

Buzz Bulletin

August 2025
Edition 8 Vol 10

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Chairman's Chat



Keith Jones

Greetings to everyone, I hope this finds you well as we come to the end of a long, hot summer. We complain that we need rain and then when it comes, we want the sun back. There is no satisfying some people.

Group News

10th Anniversary Celebration

After the long dry summer, it was almost inevitable that the weather would break by the time of our event. However, we were prepared for all eventualities and an early decision was made that we would need to be indoors on the day. Monk Sherborne Village Hall proved to be a great modern facility.

We were pleased to welcome some special guests to join in our celebration. First up we had Sally Sawyer who was the CNS who founded the group and travelled from Eastbourne. She was joined by the first group chairman Alan Instone who travelled with his wife from Yorkshire. Tackle Prostate Cancer were represented by Sarah Gray, Director of Operations and National Campaigns and Stuart Wain, Peer Support Group Development Officer. Also present was our good friend and supporter of the group Dr Steve Allen, former Tackle trustee and committee member at Reading PCSG.

Hampshire Hospitals NHS Foundation Trust was represented by Sara Fawcitt, Advanced Prostate Cancer Clinical Nurse Specialist and her colleague Celine. Christine Griffiths from The Pink Place also attended.

DIARY DATES

Thursday 11th September
Partners Group meeting
Gaberdrine Bar
~~~~~

Thursday 25th September  
Group meeting  
Brighton Hill Community  
Association Hall  
Dr Steve Allen  
The Ups and Downs of  
Prostate Cancer  
~~~~~

Thursday 2nd October
Pint and Chat
Red Lion Hotel,
Basingstoke
~~~~~

Thursday 9th October  
Partners Group meeting  
Gaberdrine Bar  
~~~~~

Saturday 11th October
Basingstoke Malls
Awareness Event
~~~~~

Thursday 30th October  
Group meeting  
Brighton Hill Community  
Association Hall  
Squirrel Antiques

A very fine and plentiful barbecue was provided for all attendees together with a celebration cake all exceptionally organised by Virginia Budd.

The cake was expertly prepared and the cutting was performed by Sally Sawyer and Alan Instone together with some of the members who attended that first meeting.



*Sally Sawyer (centre) with Ian McEvoy, Alan Instone, Russell Day, Katherine Fryers, Ken Phipard-Shears and Tony Chuter.*

Rather than our usual monthly raffle of members donations, we had a special raffle of a food hamper, champagne and a water filter in part contributed by Morrisons and Tesco.



The opportunity was taken, in between the showers to gather the attendees for a group photo which will now be used on our website and Facebook.



At the final count, we had 73 attendees. Thank you to everyone who attended, the committee and I hope that you really enjoyed the day.

The link below is to the article published in the Basingstoke Gazette

[North Hampshire Prostate Cancer Support Group celebrate | Basingstoke Gazette](#)

Look out for reports in other local publications.

## **Volunteers Needed on 11<sup>th</sup> October**

By the time you read this, we will have attended the annual Silchester Country Fayre on Saturday, 6<sup>th</sup> September promoting the prostate cancer awareness and our group. However, our next event follows quickly after and is our big awareness day at the Basingstoke Malls where we will again be promoting awareness of prostate cancer and the need for men to get tested, particularly if they are over 50 or have family history.

In order that we can do this successfully, we again need to ask for your help. If you are available on Saturday the 11<sup>th</sup> of October for a couple of hours between 10am and 4pm, we would be very grateful if you can let us know. Please use the group email

[info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) to let us know preferred times or leave a message on the group phone 07377 430242.

## **Any Audio/Visual Experts Out There?**

I just want to repeat the message from last month from Martin Budd.

We need to upgrade some of our audio-visual equipment used for group meetings and need help and guidance as to what would be our best options.

“Are you fed up with all the whistles and pops from our A/V kit at group meetings? Well so am I, so your committee is looking at using some of the money from the mayor’s fund to purchase some upgrades.

Our needs are a bit technical, but we want to keep the set-up at group meetings as simple as possible.

I therefore would appreciate any help that you, a knowledgeable child/grandchild or a friend who has knowledge on public address systems, wireless microphones, licensed vs unlicensed wireless channels, audio mixers, balanced and unbalanced audio feeds, Bluetooth receivers etc.

If you can help in any way or know somebody that may be able to help or offer advice, please email me on [martingb2@gmail.com](mailto:martingb2@gmail.com)

Thanks in advance”

## **Group Charitable Status**

Our safeguarding policy is now complete and we have now been able to finalise our charity application. Our focus was somewhat diverted by the arrangements for the anniversary event which caused some delay.

Safeguarding and understanding what this means is an important requirement of any organisation or group. However, having an agreed policy and a designated lead (Allan Roper) is only part of what is needed and in the coming months, the committee will undergo familiarisation training on the subject. We will also carry out an awareness briefing to members.

## Partners Group

The Partners Group meet on the second Thursday of the month. All partners are welcome, so if you have not been before, feel free to turn up on the day or send an email to [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) and we will put you in contact with Pat.

## Some Diary Dates

### Hampshire and Isle of Wight Air Ambulance Visit

For everyone who has confirmed their interest in this event, subject to final confirmation, we now have a proposed new date for the follow up visit to the Operations Centre at Thruxton for those who were unable to attend earlier this year. The date is Thursday 23<sup>rd</sup> October at 2pm. If you are interested in attending it is still not too late to sign up, you can still register your interest by emailing [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) and we will add you to the list.

### Christmas Lunch

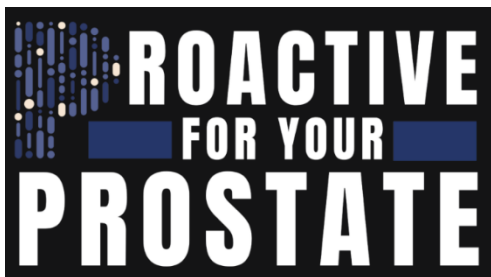
Another repeat from last month, I want to remind you of the date for our Christmas lunch. We are returning to BCoT and the date is Thursday 11<sup>th</sup> December. We will share details of how to sign up and the cost at the September group meeting and in the next edition of Buzz.

## Clothing

The order for fleeces has now been placed and committee member Eric Large has taken on responsibility for this. We expect to have the fleeces available for collection at the September meeting.

## Prostate Cancer in the News

### Prostate Cancer Research - Proactive For Your Prostate Campaign



I know I have covered this in previous issues but I want to keep it to the forefront of everyone's thoughts and we are now approaching the time of action for this campaign which starts in October, so there will be even more press coverage.

As previously stated, the aim is to get a targeted screening and then a national screening programme approved by National Screening Committee (NSC) by the end of 2025. It is five years since prostate cancer screening was

put before the NSC and as you will all know, there have been great advances in the research of detection processes and this will be a key part of the submission to the NSC. The current action from PCR continues to be to encourage people to contact their MP to urge them to support the campaign. At the last count there were 137 MP's who have indicated their support. You can find out more information from the link below.

<https://proactiveforyourprostate.co.uk/>

I can see my MP for Winchester, Danny Chambers is on the list but I still do not see Luke Murphy from Basingstoke, Kit Malthouse from North West Hampshire and Alex Brewer from North East Hampshire on the PCR website. So, I encourage those of you who live in these constituencies to write to them and get their support.

As I indicated before, there is a link to the PCR write to your MP page below and once you enter the name of your MP, it will take you to a screen where there is a sample letter you can use. It just needs a few tweaks to make it current and of course you may want to add comments of your own.

[PCR](#)

## **Trials and Focus Groups**

There are two focus groups that group members may be interested in signing up for. The first is from the Stampede Trial Development Group who are looking for men who have a radical prostatectomy in the last 5 years to participate in an online focus group. The details are below.

### **STAMPEDE Trial Development Group**

Researchers are planning a new trial for men who have undergone, or are due to undergo, **surgery for prostate cancer**.

- The trial will explore how using tumour "fingerprints" (biomarkers) could help identify who might benefit from earlier, more personalised treatment after surgery.
- They want to hear from men who have had a **radical prostatectomy in the last five years**.
- Focus groups will be held online (MS Teams) in **September 2025**.
- Dates will be arranged via a Doodle poll to suit as many as possible.

To express interest, email: David Matheson - [djmatheson@icloud.com](mailto:djmatheson@icloud.com)

The second focus group is being organised by the MRC Clinical Trials Unit based at University College London. This unit is looking to develop a trial for men at a higher risk of prostate cancer returning after surgery. More details are below.



## UCL Focus Group on Treatments After Surgery

The MRC Clinical Trials Unit at UCL is also developing a trial for men at **higher risk of prostate cancer returning after surgery**.


- Opportunity to join a **one-off 90-minute online focus group** Dates: **29 September or 1 October 2025**, Participants will receive a **£25 voucher** as a thank you for their time
- Your input will help make the trial design clearer, more relevant, and patient friendly.

To take part, contact:

- Ashwin Sachdeva [ashwin.sachdeva@manchester.ac.uk](mailto:ashwin.sachdeva@manchester.ac.uk)
- Kate Sturgeon [k.sturgeon@ucl.ac.uk](mailto:k.sturgeon@ucl.ac.uk)

## Other Support Groups

### Advanced Prostate Cancer

The poster features a traditional Japanese woodblock print style illustration of a large, curling blue wave with white foam, with a small boat and figures in the foreground. The text is overlaid on the right side of the image.

**Living Well with Advanced Prostate Cancer**  
**Virtual Support Group**

**Monthly Zoom Meeting**  
Last Monday of every month  
6-7.30pm

**Contact for more details:**  
[aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org)  
[www.tackleprostate.org](http://www.tackleprostate.org)

**#TogetherWeTackle**

- Diagnosed with Advanced Prostate Cancer?
- Has your Prostate Cancer returned?
- You are not alone. Join others who are in the same boat

**tackle**  
prostate cancer

For those diagnosed with Advanced Prostate Cancer.

Please email [aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org) if you wish to attend.

6.00pm start

Monday 29<sup>th</sup> September

Monday 27<sup>th</sup> October

Monday 24<sup>th</sup> November

Monday 29<sup>th</sup> December

## **National PC Partner Support Group,**

The national partners group has now issued dates for its 2025 meetings supporting partners of those diagnosed with Prostate Cancer. If you wish to attend, email [janetldaykin@gmail.com](mailto:janetldaykin@gmail.com) or [carolineopcsdg@gmail.com](mailto:carolineopcsdg@gmail.com)

- Monday 15th September
- Tuesday 28th October
- Monday 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.

The next meeting is Thursday, 11<sup>th</sup> September, 18:45 for 19:00

If you are interested in joining this group and the Zoom meeting, please email [support@prostate-brachytherapy.uk](mailto:support@prostate-brachytherapy.uk)

## **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 8th October
- Wednesday 12th November
- Wednesday 10th December




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Edition 8 Vol 10



**THE NATIONAL**  
**Dodgy**  
**WALNUT**



**A new On-Line (Zoom) Peer Support Group for working aged men recently diagnosed with Prostate Cancer.**

**2<sup>nd</sup> Wednesday** in the Month 7pm – 8:30pm

If interested - please send details through to John Newton  
**thedodgywalnut@gmail.com**

**tackle**  
prostate cancer

So that's all from me for another month.

**Keith**  
**Keith Jones**  
**Chair**

----- North Hampshire Prostate Cancer Support Group -----

## 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](mailto:info@nhpcsg.org.uk)

Website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



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