Buzz Bulletin

June 2026
Edition 6 Vol 11

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Chairman's Chat

Keith Jones

Welcome to the June edition of Buzz. First of all, I hope everyone received the email from Allan Roper regarding the June meeting and the Trustees decision to reluctantly cancel the meeting due to the extreme weather. As the week progressed, it was clear that Thursday was going to see the peak in the temperature, and I don't think any of us would have enjoyed sitting in the Brighton Hill Community Centre last Thursday let alone travelling there in the first place. Apologies if this inconvenienced anyone but the decision was made with the interests of our members at the forefront. We hope to reschedule the speaker from Citizens Advice for a later date as it was a very relevant subject for all of us.

Group News

August Meeting

Just a reminder, 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, there is still time to let us know. Please email the group email address admin@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

DIARY DATES

Thursday 9th July
Partners Group Meeting
Mono Pizza

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Saturday 11th July
Breakfast Meet Up
Maidenhead Inn

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Thursday 30th July
Group Meeting
Cancer Club Speaker

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Thursday 6th August
Pint and Chat
Red Lion Hotel, Basingstoke

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Saturday 8th August
Breakfast Meet Up
Maidenhead Inn

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Thursday 13th August
Partners Group Meeting
Mono Pizza

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Thursday 28th August
Group Meeting

11th Anniversary
Julio Rubles - Peru

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Group Meeting 2.00pm – 4.00pm
Pint and Chat – 7.30pm-9.30pm
Partners Meeting - 11.00am
Breakfast Meet-Up – 9.00-11.00am

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arrangements. We already have offers of chocolate cakes, coffee and walnut and a lemon drizzle, so any different contribution would be most welcome. Given the subject of our speaker, perhaps a marmalade cake would be apt.

Awareness Events

If you have read the recent issues of Buzz, you will be aware that we have had a very busy first 6 months of the year with PSA testing support and awareness events. Things will now be quiet over the summer before we resume in September with our awareness event at the Silchester Country Fayre on Saturday 5th September. After this event we hope to have one of our major awareness event of the year at the Malls in Basingstoke in October.

Partners Group

The next meeting of the Partners Group, run by Pat Twigg, will be on Thursday 9th July in the Mono Pizza restaurant at 11am. 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

We are continuing with our monthly breakfast meet-up at the Maidenhead Inn, Winchester Street, Basingstoke. In addition to those members who have attended previous breakfasts, we would be really pleased to see some new faces especially those who are unable to attend the monthly afternoon group meeting due to work commitments. 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 11th July 9-11am

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

Tackle Prostate Cancer News

Treatment Decision Support (Make Sense of It)

Tackle has announced a new initiative under the name **Make Sense of It.** This is a pilot project that puts people who have just been diagnosed with prostate cancer, back in the

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driver's seat and helps them feel confident and informed when choosing what prostate cancer treatment to have.

This *One-to-One service* matches the individual diagnosed with a trained Treatment Decision Buddy who has lived experience of prostate cancer. The Buddy will listen, and share information non-directively, to help individuals make an informed decision about what treatment to have; and ultimately give the individual the confidence to decide which treatment is best for them.

In the first instance, **Make Sense of It** is supporting men, trans women or their partners who are affected by prostate cancer and:

- Live in Yorkshire or the West Midlands.
  Or
- Identify as LGBTQIA+ and are based in the UK.

Th initiative is focusing on these groups because research shows they experience some of the highest prostate cancer health inequalities in the UK.

In some respects, you can liken this to what we try to offer with our Pint and Chat evening meetings. However, this new initiative will be more formalised and Buddies will receive comprehensive training in coaching skills, safeguarding, and communication.

Read more about the project from the link below.

[What is Treatment Decision Support? - Tackle Prostate Cancer]

This is some of the media being used by tackle.

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The North of England and the West Midlands are the regions that Tackle have employed two Peer Support Group Development Officers, Adam & Stuart, funded by the National Lottery, to develop new support groups where the number of groups has been very low compared to the population. Some of you may have spoken with Stuart when he attended our anniversary event last August with Sarah Gray.

Once this initiative is successfully up and running, I expect that it will be extended to other regions.

Prostate Cancer in the News

More on the National Screening Campaign

As I mentioned last month, Prostate Cancer Research (PCR) set up a petition to have the introduction of a national screening programme for high-risk men debated in parliament. For this to happen it needs the support of 100,000 signatures. The great news is that as of the 5th July this number has been achieved (100,968) and this will now be considered by the Petitions Committee for debate in Parliament. Given the cross-party support in Parliament for the screening campaign, I hope this will now happen. Thank you to everyone who signed up.

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

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Common fibre supplement could spare men from radiotherapy side effects

Prostate Cancer UK (PCUK) have initiated a new £660,000 research trial to test whether a common fibre supplement can reduce side effects from radiotherapy for prostate cancer. If it works, the study could help make treatment kinder and improve men's lives during and after treatment.

This project is called the DIETRICH (pronounced 'diet rich') study and it aims to tackle this by testing whether a fibre supplement called inulin can prevent these side effects or make them less severe. If successful, this could impact over 18,000 men a year who undergo radiotherapy. Inulin is a common fibre supplement that helps the 'good' bacteria in the gut to grow. These bacteria can help reduce inflammation, so they may also help reduce side effects from radiotherapy.

Read more about the trial in the link below.

Common fibre supplement could spare men from radiotherapy side effects | Prostate Cancer UK

England Sports Stars Join PCUK as Charity Ambassadors

Ella Toone of the England Lioness and Manchester United footballer and England Red Roses rugby player Alex Matthews have joined PCUK as charity ambassadors. Both women have been directly affected by prostate cancer in their family. Ella sadly lost her dad, Nick, to the disease in 2024, and Alex's dad, Dave, is currently being treated following an incurable diagnosis.

Recently they joined the PCUK Father's Day event in London to help further raise awareness of the disease.

Ella Toone MBE and Alex Matthews join as our newest charity ambassadors | Prostate Cancer UK

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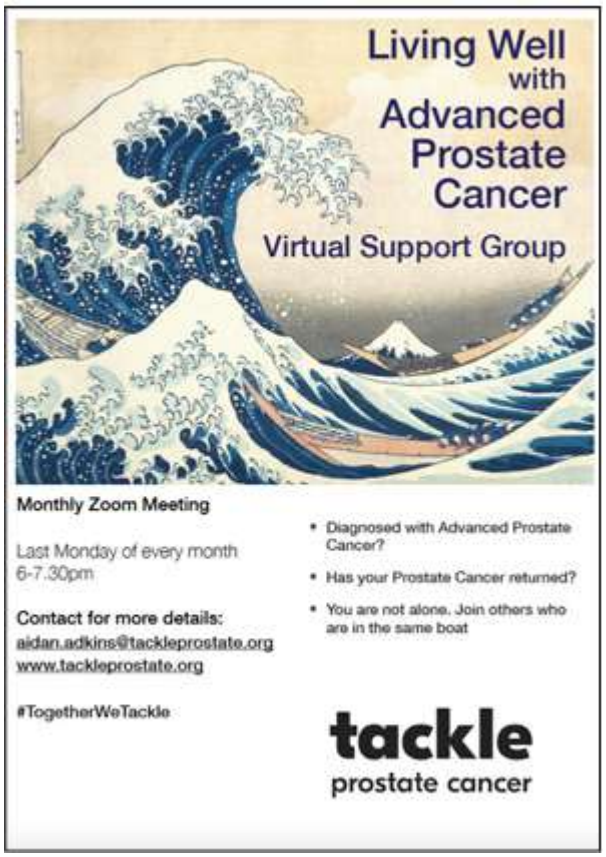
Other Support Groups

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 27th July

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 27th July
- Tuesday 15th September
- Monday 26th October
- Tuesday 15th December

6.30pm start with room opening at 6.10pm

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The Prostate Brachytherapy UK Support Group

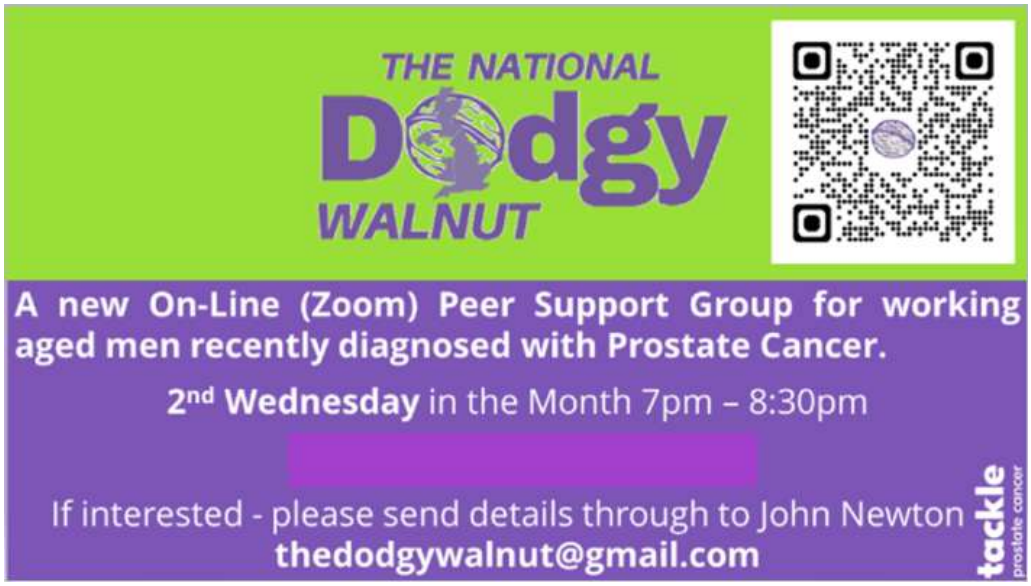
This group meet on Zoom and is aimed at those who have had, or who are considering Prostate Brachytherapy.

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

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 is Wednesday 8th July



Well, that's about it for this month, sorry it was a bit late, I was wilting under the heat.

Keith
Keith Jones
Chair

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