter of prostate cancer fund raising and awareness. In the introduction, Jeff interviews Dr Steve Allen, the retired doctor who is a member of the Reading PCSG and was a trustee of Tackle Prostate Cancer.

[The Unmentionables: Unfiltered conversations on prostate cancer – Introduction](#)

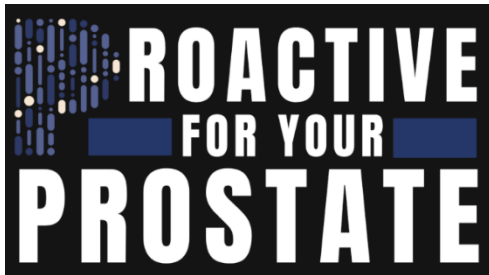
There are three further episodes available and the links are below. In episode look out for a very familiar face.

[The Unmentionables: Choosing a prostate cancer treatment option – Episode 1](#)

[The Unmentionables: Managing prostate cancer treatment and living well – Episode 2 - YouTube](#)

[The Unmentionables: Conversations with loved ones about prostate cancer – Episode 3](#)

## Prostate Cancer Research



The Prostate Cancer Research (PCR) campaign for a national screening programme is gathering momentum with more publicity hitting the press and email in boxes. This campaign is being coordinated by David James - Director of Patient Projects and Influencing at PCR

As previously stated, the aim is to get a targeted screening and then a national screening programme approved by NSC by the end of 2025. The current action from PCR is to encourage people to contact their MP and urge them to support the campaign. At the last count there were 104 MP's who have indicated their support. You can find out more information from the link below.

<https://proactiveforyourprostate.co.uk/>

## Prostate Cancer UK (PCUK)

### ADT: The Low Down

(androgen deprivation therapy or hormone therapy)

The monthly classes organized by PCUK continue and are open to all on Zoom hosted by PCUK nurses. At these sessions the nurses will talk about the side effects of ADT and how to manage them. It will also allow you to hear about the experiences of others in the same boat. It's will be a relaxed, private setting where you will have the opportunity to ask questions and discuss your concerns. The schedule is as follows.

- 👉 Monday 7 July 3pm - 4:30pm
- 👉 Thursday 14 August 6:30pm - 8pm
- 👉 Wednesday 10 September 9:30am - 11am
- 👉 Thursday 16 October 3pm - 4:30pm

For more information or to register for any of the sessions, click on the link below.

[ADT the lowdown | Prostate Cancer UK](#)



## Prostate Cancer UK Big Golf Day

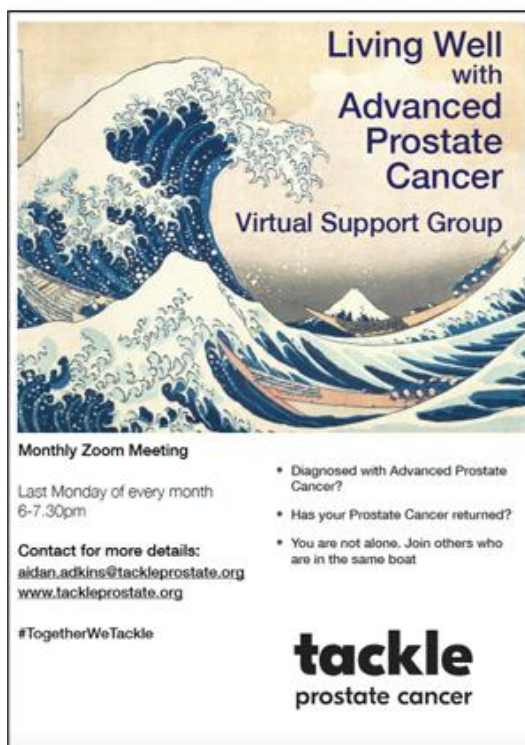


Congratulations must go to Jacob Hare, the grandson of Sue and John Hare who participated in 'The Big Golf Race' to raise funds for PCUK. On the 25th June he completed 100 holes, walking approximately 42 miles...all in 1 day starting at 4am. Jacob was joined by his friend, Jamie, together with some supporters at Weybrook Golf Club where he has been working temporarily before taking up a job with the MOD.

Jacob set himself a target to raise £500 but by the end of the day he had raised £1,721. This figure will rise further as the committee has agreed to make a donation to Jacob's fantastic effort.

Well done, Jacob!

## Other Support Groups



**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.

- Monday 28<sup>th</sup> July

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. If you wish to attend, email [janetldaykin@gmail.com](mailto:janetldaykin@gmail.com) or [carolineopcsdg@gmail.com](mailto:carolineopcsdg@gmail.com)

- Tuesday 22nd July
  - Monday 15th September
  - Tuesday 28th October
  - Monday 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.

The next meeting is Thursday, 10th July 2025, 18:45 for 19:00

If you are interested in joining this group and the Zoom meeting, please email [support@prostate-brachytherapy.uk](mailto:support@prostate-brachytherapy.uk)

So that's all from me for this month, I hope to see many of you at the July meeting with The Swordsman which should be very interesting. I'm told he will be bringing along some examples, so I think a Risk Assessment may be called for.

**Keith**

*Keith Jones*  
*Chair*

North Hampshire Prostate Cancer Support Group

## **Meeting at Brighton Hill Community Hall 26 June 2025.**

**O**ur speaker today was Ryland Lee an ambassador from the charity Hampshire and Isle of Wight Air Ambulance.

Ryland is part of a volunteer team attending Fetes, Shows, and groups like ours, even the Isle of Wight Festival to raise awareness of the activity of the charity.

First of all, Yes it is a charity - No NHS funding whatsoever.

Established in 2007, it has flown 14000 missions to date. Initially the helicopter could only fly during daylight hours, but in 2016 the helicopter was replaced and now night time flights are possible. There are also two road vehicles equipped to the same level as the helicopter that can be dispatched when the helicopter cannot fly.

The Air Ambulance can get to anywhere in Hampshire in 15 Minutes and anywhere on the IOW in 20 Minutes from its current base at Thruxton. Despatched by specialist call centre personnel to immediate life threatening incidents such as multi-vehicle collisions, stabbings, shootings and anaphylactic shock incidents. The helicopter will be airborne in a matter of minutes from receiving the dispatcher's call.

The ambulance is crewed by a Pilot (obviously) and a Doctor and a Paramedic, with specialist equipment, blood and plasma, and space for one casualty. Because there is a doctor on site anaesthesia can be administered and more complex life saving procedures undertaken. It is like bringing the Emergency Department to the casualty rather than the casualty to the ED. Often the casualty can be stabilised enough to be dispatched in a land ambulance to the nearest hospital with a Critical Care unit. In more serious situations the patient can be flown to the appropriate Trauma Centre and the doctor's direction.

So the Air Ambulance is more like an enhanced Australian flying doctor than a traditional UK ambulance from our ambulance service.

The critical care team on board are all volunteers and especially trained to work in the hazardous conditions they are likely to encounter. This training takes place in a state of the art facility, a large space that can be configured to mimic many types of calamitous situations, where all the services likely to be involved Fire and Police, can practice the skills and communications they will need in the real world. This facility can be leased out to other services that need it, and to raise funds for the Air Ambulance.

The Air Ambulance Critical Care Team wear protective red coveralls to distinguish them from other emergency services and carry their equipment in 30Kg packs, one more reason why the Air Ambulance likes to land as close as possible to the incident site. Those landing sites are normally pre-arranged with the police, they can be anywhere the size of a tennis court free from overhead cables, and often school playgrounds are used.

It cost more than £15,000 A DAY to operate our Air Ambulance! So far this year it has flown 590 missions, and the road vehicle attended 447 incidents, all this is achieved by volunteers.

They will be moving from Thruxton to Eastleigh very soon to a multi-million pound site which is more central to the area they cover.

Check out the web site <https://www.hiowaa.org> for more information and the opportunity to donate.

*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



## 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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