

The Buzz Bulletin



August 2020
Edition 7 Vol. 5

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

Chairman's Chat

I've had some news from the Loddon Vale Indoor Bowls club saying that they are now open for members to play bowls but with many safeguarding restrictions. Unfortunately their bar, catering facilities and meeting rooms remain closed whilst they see how the Corona virus situation develops.

Allan and I regularly take part in PCUK Zoom meetings with other support groups from across the country and there does not appear to be any membership desire to resume face-to-face meetings in the near future. It therefore looks like we at the NHPCSG will have continue with our Zoom monthly meetings for a few more months yet. This facility is funded by PCUK.

Your committee would therefore welcome your ideas for speakers at future Zoom monthly meetings. We have already considered Dr. Steve Allen as he is always very popular but he does not have any new talks, only the same ones we have seen before. Are there any topics we have not covered that you would like to hear about?. Would you be interested in joining other prostate cancer support groups' Zoom meetings occasionally, although these may be evening events?. Do you have any other ideas for our own Zoom meetings? Please let Allan know

We are close finalizing our new publicity posters but still need to know about the pubs, clubs halls/community centres and G.P. surgeries in your area where we can display our posters. Please can you pass on the names of these venues and any contact details you have to Allan.

Stay safe

Martin

DIARY DATES

Following Government Advice venues have been closed. The Exercise Class is suspended and Group Meetings are via Zoom.

**Our next online meeting is on
Thursday 27th August at 2.00pm**

Blue Space/Pink Space

Thursday September 3rd

**On line talk by Paul Smith
(author of Dead Man to iron Man)
on beating cancer of the appendix
to become a tri-athlete.**

Publicity News

The level of virus might be low in North Hampshire, however the North Hampshire Prostate Cancer Support Group continues to meet monthly by Zoom, with Thursday 30th July showing a heartening increase in numbers. Members were particularly rewarded with a talk titled "Insights on Happiness" by Jeremy Glyn, author of "the Inside Track", aimed at helping people achieve their goals. In particular, he emphasised the effect of 'self-talk' on self esteem, and the signs in others of how negativity can lead to a downward spiral to depression. Moving on to explaining key forms of happiness, Jeremy closed with a series of encouraging reflective night time questions for us all.

Group Meetings

Group Meetings are via ZOOM



Together we are Stronger

Contact

For more information
call or text: 07849 608874
email : info@nhpcsg.org.uk
website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer
Support Group