

Chairman's Chat



Keith Jones

Plenty of news to report this month starting with the group AGM last week.

AGM Report

There was a good turnout for the AGM and the format followed that of previous years. After my introduction and receiving apologies for those unable

to attend (4), the minutes of last year's AGM were approved and seconded. The meeting then moved on to the elected officers' reports.

As Chair I focused on the highlights of the year which included:

- Mayor's charity events
- The very successful launch of the partners group led by Pat Twigg
- Attendance at various prostate cancer awareness events
- Attendance at PSA testing sessions organised by the local Lions groups
- The Ambassador training course that was organised for the committee
- Our best ever attended monthly when we had 75 attendees to hear Prof. Stephen Langley and the Mayor of Basingstoke & Deane Councillor Dan Putty.
- Social visits and the Christmas lunch
- And last but not least, the start of the process to update our constitution to support our application for charitable status.

To say it have been a busy year is an understatement. None of these activities would be

DIARY DATES

Thursday 3rd April
Pint and Chat
Red Lion Hotel, Basingstoke
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**Thursday 10th April**  
**Partners Group meeting**  
**Gaberdine Bar**  
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Thursday 17th April
Tesco Chineham
Awareness and
Fund Raising Day
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**Thursday 24th April**  
**Group meeting**  
**Versus Arthritis**  
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Thursday 1st May
Pint and Chat
Red Lion Hotel, Basingstoke
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**Thursday 8th May**  
**Partners Group meeting**  
**Gaberdine Bar**  
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Sunday 11th May
Basingstoke
Festival of Transport



possible without the committee and members giving up their time to arrange and support. A big thank you to all. Also singled out for thanks are Virginia Budd, Kate Bensaid and Linda Holt for keeping everyone refreshed at the group meetings and to Katherine Fryers and John Hare assisted on occasion by Sue Hare and others for organising the monthly raffle, a vital source of income for the group and we are grateful for all who have bought tickets and also donated prizes.

Secretary' and Membership Secretary' Report

Allan Roper reported that 2024 was probably the most prolific year for new members to the group. The previous year there were 103 registered e-mails on our register, this year at the end of March we have 147. As before not all those registered attend meetings or take part in any organised events.

Group meetings have averaged an attendance of 43, with a peak in October last year of 75.

We continue to offer support to those who have just been diagnosed either by contact via telephone or attendance at the monthly group Pint and Chat evening. Those newly diagnosed have been very appreciative of the benefits of discussing with those who have been through PCa and their treatment experiences.

Treasurers Report

David Jannetta informed the meeting of his intention to stand down from the role of Treasurer at the AGM. He then proceeded to provide a commentary to the financial statements, the main point being:

- Our bank balance continued to be very healthy and will be boosted in 2025 by the donation from the mayor's charity fund raising.
- Donations increased in part from the funds raised at the awareness event at Morrisons supermarket.
- Our largest source of income was the monthly raffle which grew by 7%.
- Main expenditure items were the hire of the room at BHCA for our monthly meetings, group insurance, the costs associated with the Ambassador training and a contribution towards the Christmas lunch where costs were held at the 2023 level.
- Taking the above into account, the group reported a loss before depreciation of just over £450.

David finished with a finance joke which was rather apt given the injuries he received last year.

Why do treasurers fall over?

Because they lose their balance



(Contrary to what some might think, David will not be taking up a new role writing the jokes for Christmas crackers)

Election of officers and committee members

Moving on to the election of the group officers, Allan Roper and I indicated our agreement to stand again for our respective roles and were duly approved by the meeting.

Unfortunately, as no one had come forward for the role of Treasurer, a proposal was put to the meeting that Martin Budd would stand for this role and the day-to-day book-keeping would be administered by my wife who has a background in finance. As my wife is not a committee member, she will not have any ability to access or make payments from the group bank account which would ensure there is no conflict of interest. This proposal was approved by the meeting.

All remaining committee members indicated their agreement to continue as committee members. The committee members are as follows

- Keith Jones - Chair
- Allan Roper –Secretary and Membership Secretary
- Martin Budd - Treasurer
- Roger Bensaid
- Keith Bunker
- Mike Davies
- David Jannetta
- Jeff Twigg
- Richard White

Extraordinary General Meeting (EGM) and Updated Constitution.

The final actions of the AGM were to approve the minutes of the EGM held at the February meeting and to present for approval the updated constitution. The minutes were duly approved and a vote was held to accept the updated constitution.

Voting for the updated constitution was as follows

In Favour 32

Against 1

Abstentions 3

As this met the voting majority defined in the current constitution, the updated constitution



was approved.

No AOB items were raised in advance, but Richard Holt asked for the members to show their gratitude to the committee in the work done for which the committee were very gratified.

Group Charitable Status

Now that the updated constitution has been approved by the members at the AGM, the committee will now move forward to the next stage in the process which will be to complete the online application for submission to the Charities Commission. I will continue to provide updates on our progress in future editions of Buzz.

Carnival Hall Brunch

A number of the committee and members supported the recent Brunch and Variety Show at the Carnival Hall in Basingstoke organised by the Basingstoke Hindu Society. This is the first time this has been tried out and although the number of attendees was somewhat less than hoped for, some valuable lessons were learned for what is hoped will become an annual event.

Our thanks to Roger for tirelessly working with the Carnival Hall team and for soliciting many of the raffle prizes. Thanks also to Kate, Pat & chef Jeff for cooking the English brunch.

Funds raised at these events will go to the Mayor's charity and of course this will boost the funds that the NHPCSG will receive later this year.

Partners Group

Unfortunately, due to a change in the opening hours of the Gaberdine Bar, it has been necessary to change the day that this group meets to the second Thursday of the month. Pat Twigg has advised all those partners on her contact list of the change. All partners 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 and we will put you in contact with Pat. Format of the meeting is Chat, Coffee and Cake in that order although I would always say that cake should come first.

Group News

Prostate Cancer Awareness

Urgent Request 1

We will be holding an awareness and fund-raising event at Tesco Chineham on Thursday 17th April. If you can help out for an hour or two, please contact Richard White or Allan Roper or email info@nhpcsg.org.uk.



Request 2



As I advised last month, the annual Basingstoke Festival of Transport will take place on Sunday 11th May between 11am and 4pm at the War Memorial Park. As in the past, we will have a pitch there to spread awareness of our group and the need for testing for Prostate Cancer. We

are now calling for volunteers to help out on the day so if you can spare 1-2 hours that day, please let Richard White know via the group email info@nhpcsg.org.uk.

Hampshire and Isle of Wight Air Ambulance

A follow up visit is being arranged in May to the Operations Centre at Thruxton for those who were unable to attend last year. If you would like to attend, please email info@nhpcsg.org.uk.

Group 10th Anniversary

We have started to develop a plan for a special event to commemorate this with a barbeque taking place at the group meeting in August. We have several venues and caterers under consideration and will advise all members when we have firm news.

However, if you have any other suggestions as to how we should celebrate this milestone event, please let us know, we would certainly welcome your input.

Clothing

Following request from new members of the exercise class we have investigated the supply of polo shirts, the detail of which are as follows.

- The shirts with an embroidered logo will cost £10 each, colour sky blue.
- We have also sourced a supplier for a navy-blue fleece jacket and these will be available to order. The jackets, a sample of which was displayed at the February meeting, will also have our logo and will cost £20 each.
- If you are interested in either of these items, please email info@nhpcsg.org.uk with your name, item required, size and a contact number.

Prostate Cancer in the News

Prostate Cancer Surgery Breakthrough

- New technique, NeuroSafe, to preserve nerves during a radical prostatectomy
- Doubles proportion who keep erectile function.
- Study led by experts from University College London and University College London Hospitals NHS Foundation Trust.
- Trial was at 5 UK hospitals including 344 men.

Source The Times and Daily Mail

Biopsies guided by high-resolution ultrasound

- As effective as MRI scans but cheaper and easier to use.
- One stop visit, scan and biopsy, if required, at the same time.
- New tool called microUS.
- Trial at 19 hospitals and 677 patients across Canada, the US and Europe.

Source Daily Mail

Prostate tests on men without symptoms

- Trial took place in Surrey and Sussex led by Surrey & Sussex Cancer Alliance.
- Co-chairman is Professor Stephen Langley
- 18,000 men tested, first with PSA blood test.
- 5% (865) were found to have a raised PSA and were sent for an MRI scan.
- 343 then sent for a biopsy and 221 of these were found to have life threatening forms of the disease.
- Prof. Langley said this could easily be rolled out throughout the UK.
- The MRI scan is the “gamechanger”

Source Daily Mail

Tour de 4

This is an initiative launched by Sir Chris Hoy and his vision to change perceptions around stage 4 cancer following his own diagnosis. Encouraging those affected by cancer directly or indirectly to come together for this inaugural event, anyone who can ride a bike is encouraged to take part. Your participation will help challenge perceptions and raise vital funds for cancer charities across the UK. The event will start and end at the Glasgow Velodrome and there are a choice of rides for anyone wanting to take part. The event aims to raise £1,000,000 for various cancer charities across the UK. Whilst taking part in Glasgow may be too far away for any of us to take part, look out for the publicity associated with this event and the opportunity to sponsor a rider.

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prostate cancer



SIR CHRIS HOY'S 2025 TOUR DE 4 TO LAUNCH IN SCOTLAND

London, 5 February 2025: Sir Chris Hoy has today announced that the inaugural Tour de 4 will take place in Scotland on Sunday 7th September 2025. Beginning and finishing at the Sir Chris Hoy velodrome in Glasgow, this brand new fundraising charity ride aims to help change the perception of people living with stage 4 cancer, whilst also raising vital funds for cancer charities across the UK



<https://www.tourde4.com>

Other Support Groups

For those diagnosed with Advanced Prostate Cancer. Please email aidan.adkins@tackleprostate.org if you wish to attend.

- Monday 28th April
 - Monday 26th May (TBC as this is a bank holiday)
- 6.00pm start

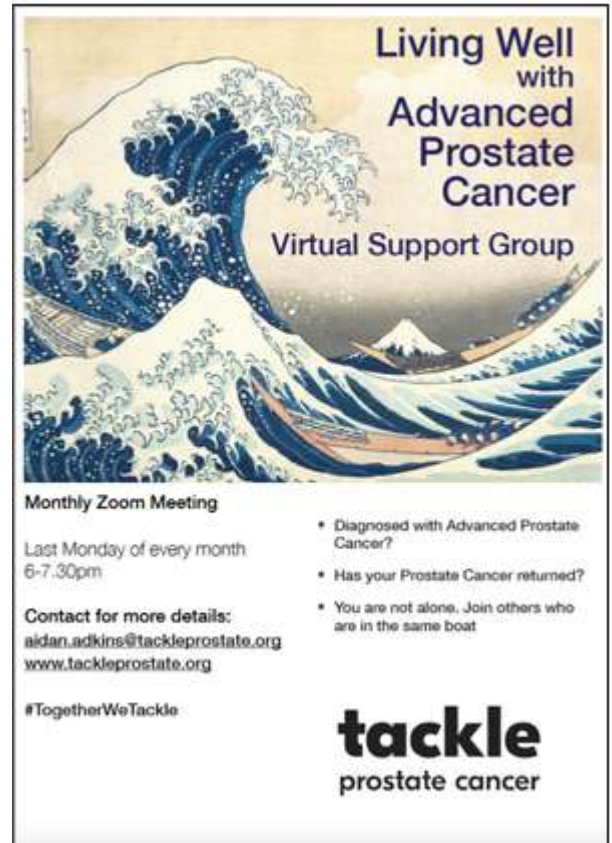
National PC Partner Support Group,

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 or carolineopcsg@gmail.com

- Tuesday 29th April
- Monday 16th June
- Tuesday 22nd July
- Monday 15th September
- Tuesday 28th October
- Monday 15th December

- 6.30pm start with room opening at 6.10pm

Well, apologies if my Chat this month is rather long and wordy but I wanted to provide an overview of the AGM for those members who were unable to attend this month's meeting. I hope to see many of you at the April meeting and in the meantime, (note to self) do not eat too many Easter eggs.

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
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

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Keith Jones
Chair

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

Meeting Report

Aside from the Normal Business of the AGM:
Parliament visits April 9,10,15 and 16. Neil gave a briefing on the process for these visits.

It will be busy around parliament on these days so it is important to be on time. If possible please all travel and arrive together to decrease the chance of losing anyone. Arrive at the Cromwell Green entrance at 09:40, Neil will be there to greet and introduce your tour guides. Cromwell Green is on the far side of parliament as viewed from Westminster Tube station, walk all the way along the front of parliament and the green is on your left.

There will be security checks - to be taken seriously. No pen-knives or sharp objects of any description, and no whistles!

Photographs are permitted in some locations, but not everywhere. A photo may be taken of each tour group for internal publicity purposes. The tour will last between one and a half and two hours. There are gift shops inside parliament as well as outside.

Finally this is a very busy tourist spot and often frequented by pickpockets so be aware and keep all your valuables safe and very close to you, For example use your front trouser pockets for phones and cash.

There are still spaces available as follows if anyone wants to be added at this late stage.

Contact Allan at info@nhpcsg.org.uk .

10th April - 6 places

16th April - 1 place.

AGM proper started at 14:30

Re-election of officers, New Treasurer function split between book-keeper and banking.

Revised constitution accepted by 32 votes to 1 with 3 abstentions

Richard Holt proposed a vote of thanks to the committee for all their hard work on the new constitution and charity status.

Richard White

whiri02@gmail.com

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 430242

email : info@nhpcsg.org.uk

website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer
Support Group