

# Buzz Bulletin



**March 2024**  
**Edition 3 Vol. 9**

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



*Keith Jones*

## Chairman's Chat

**W**elcome once again to this month's Buzz. Twelve months ago, I was elected Chairperson for the group, where has the time gone? It has been a jam-packed year and I am happy to say that our membership has grown as has

the number of activities we have been involved in. Of course, the increase in members is a double-edged sword, it is great to see that we are growing but of course, this means that more men are being diagnosed with prostate cancer. However, currently that is something that is unavoidable. The growth does mean we are able to support more men and their partners and long may this continue.

## AGM

A report on the AGM follows in the latest group meeting report.

## Living Well with Advanced Prostate Cancer

Tackle Prostate Cancer organise a monthly Zoom meeting for those diagnosed with advanced prostate cancer or for those whose prostate cancer has returned. The meeting takes place on the last Monday of every month between 6pm and 7:30pm. This meeting is open to anyone who wants to join it and is hosted by Aidan Adkins. For details of the Zoom meeting, contact Aidan at his email below.

[aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org)

[Living Well with Advanced Prostate Cancer - Tackle Prostate Cancer](#)

## Prostate Cancer News

Under the title "Enough is Enough" and "The Time for Action is Now" Prostate Cancer

## DIARY DATES

Thursday 4th April  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Thursday 25th April  
Group meeting  
Speaker: Paul Miller  
The Making of a Civic Mayor  
in the 21st Century

Thursday 2nd May  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Sunday 19th May  
Basingstoke  
Festival of Transport

Thursday 30th May  
Group meeting  
Speaker Ashley Jones  
A Life in Removals

Thursday 6th June  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Thursday 27th June  
Group meeting  
Osteoporosis and Hormone  
Therapy

Research want to make prostate cancer screening a priority in this country. To this end they are preparing a petition to request that political parties commit to introducing prostate cancer screening in the next Parliament. You can add your signature via the link below.

[Sign our petition calling for prostate cancer screening to be a national priority. \(prostate-cancer-research.org.uk\)](https://prostate-cancer-research.org.uk)

Meanwhile, Prostate Cancer UK are running a new TV advertisement to raise awareness and funding for their work. The link to view the advert is below.

[Prostate Cancer Chance Diagnosis TV Appeal - YouTube](#)

Finally, University Hospital Southampton NHS Foundation Trust or specifically Southampton General Hospital, has revealed the roll out of a new state of the art radiotherapy machine which will be used to improve the efficiency and accuracy of this treatment whilst removing the current need for permanent tattoos. Surface Guided Radiation Therapy (SGRT) uses high-tech cameras and sensors to produce a unique map of the surface of a patient's body. Southampton General is one of the first hospitals to use the upgraded SGRT equipment.

Whilst Southampton General is not part of the Hampshire Hospitals Foundation Trust (HHFT) which is our catchment area, several of our members, myself included are referred to Southampton General for facilities that are not available in HHFT.

[University Hospital Southampton unveils new state-of-the-art cancer treatment - BBC News](#)

## Social Events

As I reported last month, the next planned event is to be a visit to the Bombay Sapphire Gin Distillery on 16<sup>th</sup> July starting at 11:00am. The tour will be a private tour for our group. The cost of the visit is £17.00, a discount of £3.00 on the normal price. The price includes the opportunity to sample the product. However, at this time we have only had 7 members sign up for the visit. We need a minimum of 15 for the tour to go ahead and the closing date is 20<sup>th</sup> April, so if you want to attend and have not yet signed up, please email Allan Roper at [info@nhpcsg.org](mailto:info@nhpcsg.org).

Unfortunately, if we do not get the minimum number of attendees, we will have to cancel the visit.

Finally, I am hopeful that we may be able to have a partners group running alongside the main group. It is a case of watch this space and check your emails. **Keith**

## Meeting Report

**K**eith Jones opened the meeting and requested that the minutes for the 2023 AGM be approved and seconded. The meeting then proceeded with the elected officers' reports.

### **Chairman's Report**

In his first review of the year, Keith mentioned that the balance of funds from the Lodden Lillies had been received bringing the total to £5,000. He also commented on the increase in member numbers and the presence at prostate cancer awareness events, namely:

- Basingstoke Festival of Transport
- Tadley Treacle Fair (first time)
- Basingstoke Malls

Other highlights were the start of the Special Interest Group sessions as part of the group meetings, the success of the Pint & Chat monthly meetings, the first social event and the renewed contact with the Clinical Nurse Specialists (CNS).

He then moved on to thank the committee members for the time they give to organising the group, the ladies who look after the meeting refreshments, the members who organise the raffle and finally the members themselves for donating prizes for the raffles and participating in the events through the year.

### **Treasurer's Report**

David Janetta reported a healthy financial position following the receipt of the balance of the Lodden Lillies donation as well as some smaller donations. Aside from this, the major source of income is the sales of raffle tickets which has increased over the year and donations for the refreshments at the meetings. David thanked everyone who had donated prizes for the raffles. Major expenditures in the year were to Basingstoke Voluntary Action (BVA) who helped with the redesign of our publicity materials, the printing of new publicity materials and banners and the charge for the room hire at Brighton Hill (£60 per month). He also mentioned the charge for insurance which was a new item of expense in 2023, this having been previously been provided by Prostate Cancer UK before their reorganisation in respect of their relationship with support groups.

### **Secretary's Report**

Allan Roper reported that we now have 132 members recorded for the group although not all attend the meetings, some preferring just to receive email updates. This is an increase of 24 new members and in part reflects the part being played by RHCH Winchester now signposting newly diagnosed men to our group. Average attendance at the monthly group meeting was 44 men and their partners.

Allan then talked about the Pint and Chat nights which continue to be successful' not necessarily in the numbers attending but from the point of view that when a newly diagnosed man attends, the feedback we get is that discussing their diagnosis and listening to other men's experiences helps in their decision making.

He also mentioned the members who have agreed to share their experiences with the newly diagnosed men on a one-to-one basis and his hope is that we will continue to provide that service.

The meeting then moved on to the **Election of Officers**

The Chairman – Keith Jones, Treasurer – David Janetta and Secretary/Membership Secretary – Allan Roper all re-stood for their respective positions. As no other members had put themselves forward for election to these positions, the incumbents were duly re-elected.

## Committee Members

- Current committee members who confirmed they would continue as serve as committee members were Roger Bensaid, Martin Budd, Keith Bunker and Mike Davies.
- Two members put themselves forward to join the committee, Jeff Twigg and Richard White.
- Two committee members stood down at the AGM, Brian Tidbury and Richard Holt. They were thanked for their contributions. Brian Blanchard had stood down earlier in the year.

After some questions from the floor, the AGM was declared closed. The minutes of the meeting together with the officers' reports will be circulated to all members in due course.

During the refreshment break, the Special Interest Group met, with this month's topic being Metastasis with some good discussion taking place.

After the serious business of the AGM had been completed, to lighten the mood Keith Jones hosted a fun quiz with a words round, a cockney rhyming slang round and a musicals round for which the prizes were chocolate bunnies to keep the Easter theme. The winning team, the Twiggs and the Janettas scored a very impressive score of 28 correct out of 30.

## 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 430242

email : info@nhpcsg.org.uk

website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer  
Support Group