

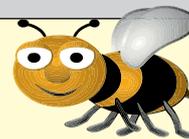
# The Buzz Bulletin



March 2021  
Edition 3 Vol. 6

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

**Welcome to the Buzz Bulletin**



**Chairman's Chat**

**H**ave you had your first Covid Vaccine yet? I had mine at Basingstoke fire station and they were very efficient. The rollout seems to be going even faster than expected so I hope that we will all be able to meet again in person before the summer.

What would we have done without Zoom? We have heard through PCUK that many support groups have not met at all in the last year and several don't know if they will be able to keep going. Allan, Richard and I will be taking part in a PCUK networking and training event that takes place over two days next week, again on Zoom. We will be discussing the challenges faced by support groups across the country and looking at ideas for improving the support we provide for you, our members.

AGM: Last call for committee nomination;. We have not received any nominations for new committee members or even expressions of interest. All nominations must be received by Allan our group secretary no later than fourteen days before the AGM i.e., Thursday 11th March.

PCUK funded research: At a recent PCUK Zoom webinar, leading prostate cancer professors provided a fascinating insight into three ongoing research projects. One was about a new 15 minute MRI scan that is much more accurate than PSA tests for detecting prostate cancer. It is hoped that this could be used as part of a future national screening project.

The same webinar also provided some of the latest data showing that G.P. referral for potential prostate cancer investigation had fallen by 60% during the pandemic and that 13% of men that were diagnosed had already progressed into advanced metastatic cancer that had spread beyond the prostate. This is even more reason for us to keep telling our friends and family members to see their G.P. if they have any worrying symptoms.

Facebook

Did you know that the NHPCSG has its own Facebook page? Social media such as Facebook could be an important way to raise the awareness of our group and attract new members. It's also a great way to share experiences and the lighter side of living with P.C. Bear in mind however that ours is not a closed group, so don't post any of your personal medial details.

We would really like to know how many of our members use Facebook for keeping in touch with their friends and family and hear your ideas about how we could improve our Facebook profile.

Stay safe,

*Martin*



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





## February Group Meeting Report

**N**ot many people have heard of the charity called Tackle Prostate Cancer ('Tackle'), however as Sarah Gray, the speaker at February's North Hampshire Prostate Cancer Support Group meeting explained, it was set up 12 years ago to help the growing number of prostate cancer support groups round the country, and to assist with the creation of new groups. Sarah Gray is the newly appointed National Support and Development Manager at Tackle and is their only full time, paid employee. Sarah further explained it represents prostate cancer patients on both national and international bodies. In addition to helping to raise awareness of the disease, now the most prevalent form of cancer in the UK, it helps disseminate knowledge of new treatments and services. Sarah told us that service commissioners really react to 'lived experiences' so there is a need for men and their partners to come forward and to share their own pathway. The aim must be to achieve much earlier diagnosis and treatment before the cancer has spread out of the prostate. We were also very pleased that Lorraine Poole, our local hospital prostate cancer clinical nurse specialist was also able to join us. It is of concern that, as Lorraine said, more younger men are now being diagnosed, with often the cancer having already started to spread. She explained that currently following MRI scans, something that was pioneered locally, the Trust is performing template biopsies under local anaesthetic, making it easier for patients and enabling more diagnoses to be carried out each week. She mentioned that unlike during the first virus lockdown, the cancer teams had been kept on station, and for prostate cancer an additional consultant have been added to the team All helping the Trust keep its cancer targets for timely treatment. Another useful change on the way, is patient digital control, this for example will allow men who have completed treatment and are now on the regular check up stage of their pathway, to access their own PSA results digitally following a routine blood test They can then decide whether they feel the need to have a further consultation with a clinician. Sarah and Lorraine's updates were followed by a very interesting Q&A session where our members took the opportunity to join the conversation. The Zoom meeting came to an end, and members had a chance to express their appreciation to both speakers.

*Keith*

## DIARY DATES

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

**Our next online meeting is on Thursday 25th March at 2.00pm**

### **AGM - on ZOOM**

**followed by a talk from Sian Woodward  
A day in Parliament**

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So what did you do during lockdown grandpa?

Coming up the Solent on 24th March on the Cunard ship Queen Victoria, following a fascinating trip around south America – a bit of a change from sailing the high seas on our own boat which we had sold a few months earlier – we knew life would be dramatically different as a result of the recently imposed lockdown in response to the virus.

A few weeks later, browsing the web as one idly does from time to time, I spied a motor home of the very type we had seen some years earlier and felt would suit us ideally. At the earliest opportunity it was viewed and the deal was done. Well you know how these things happen, by luck

this unit came already equipped with a towing bracket. Now the next question came up, could we tow a boat behind it? To cut a long story short, talking to a friend at the local sailing club, it turned out there was an elderly boat owner with not one but two dinghies he no longer wanted, and was happy to donate both to yours truly. He knew what he was doing as they had not been used for nearly 10 years, the better one with relatively minor hull damage was soon repaired, but the other required a complete rebuild. However as this has a split mast (gunter rig to you sailors) it will not be an issue with towing behind a tall vehicle.

So what have I been doing? On getting it home, a complete clean was the number one priority. This was

followed by stripping off the old rotten quarter deck and adding a nicely varnished replacement after repairing internals and painting the holds below. The hull interior also needed repainting with high grade epoxy paint, as well as having to clean off the seating and revarnish it all before refitting it. In addition, quite a lot of the mahogany woodwork had suffered, so I needed to make new mahogany parts for the deck and get them to accurately fit, before tackling the aft section, where both the locker lids and bulkhead had decayed. The locker lids were partly re-salvageable, but this involved rectifying the bow in each, and required a piece of new timber bonded as a replacement piece before resizing to fit. The gunwales composed of three sections round the top of the hull have tended to come away from each other, so following fixing I felt a nice capping was required. So as anyone involved with boats knows, nothing is straight; how does one bend wood – you steam it! How do you steam long lengths? Try a piece of underground soil pipe and a wallpaper steamer, but make sure you have a good drain for the hot condensing steam - as we found out, soil pipe reforms to new shapes when it gets hot! Just a touch of varnish and the inside work is complete.



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## *So what did you do during lockdown (continued)*

With the spars cleaned and parts of rotten wood replaced, before being revarnished – what's left to do? With winter being too cold for resin repairs, come spring all that remains is a small dent repair and hull preparation before that final epoxy coat on the hull outside to reveal a beautiful butterfly emerging from an unattractive chrysalis!

With the end of lockdown in sight, the challenge now is where and when to go off sailing again. So look out soon for a small red hulled dinghy being towed behind a large motorhome.

**Keith**

## AGM - March 25th

**I**t's that time of year again when we start to think about our annual general meeting. Yes, even during a pandemic the formalities have to continue. They are a key part of ensuring that our support group is able to continue. It's an opportunity to have your say on who runs the group and how it is run.

We did not hold an AGM last year as the first Covid lockdown had just been imposed, but we need to maintain protocol, so this year and we will be holding it on Zoom as many other organisations have been doing very successfully.

Your committee has checked our Constitution and there is a risk that if insufficient members attend, then strictly speaking we may not meet the minimum numbers (quorum) required to hold an AGM. We have however agreed that we will still go ahead with those present so we can continue to support you, our members, with an appreciation that the pandemic has influenced the way we operate this year.

All committee posts are up for re-election, just to remind you the current roles are.

Chair and Webmaster – Martin Budd

Secretary and Membership Secretary – Allan Roper

Treasurer – David Janetta

Publicity Officer – Keith Bunker

Deputy Chair and Buzz Bulletin editor – Richard Holt

Member – David Fryers.

Social Secretary - Vacant

With Covid vaccinations now being rolled out, we hope that we will be able to re-start our face to face meetings by the summer and we would really like someone to help out with organising some new social events and suggesting new ideas for group meetings. You don't need to make any commitment now. The committee currently meets monthly by Zoom and if you are interested in finding out what goes on, you are welcome to join a committee meeting before the elections at the AGM. Please let Allan or myself know.

We expect the formal business of the AGM will be very short so it will be followed by a talk from Sian Woodward, one of the clerks who sits in front of the speaker in the House of Commons.

**Martin**



## 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