

Buzz Bulletin



April 2024
Edition 4 Vol. 9

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Keith Jones

Chairman's Chat

Welcome once again to this month's Buzz Bulletin. It seems that spring has made some fleeting appearances in April which means gardening tasks are taking priorities again. This week the grass needed cutting. Don't ask me why, but there appeared to be a lot of small flies around. Having packed everything away I was conscious that I had been bitten. Fast forward to the next day and my right ear looked like that of a rugby prop and my left eye was closing like I had just taken a shot from Anthony Joshua. Who would have thought gardening could be so dangerous.

Spring also seems to be the time for PSA testing. In our area we support the local Lions groups. In April we had the Basingstoke Lions carrying out general health testing and one week later it was the turn of Lodden Lions in Tadley. At this latter testing event, the full quota of 204 places were booked of which 190 men turned up for testing. We attended both events to promote our group and raise awareness among those being tested. Next up is Odiham Lions on 18th May, if you would like to volunteer to help out, please let Allan know.

Whilst PSA testing is the starting point for the diagnosis of prostate cancer, there has continued to be concern that the PSA blood test can lead to false positive results and subsequent invasive testing such as biopsies. MRI testing gives more accurate results but the problem has been one of the time required to complete each scan and capacity on what are limited resources. Recent research has now identified that a 12 minute scan would be effective to support initial diagnosis which opens up the capacity on the MRI scanners for greater throughput.

[Simple changes can vastly increase MRI quality, giving men a faster, more accurate diagnosis | Prostate Cancer UK](#)

DIARY DATES

Sunday 19th May
Basingstoke
Festival of Transport

Thursday 30th May
Group meeting
Speaker Ashley Jones
A Life in Removals

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

Thursday 27th June
Group meeting
Osteoporosis and Hormone
Therapy

Thursday 4th July
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 25th July
Group meeting
TBA

Chairman's Chat *(continued)*

Transform Trial

Which brings me on to the latest research project, the Transform trial. This is a £42m project and is the largest prostate cancer screening trial for 20 years organised by Prostate Cancer UK and has the backing of the NHS, the National Institute for Health and Care Research (NIHR) and the UK Government, who have committed to contribute £16 million. The study is also being supported by founding partners Movember and the Freddie Green and Family Charitable Foundation, in addition to other significant donations from philanthropic organisations. The trial will involve hundreds of thousands of men over the period of the trial. Following on from the announcement of the trial in November 2023, more information has now been released including the lead researchers and the different tests that will be undertaken. You can read more detail using the link below.

[TRANSFORM trial | Prostate Cancer UK](#)

Prostate Cancer Awareness Activity

One of the main awareness events that we take part in during the year is the Basingstoke Festival of Transport which this year will be held on Sunday 19th May in the War Memorial Park. Once again we will have our stand together with banners and display boards. If you feel you can spare some time to assist us in handing out leaflets and talking to the passing public, please contact Allan Roper either by email info@nhpcsg.org or by phone on 07377 430242 and if you are attending as a visitor, come by and say hello.

[Basingstoke Festival of Transport 19 May 2024 - Rotary District \(rotary-ribi.org\)](#)

<https://www.facebook.com/bstokefot>

Tackle Prostate Cancer Annual Conference

As you are aware, the Tackle charity has the role of providing support to the various prostate cancer support groups around the country of which there are now over 120 and in April they held their annual conference. Allan Roper and I attended this year's event which was held in central Birmingham.

There were over 70 attendees present and it was a chance for us to hear what other groups are doing, exploring networking opportunities and getting involved in group discussion on how to elevate and amplify the value and impact of peer support groups. It certainly has given us some ideas for our group in the future.

Chairman's Chat *(continued)*

Social events

Unfortunately, we did not get enough support for the proposed visit to the Bombay Sapphire Gin Distillery and so this had to be cancelled. You should have recently received an email from Allan Roper detailing some other proposed activities, namely a boat trip on the Kennet and Avon canal from Newbury, a wine tasting at Majestic Wines and a boat cruise on the Thames organised by the Oxfordshire PCSG. If you are interested in any of these events and have not already done so, please let Allan know as soon as possible by phone on 07377 430242 or by email info@nhpcsg.org in order that we can make the necessary booking arrangements. These events can only take place if there is sufficient interest.

So that is all from me this month and I look forward to seeing you at our upcoming events.

Keith Jones
Chair



Meeting Report

The Making of a Civic Mayor

As a former mayor of Basingstoke & Deane, Paul Miller, on his third visit to us, this time as our main speaker, selected the above title for his talk. He got underway with a whole host of 'chatty little facts':

- There are three types of mayor, Civic covering a Borough, Metropolitan area such as London or Birmingham with a lot of political power and large budget, and Town mayors
- Basingstoke and Deane, is a Borough with a mayor, because it has a royal charter signed by Charles I in 1641. The original document is on show in the council chambers
- The mayoral role is offered to councillors on a seniority basis, usually by a phone call to about five potential candidates, many of whom for various reasons are unable to take on the role
- The prime role is to chair the seven council meetings in a totally a-political way
- The mayor gets to nominate two charities for support during his tenure

The Making of a Civic Mayor *(continued)*

- The name of our borough came from the combination of the biggest urban (Basingstoke) and smallest rural (Deane) areas in what is now the Borough
- The name of Basingstoke, comes from the old English of 'Belonging to Basing', when Basing with Basing House was a very important residence and village
- The wife of a male mayor is called a mayoress, however the husband of a female mayor is called her consort!
- The mayor executes the sovereign's authority in the borough, thus a royal visitor is first received by the Lord Lieutenant of the County, who promptly defers to the mayor
- In terms of dress, whilst in the Borough the mayor wears the regalia of office (chain) with a red ribbon, but just his medal and blue ribbon when at functions outside of their Borough, demonstrating their deferment to a higher authority, and at Remembrance Day, a male mayor wears a bi-corn hat whilst a female mayoress would wear a tri-corn version
- Attendance at church services always entailed the wearing of full robes.

In the second part of his talk, Paul emphasised that the role is very much a full time job, with himself and Sandra, his wife, attending over 400 functions in the year. These included, for example, visits to schools, charities, youth groups, major celebrations including those celebrating the King's coronation – with much cake eaten! Also, he highlighted his role in the proclamation of succession event, and the choreography and timing involved.

An important event for Paul was being present at the 800th celebration of the Southampton mayor (with so many mayors present they were dubbed the 'Chain Gang'), who the next day was upgraded to that of Lord Mayor, following Southampton's new city status. The change of regalia cost the city about £100,000!

However for Paul one event stood out, when during the Mayoral show at the Anvil, a group of Ukrainian refugee women sang in their choir, and receiving a standing ovation

Paul concluded by highlighting that, with the many demands on them, they could not have fulfilled the role without the brilliant coordination provided by their 'Mayoral Coordinator' – (secretary to us folk).

Keith Bunker

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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