Buzz Bulletin

May 2026
Edition 5 Vol 11

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Chairman's Chat

Keith Jones

Welcome to the May edition of Buzz. The weather has been making the headlines over the last two weeks, we even had a hot bank holiday weekend but for all the gardeners out there, the rain of the last two days has been very welcome. Unfortunately, it looks like we are now in for an extended period of rain but Wimbledon is just around the corner, so perhaps we will see it change once again.

Of course, the weather is not the only major news. By now I am sure that all of you have heard that the National Screening Committee (NSC) have announced their final recommendation on a national screening programme for prostate cancer which has ended up being even more restrictive that their intermediate report back in November. In short, the only group of men that will be screened will now be those with the BRCA2 gene and not those with the BRCA1 gene. It also means that there is no targeted screening programme for black men or men with a family history of prostate cancer. There had been some hope that the outcome would have been more positive, especially after there appeared to be support from Wes Streeting for the NSC to take the new evidence submitted by Prostate Cancer Research (PCR) into consideration, however in the end this did not seem to change the views of the NSC.

DIARY DATES

Thursday 4th June
Pint and Chat
Red Lion Hotel, Basingstoke

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Thursday 11th June
Partners Group Meeting
Mono Pizza

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Saturday 13th June
Breakfast Meet Up
Maidenhead Inn

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Thursday 25th June
Group Meeting
Citizens Advice Bureau
How to Avoid Scams

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Thursday 2nd July
Pint and Chat
Red Lion Hotel, Basingstoke

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Thursday 9th July
Partners Group Meeting
Mono Pizza

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Thursday 30th July
Group Meeting
TBA

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Group Meeting 2.00pm – 4.00pm
Pint and Chat – 7.30pm-9.30pm
Partners Meeting - 11.00am

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Last night, I attended the monthly Tackle leaders Zoom call where this was a major topic for discussion. The atmosphere seemed very deflated but as many said, the fight goes on and we must continue to spread awareness and the need for men to get tested. We were joined on the call by David James of PCR who has been leading the campaign for a screening programme. He informed us that PCR have set a target of £100,000 to fund this fight and to help pay for some new evidence over the next 6-12 months. PCR want to address one of the biggest flaws external experts found in the Committee's analysis. £71,000 has already been raised, so a further £29,000 is needed to take the next step. You can donate at the link below.

The Fight for Prostate Cancer Screening Continues

In addition, as I have mentioned before, PCR have set up a petition to have the introduction of a national screening programme for high-risk men debated in parliament. Currently, the number of signatories stands at 72,798 but the petition needs the support of 100,000 signatories for the debate to take place. If you haven't already signed the petition, I would urge you to please do so. The link below takes you to the petition.

Introduce a screening programme for prostate cancer, starting with high-risk men - Petitions

(See the Prostate Cancer in the News section for some additional information.)

Group News

August Meeting

As in previous years, our August meeting on the 27th August will be a social meeting. One of our newer members, Julio Rubles has agreed to give an illustrated talk on his country of birth, Peru which should be very interesting. A range of cakes will be available donated by members. If you would like to bring a cake, home baked or shop bought, let us know by email at the group email address info@nhpcsg.org.uk with the title "August Cakes" and this will be passed on to Virginia Budd who has kindly agreed to take care of the arrangements. We already have offers of chocolate cake (2), a coffee and walnut and a lemon drizzle, so any different contribution would be most welcome.

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Awareness Events

Basingstoke Festival of Transport

The Basingstoke Festival of Transport on Sunday 10th May just missed out on the hot, sunny weather this year but it remained dry and there was a very large turnout by the public. I would like to say a big thank you to all those who volunteered to help us on the day, without you we would not have been able to get our awareness message out to so many men and their partners.

Tadley Treacle Fair

On Sunday just past we attended the Tadley Treacle Fair. This event is organised by the Lodden Lions to raise funds for their various activities during the year, including their annual PSA testing event which took place in April. Once again the weather was kind and although the temperature had dropped for the week before, it remained dry and there was a very good turnout. Thanks again to those who volunteered to help at our pitch.

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The fair also gave us the opportunity to meet the newly elected Mayor of Basingstoke and Deane District Council, Cllr Jacky Tustain. Cllr Tustain has chosen to focus her mayoral year on promoting physical and mental wellbeing and helping people feel better, more connected and less isolated. She will set up a community chest fund, which will provide grants to local charities and community groups that promote physical and mental wellbeing and help people feel better, more connected and less isolated.

Cllr Tustain is very keen to get out and meet groups in the district and said she would be very interested to attend one of our meetings, so we are hoping to set up a date for the autumn.

Partners Group

The Partners Group run by Pat Twigg continue to meet monthly in the Mono Pizza restaurant at 11am on the second Thursday of every month. If you want to join this group you can just turn up or you can contact Pat Twigg by emailing the group email address info@nhpcsg.org.uk with the subject "Partners Group" and we will pass your details on to Pat. You can be sure of a very warm welcome.

Members Breakfast

Our monthly breakfast meet-up is continuing at the Maidenhead Inn, Basingstoke. All are welcome to join us including partners and we specifically hope to see some of those members who are unable to attend the monthly group meeting due to work commitments on a Thursday afternoon.

Our next meet-up is on Saturday 13th June 9-11am

Where: Maidenhead Inn., Winchester St, Basingstoke.

Cost: Depends on what you order from the menu which is extensive and for less than £5 you can have a fried breakfast or scrambled eggs on toast with unlimited tea or coffee.

No sign up is required, just turn up on the day.

The area we have been assigned in the Maidenhead Inn is at the back of the pub. However, please be aware that there are steps down to this area from the main bar area and there is no special disabled access. So, apologies if that puts anyone off but we are at the hands of the pub and what they can offer us.

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PSA Testing Events

Martin Budd and I attended the Hook, Odiham and Hartley Whitney Lions PSA testing event at Odiham Cottage Hospital on Saturday 23rd May. Again over 200 men were tested on the day and we are waiting to hear the testing results. Thanks to Martin for sharing the load with me.

The results of the Lodden Lions PSA testing in April were 13 red and 24 amber out of 186 tests, a rate of 20%. You can only wonder what would be the outcomes for the men with these results if the testing was not available.

Ollie's Gazebo

Our gazebo has now been used at three events, Festival of Transport, Hook, Odiham and Hartley Whitney PSA testing and Tadley Treacle Fair and it is certainly catching the eye. Here are a few photos from these events.

Setting up at the Festival of Transport

Ollie and John attended at lunchtime

PSA Testing at Odiham Cottage Hospital

Tadley Treacle Fair

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More on Spending our Funds

You will see in the Festival of Transport and Odiham photos that we have purchased a new tablecloth complete with our logo.

The upgrade of our Audio-Visual equipment is now complete and has been in use at the last two group meetings. Amongst other things, this has dealt with the reliability issues that we were getting with microphones, which will be a benefit to both the speaker and the members attending. We also bought our own remote control for the television at BHCA which is now used for screening the presentations, so that we will not be caught out if the BHCA one is not available at any time. Thanks to Martin for leading this project.

Finally, we have purchased a replacement laptop for our secretary Allan Roper. The current Dell laptop had served us well but the battery life was no longer acceptable despite having the machine reviewed. The new laptop should put us in a stable position for the next few years and will also ensure we are up to date with the latest operating systems and security software.

We have further plans under discussion and we will share these with you as we move forward with the purchases.

Tackle Fundraising

The Trustees have agreed that we should look to raise funds for Tackle who as we know are a small organisation that at the latest count are supporting 160 support groups including ourselves. Rather than make a donation from our financial reserves, monies that have been donated specifically to the group for the benefit of our members and our activities, we have decided that events we attend where the public can make donations, we will pass on these donations to Tackle. We have started with the Festival of Transport and Tadley Treacle Fair.

Free Chi Me Classes

Supported by Arthritis UK, (formerly Versus Arthritis), Chi Me is a Tai Chi influenced exercise programme which is simple to follow and accessible for all ages (18yrs+) and abilities. Chi Me improves leg strength, assists efficient breathing, reduces the risk of falls,

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and promotes mental wellbeing. It's perfect for anyone with arthritis or an MSK condition.

Free classes are now being offered in Basingstoke. The classes, six in total, started this week but there may still be places available for the remaining sessions.

Location: Aquadrome, Worting Road, Basingstoke, RG22 6PG

Dates: Monday 1st June, 8th June, 15th June, 22nd June, 29th June and 6th July 2026

Time: 2:00 PM – 3:00 PM

To book your space on the course please email: aaron.boyd@serco.com

Prostate Cancer in the News

More on the National Screening Campaign

Although the news received last week was not what we had all hoped for, the statement did try to offer some positive points for the future of screening.

The NSC statement said it would continuously evaluate new evidence as it comes in, which could yet lead to wider screening programmes.

This includes new tests for prostate cancer that may do a better job of spotting those that need treatment, artificial intelligence tools and the results of the Transform trial organised by Prostate Cancer UK which is now underway in the UK and should soon answer a key area of uncertainty, including for black men.

Prostate cancer screening only for "a few thousand" at risk men - BBC News

The Government says it will invest £18 million into the Transform trial, external so that more black men will be invited to take part in the research.

The trial is assessing whether extra tests alongside PSA, such as genetic checks and faster MRI scans, can improve screening accuracy.

All black men aged 45-74 who have not already had a recent PSA test will be offered the chance to participate.

More black men to benefit from prostate cancer screening trial - BBC News

The details of the how the above will happen and it is still to be made clear if the £18m is "new" additional funding to that which has already been committed. Clarification is also

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awaited in respect of the timing of when this additional screening will commence and what constitutes “a recent PSA test”.

Tackle Prostate Cancer News

Tackle has sent the following statement to the NSC after the publication of their screening recommendation.

“Tackle Prostate Cancer is deeply disappointed by the UK National Screening Committee’s final recommendation on prostate cancer screening.

While we welcome any step towards risk-based screening, the decision to limit targeted screening to a very narrow group of men with a BRCA2 gene variant and relevant family history leaves many men at increased risk without a clear route to earlier diagnosis.

Every week, our network hears from people whose lives have been changed by a diagnosis that came too late for curative treatment. We recognise that screening must be safe, evidence-based and carefully implemented, but we also believe the current position does not go far enough for those at higher risk, including Black men and those with a strong family history of prostate cancer.

We are particularly concerned that important questions remain about the modelling used to inform this decision. The independent review commissioned by Prostate Cancer Research and undertaken by the York Health Economics Consortium raised serious concerns about whether the model fully reflects modern MRI-led diagnostic pathways, current NHS practice, the reality of existing opportunistic PSA testing, and the impact of health inequalities.

This must not be the end of the conversation. We need continued research, better data, and an urgent commitment to developing a fair, targeted and risk-based approach to prostate cancer screening.

In the meantime, Tackle’s network of over 160 support groups across the UK is here for anyone living with or affected by prostate cancer, whether you have been newly diagnosed, are facing treatment decisions, are living with advanced disease, or are supporting a partner, family member, or friend.

No one should have to face prostate cancer alone.”

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More Celebrities Share Their Experiences

Two more celebrities shared their diagnosis in the press recently. First up was Bobby Davro, the comedian, actor and impressionist who came to fame in the 1980's. Davro, who is 67, had not displayed any of the common symptoms but went for a PSA test after being urger to do so by a friend. His PSA score was 24.

Comedy legend Bobby Davro, 67, reveals he is battling prostate cancer three years after the tragic death of his fiancée Vicky Wright | Daily Mail Online

Then this week the former Liverpool footballer John Barnes spoke about his prostate cancer diagnosis and treatment on Times Radio. Barnes who is 62 took a PSA test following encouragement from his family. After a positive diagnosis, Barnes underwent a radical prostatectomy and now encourages all men to get tested.

Liverpool legend John Barnes discusses 'taboo subject' following prostate cancer treatment

Morrisons Bog Standard

Morrisons has announced the nationwide installation of male sanitary bins in customer toilets across all its stores, becoming the first supermarket to meet 'The Bog Standard' guidelines.

A hallmark of good practice, The Bog Standard is a set of guidelines designed by phs Group and Prostate Cancer UK to educate organisations on providing essential support for men with incontinence, including many who have undergone life-saving prostate cancer treatment.

Morrisons becomes first supermarket to install male sanitary bins nationwide as 'bog standard'

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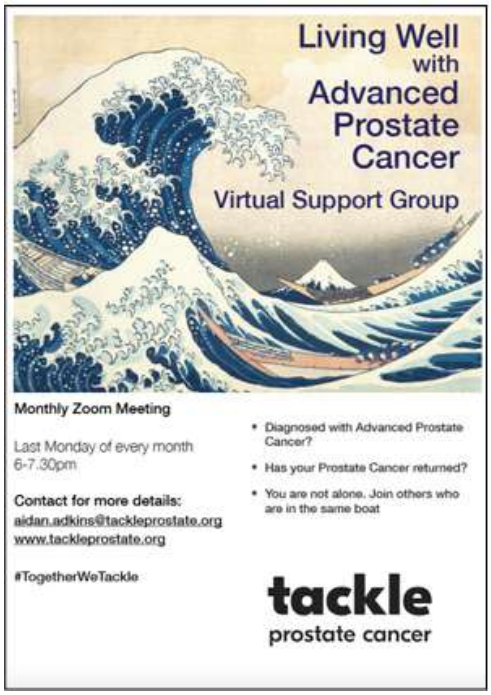
Other Support Groups

Advanced Prostate Cancer



For those diagnosed with Advanced Prostate Cancer.

Please email aidan.adkins@tackleprostate.org if you wish to attend.

6.00pm start

Monday 29th 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 or carolineopcsg@gmail.com

- 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 for connection details. Meetings take place on the second Thursday every other month with the next meeting is scheduled for Thursday, 9th July, 18:45 for 19:00

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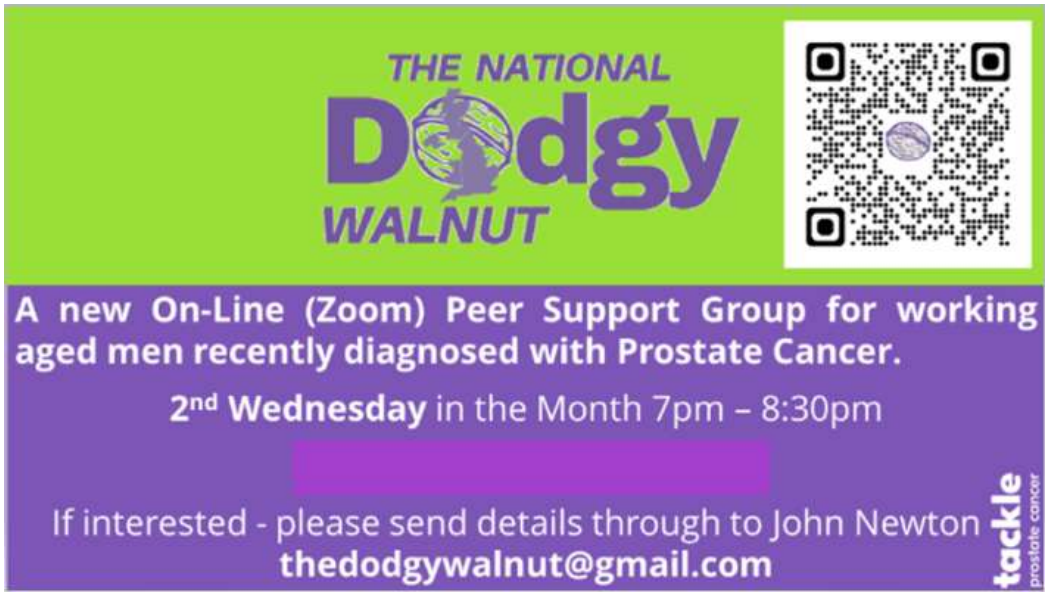
Working Aged Men and Partners

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.

Dates of the next meetings are:

- Wednesday 10th June



Well, that's about it for this month. I hope to see as many of you as possible at the next group meeting on 25th June when we have a speaker from The Citizens Advice Bureau to talk to us about "How to Avoid Scams" which is very relevant in this digital age. Until then, look after yourselves and if you need to contact us use the group phone number or email and we will get back to you.

Keith
Keith Jones
Chair

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

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Group Meeting 28th May - Alan Trott SCAS

Alan is a Community First Responder with some 22 years experience with the South Central Ambulance service (SCAS).
SCAS is the charity providing the equipment and training to the 750 volunteer first responders. See www.scascharity.org.uk
Last year first responders attended 30,000 incidents in our area, providing 175,000 hours of cover. They respond in their local community (15-20 minutes from home), mostly in their own cars.
All categories of calls attended from Cat 1 (Cardiac Arrest) to Cat 3-4 (Non-Injury Fall / Concern for Welfare). Some types of jobs are excluded – RTC's, maternity and domestic violence /assaults, for obvious reasons.

- Responders carry a standard medical kit bag plus
- Entonox – in their vehicle, for mild pain relief
- A specialised lifting device (Mangor Elk) to help raise a fallen patient.
- AED- Automatic External Defibrillator. Used in Cardiac Arrests

Cardiac Arrest vs Heart Attack, what's the difference?
Cardiac Arrest is an electrical problem, the heart has lost its rhythm.
Heart Attack is a circulatory (plumbing) problem, could be mild or severe.
Cardiac Arrest – the patient will be unconscious. Call 999, start CPR
Heart Attack – probably conscious, with tight chest pain. Call 999 keep them calm.
Alan described the Chain of Survival for Cardiac Arrest as:

- Early recognition and call for help
- Early CPR
- Early Defibrillation
- Early entry into hospital for post-resuscitation care

Should you be the first on site at a cardiac event Alan provided the acronym **DRSABC**
Danger (Ensure you, the casualty and any bystanders are safe)
Response (Gently shake the shoulders, shout 'are you ok?')
Shout for help !!
Airway (Is the patients airway clear? If the patient is unconscious perform a head tilt chin lift to open the airway
Breathing (Rate/Rhythm) Place your ear by the persons mouth, place your hand on their chest and look down the midline of their body for 10 seconds (you want to see 2 breaths in 10 seconds)
N.B If you are unhappy to place your face by the persons mouth just observe the chest for rise and fall over the same period of time
Call 999 / **CPR**

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The talk concluded with a demonstration of CPR and the use of an AED.

My take-aways from the CPR demo:

- Do it on a hard surface
- Interlock the hands to present the heel of the hand to the chest
- Place your hands in the centre of the chest in line with the armpits
- Apply downward force using the weight of your body compressing the person's chest 5-6 cm's in depth
- Allow for full recoil
- Ratio 30 Compressions: 2 Breaths
- (NB – there is no requirement to carry out rescue breaths if the rescuer does not wish to)
- Keep going until medical help arrives and takes over, or it becomes too dangerous to carry on, or you become exhausted, or the patient shows signs of life.

My take aways from the AED demo:

- An AED will not work on a heart in normal rhythm – so no need to worry.
- Remove clothing from top half of patient, no time for shyness or modesty.
- Listen to the instructions from the AED and ensure the pads are in the right places.
- Keep everyone clear when applying the shock

The full list from Alan's presentation is below

- Remove clothing from top half of patient, no time for shyness or modesty.
- Ensure chest is dry
- Be aware of patches, pendants, pacemakers, flammable atmospheres
- Pads need to be attached to skin, you may need to shave the area prior to pad application
- Open the lid / switch machine on
- Apply pads as per the diagrams/instructions
- Listen to the instructions from the AED
- The AED will determine IF a shock is needed.
- If a shock is required, remember to check no one is touching the patient when the button is pressed
- Give clear warnings – Stand clear, Shocking, Shocking now
- Resume CPR straight away, AED will advise when it wants to recheck (2-minute cycle)

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- If a patient starts to move, breath or actively vomits they are showing signs of life
- Close the lid on the AED, and monitor the patient keeping them at an ambient temperature where possible
- Leave the AED pads on and continually monitor breathing, should the patient stop breathing open the AED lid and re commence chest compressions.
- If you have to leave the patient on their own for any period of time roll them onto their side

The opportunity to try out the AED on the dummy after the presentation was much appreciated and several members did get to take part in that very useful educational process.

If you were not able to attend here are the links Alan provided to find out more about CPR and AEDs.

Here is a short video that was made to show just how easy it is to learn how to carry out effective CPR.

https://youtu.be/_fAfVSL48BA

Watch Professor Charles Deakin explain about the benefits of members of the public carrying out life- saving CPR which greatly increases the chances of survival

https://youtu.be/ZnGSReRgU34

Watch the Automated external defibrillation for Adults video at https://youtu.be/UTuhA4WhkmI

Richard White

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
Website: www.nhpcsg.org.uk
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