

The Buzz Bulletin



October 2020
Special Edition
Edition 10 Vol. 5

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to this Special Edition of Buzz Bulletin

Exercise Group

Steph is back - but not as you remember

Stephanie Wallis has started her own exercise classes, some of which are tailored to men with Prostate Cancer. There are two sessions each week. The first is held on Mondays from 11.30 to 12.30 and has been put on especially for members of NHPCSG. On Thursday a second class is held, from 10.00 to 11.00 which is known as the Prostate Cancer Rehabilitation Exercise Class and will be open to all men with prostate cancer. In these days of Covid restriction it is IMPORTANT that you book your place in the class. This is done by emailing Stephanie (Email:- steppingstoneshw@gmail.com) and if there is a space on the day of your choice you will get confirmation. You will need to pre-register with Stephanie with medical history and acceptance of the GDPR policy before you first join a session.

How Covid safe? Stephanie has worked hard to ensure the venue is as good as it can be. Classes are restricted to 13 and you are allocated a seat which is 2 metres spaced from all others. The seats are cleaned before and after each session and you get a dollop of hand sanitiser when going in and when leaving at the end. The exercises are organised around your seat, with resistance being provided either by your own body weight or with a band (cleaned before and after each sessions). Easy—no running up and down the length of the gym!!

Stepping Stones – Health and Wellbeing,
Hill Rise Community Centre,
Bach Close,
Brighton Hill, RG22 4JZ
www.steppingstoneshw.co.uk

DIARY DATES

Following Government Advice venues have been closed. Group Meetings are via Zoom.

**Our next online meeting is on
Thursday 29th October at 2.00pm**

**When we will have a Presentation
by
Medical Detection Dogs
Presenting
Bio Detection Dogs**

**There will be no Organised
CHRISTMAS LUNCHEON this
December unless there is a
change in Government policy.
Your committee will arrange
something a little less formal.**

Bring your own mince pies.

Group Meetings

Group Meetings are via ZOOM



Together we are Stronger

Contact

For more information
call or text: 07377 430242
email: info@nhpcsg.org.uk
website: www.nhpcsg.org.uk



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