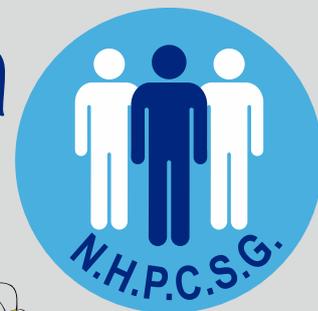


# The Buzz Bulletin



Mat 2021  
Edition 5 Vol. 6

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Welcome to the Buzz Bulletin Chairman's Chat

**O**ur April group meeting's speaker on mental health raised a lot of concerns that many don't like to talk about. It's similar to the situation we had 20 years ago with the big C word (cancer). Nobody wanted to admit it and many struggled on without asking for help. Keith's meeting report is below and one clear message is that we all need to take the opportunity to talk; if we ourselves are having problems or gently asking others we may suspect are having a problem, and that help is available from many sources other than the NHS.

### When will we meet again?

The Covid-19 situation is improving faster than many previously thought possible and many of our members have already had their 2nd Covid jab and we are all looking forward to life returning to normal.

I have been in contact with the bowls club where we previously had our monthly meetings and although they are hoping to re-open for bowls shortly after 17th May when government restrictions ease, their own committee has not yet had any discussions about re-opening their function room and it will probably be another month at least before they are able to give us any further update.

So the big question – **Which month would you feel safe to return to face to-face group meetings assuming the Covid situation does not change and with government restrictions permitting?** In practical terms July is probably the earliest, August will be our anniversary meeting with tea and cakes, or at some later date.? Please do let Allan our secretary know. We can only plan ahead if you tell us what you want. Contact details can be found on Page 3.

### PCUK Call for help

Prostate Cancer U.K. has just started a project where they would like to chat to men in small groups about their experience of prostate cancer and if they were offered or received any counselling or psychological support. If you have had any experience (good or otherwise) with counselling and would like to help with this project please email Ellie Johnston at [ellie.johnston@prostatecanceruk.org](mailto:ellie.johnston@prostatecanceruk.org)

## DIARY DATES

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

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

**Speaker will be John Bragg who will talk on the subject of CYBER SECURITY**

*Martin*



## April Group Meeting Report

**A**t the April Zoom meeting of the North Hampshire Prostate Cancer Support Group, our speaker Tony Bennett the Chief Executive of Woking Mind, one of the independent charities affiliated to the National Mind Charity, started by sharing some sobering statistics. These figures now show that 1 in 4 of us will at some time in our lives have a mental health issue with 90% feeling a stigma as a result. He explained that it is normal for someone to take around a year to open up to their problems of which two thirds are work related. Tony gave as his definition for good mental health “the ability to cope pretty well with whatever life throws at you”.

As a charity he shared that they provide a number of services from 'drop in', depression and mindfulness counselling, community well-being calls and 'walking for health' events, with their aim being to help people understand, know and identify the issue and to seek help. He highlighted how Covid has impacted all of us, heightening the level of worry and anxiety for many. He then set out some of the mental health issues becoming apparent as lock-down is eased.

Tony spent time telling us how we could help someone suffering with mental health issues, with ways to get them to open up and share, whilst never trying to provide a diagnosis. By talking positively to show how exercise, diet, sleep and just setting aside a time to have fun and 'ME' time can all help. For those who struggle to get to sleep, Tony mentioned his own trick of lying comfortably and gradually getting his body to relax starting at his head – he has never completed the exercise – sleep always conquers him first!

Perhaps the most pertinent part of Tony's talk was his time pointing out that all of us have physical health issues, but as human beings our mental health is the second side of the coin so to speak. This is increasingly being recognised by healthcare professionals. Indeed 30% of physical problems have a mental health link, with the mental impact on physical health estimated to be costing the NHS around £8Bn a year. It is for this reason our group's exercise classes play such an important role in supporting our members, especially during treatment, as it helps create a positive mental outlook with enhanced outcomes.

In conclusion Tony shared his prescription for helping to maintain good mental health. It included being able to talk about issues with others, being active, learning new things, setting aside time for oneself and finally connecting with nature.

Tony's talk was so well received that members unanimously voted for him to talk to us again about Churchill's Black Dog times, when it is hoped he can speak to us in person. **Keith**



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## Facebook

**W**e hope that you are aware that NHPCSG has a FaceBook page, well it's been a bit quiet over the last 18 months. Maybe through necessity you have opened a FaceBook account to keep in touch with your family and friends. We would like you to reach out to your family and friends, and their families and friends of friends. If you haven't already done so, we would really appreciate if you would 'Like' and 'Share' the NHPCSG FaceBook page, it only takes a minute. We all know that no man should go through Prostate Cancer alone, and in these trying times this is one way to reach out to those men that haven't heard about us. -Bob Willams (NHPCSG Facebook moderator)

We would also be interested to know how many members use Facebook for keeping in touch with family and friends or maybe simply following other interest groups. Please let us know via email (see Contact below for details)– Thanks – *Martin*

## May 27th Group Meeting

**O**ur May speaker will be John Bragg from the police supported Hampshire Cyber Security group who will be answering your questions such as:

- How safe is the internet for on-line banking, shopping, booking G.P. appointments, paying for a TV licence, etc?
- How risky is an old iPhone or Android phone?
- How to recognise scam emails, phone messages and web pages/links – how to prevent them?
- What should I do/not do if I suspect a scam phone call or email – how do I report it?
- Telephone call minders such as BT Guardian. Are they any good? What if I don't have a B.T. land line but use another provider – Other plug-in boxes?
- and many more



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



## 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



North Hampshire Prostate Cancer  
Support Group

## Cancer Treatments

**J**ust a little something to give the NHPCSG a bit of encouragement. I've had hormone therapy for three plus years, one session of chemotherapy that put me in hospital with sepsis and twenty sessions of radiotherapy that gave me hell. I'm now having no treatments and feel better than I have for years.

I've bought an e-bike for riding the tracks and trails that I used to walk. It weighs 25 KGs and I can lift it ok.

Regards to the group.

Keep safe and keep well and never give up.



*Barry Eastman*

