

Buzz Bulletin



March 2026
Edition 3 Vol 11

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Chairman's Chat



Keith Jones

My, how time flies, we are already through the first quarter of the year. It always seems to me that when we put the clocks forward, we start to look forward to good times ahead and not just because of what seems to be a longer day, with the sun setting one hour later.

And this, despite what the weather may throw at us, although there has been a noticeable improvement there as well. As for my garden, I have just seen the first sprouts of my rhubarb!

Before I start, apologies for the late delivery of this month's Buzz, I was away for the best part of the last week following the AGM.

Group News

I want to start with an update of the group AGM which was held last Thursday.

Richard White will provide a write up of the day later in this newsletter and Keith Bunker took the formal minutes.

We had a good turnout of members which was great considering it was the AGM, perhaps not as interesting as other group meetings. Thank you for those of you who turned out and those of you who sent your apologies and passed on your proxy votes to me.

DIARY DATES

**Thursday 2nd April
Pint and Chat
Red Lion Hotel, Basingstoke**
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**Thursday 9th April  
Partners Group Meeting  
Mono Pizza**  
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**Thursday 30th April
Group Meeting
Mission Aviation Fellowship**
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**Thursday 7th May  
Pint and Chat  
Red Lion Hotel, Basingstoke**  
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**Sunday 10th May
Basingstoke
Festival of Transport
War Memorial Park**
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**Thursday 14th May  
Partners Group Meeting  
Mono Pizza**  
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**Thursday 28th May
Group Meeting
Defibrillation and CPR**
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*Group Meeting 2.00pm – 4.00pm  
Pint and Chat – 7.30pm-9.30pm  
Partners Meeting - 11.00am*

As you will be aware three of our trustees stood down at the AGM which means we now have seven trustees. Whilst this is still a healthy number, we would very much welcome new blood to join our group of trustees. We also need to be thinking of succession planning as none of us remaining trustees are getting any younger.

So, to repeat the request I made in the February Buzz, 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.

## **Partners Group**

The Partners Group returned to the Gaberdine Bar, now Mono Pizza, this month and Pat Twigg confirmed that the group will continue to meet there on the second Thursday of every month. If you want to join this group in the future, you can contact Pat by emailing the group email address [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) with the subject "Partners Group" and we will pass your details on to Pat. Finally, thank you, Pat, for sorting out the venue.

## **Members Breakfast**

We have been talking having a monthly breakfast meet-up for some months and finally we have a plan in place and will be launching this event in April. Thank you to Jeff Twigg for putting this in place.

When: Saturday 11<sup>th</sup> April 9-11am

Where: Maidenhead Inn., Winchester St, Basingstoke.

Cost: Depends on what you order from the menu, but the group will provide a small subsidy for this first meet-up.

The event is open to members and their partners, and we particularly welcome working men who are unable to attend our monthly group meeting.

If you plan to join us and did not sign up at the AGM, you can still do so. It would be helpful if you could let us know so that we can give the Maidenhead Inn an estimate of numbers, send an email with the subject "Breakfast" to [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) to let us know.

Please be aware that the area we have been assigned in the Maidenhead Inn has steps down to it from the entrance and therefore does not have disabled access. So, apologies if that puts anyone off but we are at the hands of the pub.

## Prostate Cancer in the News

### TRANSFORM Project Update

By now I expect that you are all familiar with the Prostate Cancer UK (PCUK) research project TRANSFORM which is aiming to identify the best form of screening men for prostate cancer and end the 'postcode lottery' of diagnosis.

The first men joining the trial have now been tested in Ealing, west London, with more centres opening soon.



Some of the men attended the InHealth Community Diagnostic Centre in Ealing for a combination of [PSA blood tests](#) and [fast MRI scans](#), while another group of men carried out genetic spit tests at home, to find the safest and most effective way to detect prostate cancer before it becomes incurable.

The centre in west London is just the first to open, with more centres opening soon.

In this first stage, [TRANSFORM](#) will test new techniques against the current NHS diagnostic pathway, before the most effective method, or methods, are tested in a much larger group of up to 300,000 men. Men will be invited directly, so the trial mirrors how a future screening programme would work.

Jaroslav Galik, 55, was one of the first men to take part in TRANSFORM. He said: "I'd heard a bit about prostate cancer over the years and had always thought I should probably speak to my GP, but I never actually got round to doing anything about it. There isn't that routine screening programme, so it just wasn't something that felt urgent.

"When the letter about TRANSFORM came through, I realised this was a straightforward way to check my own risk while also contributing to something bigger. If taking part helps move us closer to having a proper screening programme in the future, so men are just invited by their GP like they are for other cancers that would make such a difference.

"To think that just by taking a couple of tests I could be helping to finally get to screening and save thousands of lives is incredible."

Chris Barwick, from London, was another of the first men to take part in the trial. He said: "I decided to take part in Transform after hearing it discussed on the Today programme. It sounded like a worthwhile initiative, so when I received an invitation, I was delighted to accept and be involved.

"My experience of TRANSFORM has been extremely positive. The initial email contained all the information I needed, and I was contacted beforehand to remind me of my appointment, go through the pre-MRI questions, and answer any queries I had. The communication was clear, thorough, and reassuring throughout.

"On a personal level, the trial offered a straightforward and convenient way to be screened. It gave me peace of mind to know I would receive my results promptly and that there would be ongoing periodic testing. The knowledge that my results and profile might, even in a small way, contribute to improvements in testing and screening more widely is a significant added benefit."

You can read the full article from the link below.

[First men tested in our landmark £42m TRANSFORM trial to secure screening for all men | Prostate Cancer UK](#)

For more information about the TRANSFORM trial, read the link below.

[TRANSFORM trial | Prostate Cancer UK](#)

## Tackle Prostate Cancer News

I attended this year's Tackle Leader's Conference in Birmingham on 23<sup>rd</sup> March. There were 90 attendees including Tackle staff and leaders from all over the mainland UK.



The keynote speaker was the Chair of Men's Sheds, which I know a number of our group members attend locally. He was very inspiring.

We also heard from Paul Davies, the new Chair of Tackle who told us the growth in new support groups in their target areas of the West Midlands and North-East England, where ten new groups have been

established through funding from the National Lottery. He also talked about the challenges facing Tackle in terms of the costs of maintaining a small charity and asked for groups to help out with fund raising wherever we can.



*Paul Davies in full flow.*

After the keynote speeches, there was the opportunity to attend sessions on a range of topics lead by group leaders including yours truly whose subject was "Applying to be a Charity" followed by workshops lead by Tackle staff and the opportunity for networking. A long day but well worth it in my opinion.

## Some Diary Dates

### PSA Testing Events

In March we attended two more PSA testing events run by the Basingstoke & Deane Community Leisure Trust at the Basingstoke Aquadrome and by the Royal Winchester Golf Club.

Looking forward, we will be attending two other testing events.

- 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

There will be close to 500 men tested at these two events which with the two March events plus Tadley Rugby Club in February means that over 1000 will have been tested so far this year.

### Awareness Events

Basingstoke Festival of Transport



Date: Sunday 10 May 2026

Time: 11am to 4pm

Venue: War Memorial Park,  
Basingstoke



We are all set for one of our major awareness 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.

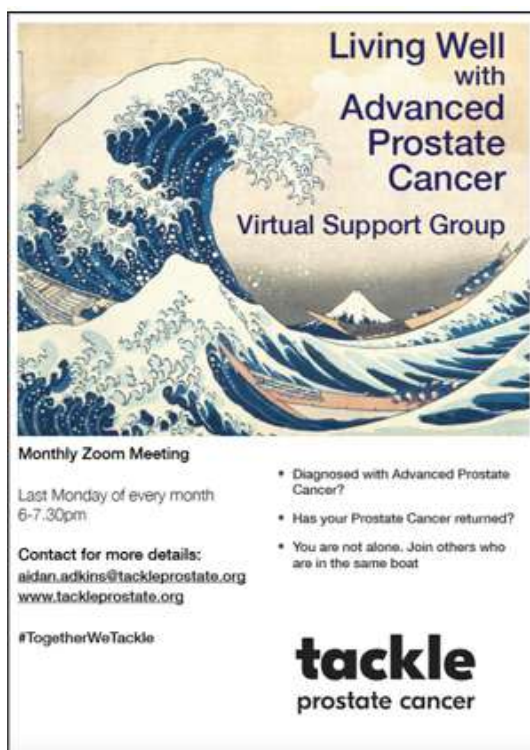
## Walking Football

This month Allan Roper and I attended a walking football event organised by Stephanie Wallis from the Basingstoke Sports Centre to raise awareness of our group. Funds were being raised for Prostate Cancer UK.



## 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

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)

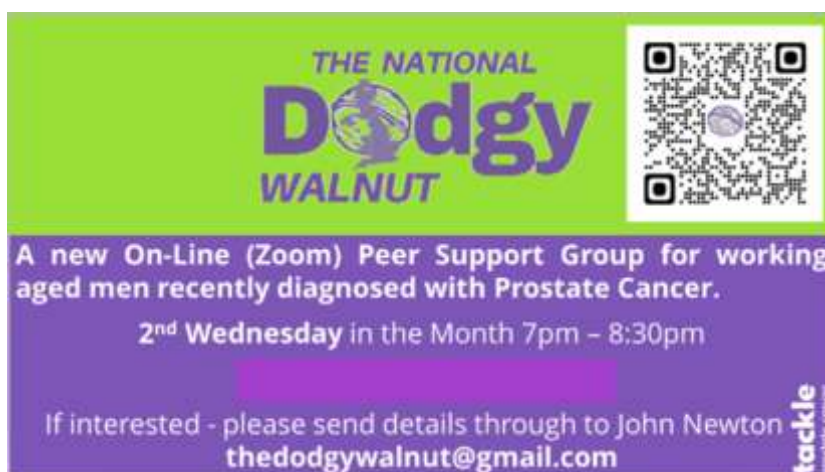
- Tuesday 28th April
- Monday 15th June
- Monday 27th July
- Tuesday 15th September
- Monday 26th October
- Tuesday 15th December

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, 14<sup>th</sup> May, 18:45 for 19:00

A promotional graphic for 'The National Dodgy Walnut' support group. It features a green background with the text 'THE NATIONAL Dodgy WALNUT' in purple and white. A QR code is on the right. Below the logo, it says 'A new On-Line (Zoom) Peer Support Group for working aged men recently diagnosed with Prostate Cancer. 2nd Wednesday in the Month 7pm - 8:30pm'. At the bottom, it says 'If interested - please send details through to John Newton thedodgywalnut@gmail.com' and has a 'tackle prostate cancer' logo.

## Working Aged Men and Partners

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 below.

Date of the next meetings is:

- Wednesday 8th April

Well, that's about it for this month. I hope to see as many of you as possible at the next group meeting on 30<sup>th</sup> April. Until then, have a great Easter and look after yourselves.

**Keith**

Keith Jones

**Chair**

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

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## Meeting Report

**A**fter the business of the AGM the members moved into breakout groups for an open discussion of the symptoms and side effects of the various treatments for prostate cancer as experienced by our members.

**Richard White**

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**I**f you would like to share your experiences with prostate cancer or write an article to appear in Buzz Bulletin, I would be delighted to receive it.

Please send to [Editor Buzz Bulletin](#)



## 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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