

The Buzz Bulletin



February 2022
Edition 1 Vol. 7

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin

Chairman's Chat

January Group Meeting

With Covid restrictions easing it was good to see so many members at our January group meeting at the Loddon Vale Indoor Bowls Club where we had a wide-ranging agenda. The main item was a recording of the BBC Radio 4 "Today" programme broadcast shortly after Christmas, that featured Prostate Cancer. The guest editor was Lord Dobbs, the author of House of Cards, who has had prostate cancer himself as have his two brothers.

There were interviews Nicola Tallett, the interim CEO of Prostate Cancer UK, broadcaster Bill Turnbull, Prof. Peter Johnson - National Clinical Director for Cancer at NHS England, and Prof Ros Eles from The Institute of Cancer. There was a good discussion about the PSA test and why it is not suitable for use in a national screening program, but how research into new forms of tests could mean they are available in 3-5 years.

Prof. Nicolas van As, the Medical Director at the Royal Marsden Hospital, told us about Cyber Knife, a new focal treatment that delivers very precise radio-therapy in high doses so considerably reducing the side effects and shortening the time that was previously needed for radiotherapy.

It was good to hear some much time being devoted to prostate cancer on national radio and we since have heard that Prostate Cancer UK, together with the NHS, are launching a national awareness campaign this month so keep a look out on TV and in the press.

For those that missed the meeting, we are looking at ways to make the recording available for download as it is too big to send by email. Please let us know if you are interested.

Following the break Rob Hiley, one of our members, told us about a new trial he was taking part in at Southampton Hospital, and then Margaret Long, an ambassador from 5K Your Way - Move Against Cancer gave a short presentation on how walking can help maintain our overall fitness and health and about their next event in Basingstoke the following Saturday. (their events take place on the last Saturday of every month)

Martin

Chairman's Chat – Time for a refresh?

Can you believe it? The NHPCSG was formed 7 years ago in early 2015 and how times have changed! Covid has had a big impact on the numbers coming to our group meetings, and recent discussions with Hampshire

Group Meetings

Loddon Vale Indoor Bowls Club
West Ham Leisure Park
Worting Road, Basingstoke.
RG22 6PG

Meetings are held on the last Thursday
of every month except December

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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Hospitals Foundation Trust have told us that we will never have the same level of support from a specialist nurse that we had when Sally Sawyer helped start our group. That's not just the impact of Covid, but the way Clinical Nurse Specialists now have to prioritise their time.

More men of working age are now being diagnosed with prostate cancer and are therefore unable to attend our afternoon meetings. Social media and the internet in general is now the first point of call for many seeking information about health conditions. For some even the term "support group" conjures up negative images of an alcoholic anonymous meeting, and we have had some newly diagnosed men who have come to our meetings once, but then said the meeting format was not for them.

A steady flow of new members is the lifeblood of our group so we have to find ways of attracting new members and helping them in a way that works for them. I have therefore asked my fellow committee members to spend some time looking at ways to improve, or refresh, the way the group operates. We have also asked for advice from Macmillan Cancer Support and our local Cancer Services Partnership. This needs more than simply redesigning our information flyers and posters so if you have any ideas, please let us know.

Loddon Vale Indoor Bowls Club

Like us the bowls club has been impacted by Covid, membership and hence income, is much lower so the bar opening hours and catering facilities have been further reduced. There is no possibility of us having tea and biscuits at our group meetings. We have tested their Wi-Fi system but unfortunately it is not fast enough to enable us to have remote speakers talk to us over Zoom at our meetings at the club. Their public address system (microphone and loudspeakers) that we used at group meetings is no longer available.

Together these factors have led us to believe that we probably should change venue for our monthly meetings to somewhere that can provide the facilities we need.. We are currently looking at alternatives and will let you know when there is any change. **Our next meeting on February 24th will still be at the bowls club.**

AGM - March 31st

It's that time of year again when we start to think about our annual general meeting. It's an opportunity to have your say on who runs the group and how it is run.

All committee posts are up for re-election, just to remind you the current roles are.

Chair and Webmaster – Martin Budd

Secretary and Membership Secretary – Allan Roper

Treasurer – David Janetta

Publicity Officer – Keith Bunker

Deputy Chair and Buzz Bulletin editor – Richard Holt

Member – David Fryers.

Social Secretary - Vacant

We would really like someone to help out with organising some new social events and suggesting new ideas for group meetings. You don't need to make any commitment now. The committee currently meets monthly, if you are interested in finding out what goes on, you are welcome to join a committee meeting before the elections at the AGM. Please let Allan or myself know.

Martin



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If you have subjects you would like publishing in YOUR newsletter please send them to us using the contact information

