

# Buzz Bulletin

October 2023  
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Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Chairman's Chat



*Keith Jones*

Welcome to the October issue of Buzz.

The clocks went back at the weekend, so it's getting dark earlier plus we have yet another storm on its way this week. What will the winter hold for us? I hope none of you have experienced any flooding from all the rain we have been having, if so, you have my sympathies. Still, being a glass half-full sort of person, apart when Ireland narrowly failed to overcome the All Blacks in the recent Rugby World Cup quarter final, that before we know it, we will be planning Christmas, summer holidays and what to grow in the garden for next year.

### Celebrity Endorsement

One thing that I feel really hits home with the general public is when there is a celebrity who comes out with their personal story. Just over two weeks ago, Steve Rider, the sports presenter revealed that he had been diagnosed with prostate cancer and has had surgery.

Before that, in August, Simon Jordan the former owner of Crystal Palace FC and presenter on the sports broadcaster talkSPORT told of his experience and urging men to get tested.

It is also reported by PCUK that the number of prostate cancer referrals showed a sharp increase following the sad passing of Bill Turnbull, of the BBC, and in the last year reached record levels. It shouldn't take a tragic event to make this happen, but as a very strong supporter of Prostate Cancer UK (PCUK), I feel he would be pleased to have played his part in this.

['Prostate cancer referrals hit a record high thanks to Bill Turnbulla's legacy' | Prostate Cancer UK](#)

There is an interesting short video from Prostate Cancer on 'You Tube' featuring celebrities from different areas of sport and entertainment giving their support including Stephen Fry,

### DIARY DATES

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

Thursday 30th November  
Group meeting  
Speaker Sarah Gray  
National Support and  
Development Manager  
Tackle

Thursday 7th December  
NHPCSG Xmas Lunch  
BCoT 12.00 to 3.00pm

Thursday 7th December  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Please note there will be  
no December  
Group meeting

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

Thursday 25th January  
Group meeting  
Speaker Martin Budd  
on the subject of  
The Health Benefits of Sleep

Thursday 1st February  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Jim Broadbent, Ugo Monye, Nile Rogers and Christopher Timothy to name just a few. Watch the video below.

[Stephen fry, Jim Broadbent, Nile Rogers and others say: Men, we are with you - YouTube](#)

On a lighter note, there is another video entitled "What on Earth is a Prostate?" which has some amusing answers from the public but also shows how misinformed some men are.

["What on Earth is a prostate?!" - YouTube](#)

If you have friends who may be at risk or showing symptoms, I would encourage you to get them to watch these videos and then get themselves tested.

## Latest Research Breakthrough

Once again prostate cancer research projects are in the news. Among the many issues faced by advanced prostate cancer sufferers is that their cancers may become resistant to the drug treatments that are available. Now a team from the Institute of Cancer Research (ICR) in London has identified how the prostate cancer's defence mechanism works and how it could be blocked, enabling the development of a blocking medication which would make hormone treatment more effective. If you are interested in more of the detail, follow the link below.

["Blocking SOS signals from prostate cancer cells key to stopping treatment resistance | Prostate Cancer UK](#)

There was also an article printed in The Times on 17<sup>th</sup> October 2023.

## *Hampshire County Council & Boys Need Bins*

I am sure that by now everyone is aware of the Prostate Cancer UK (PCUK) Boys Need Bins campaign and some of you may have observed bins starting to be provided when out on your travels, e.g., Cobham Services on the M25. Coming closer to home a motion was put forward at the Hampshire County Council which included the provision of at least one sanitary bin in all County Council male toilets – both in public and council buildings. This was passed unanimously. Thanks to one of our new members for this information.

The motion can be found below on page 97.

[\(Public Pack\)Agenda Document for County Council, 28/09/2023 10:15 \(hants.gov.uk\)](#)

If you want to watch the motion being proposed by Cllr Martin Tod of Winchester and the subsequent contribution by Council, it is available on the YouTube link below, starting at 1hr 52m.

[County Council - YouTube](#)

Finally, we had a great turnout at our October meeting to hear Martin Budd talk about the upcoming changes to analogue telephone lines and some of the pitfalls to avoid. A review of the meeting, from Keith Bunker, can be found on the following pages. Next month we welcome Sarah Gray, National Support and Development Officer from Tackle Prostate Cancer to our meeting. For anyone who attended our aborted meeting in June, we will be ensuring we can get into the building this time. I hope we can have another large turnout for Sarah.

**Keith**

## The great British landline phone switchover

**I**t's going to happen! Martin Budd, our speaker at our monthly meeting, was referring to the change over of our landline telephone services from analogue to digital. This, he explained, is due to start in this area next spring, with the whole national programme to be completed by the end of 2025. Martin showed how over the past few years we have absorbed similar changes for example the change to digital TV, or the gradual shift to smart phones. One of Martin's slides showed how the current system works where both internet data and phone transmissions are transmitted digitally between exchanges. However, in the exchanges these are split into the analogue phone element and the separate digital internet data stream, before being sent, in most cases, to the recipient down old copper wires.

The key driver for change comes both from the growing demand for higher data transfer speeds and the need to replace the old worn out and increasingly unreliable copper wire with fibre optic cables. This will also achieve savings in equipment maintenance as engineers will only need to service one set of equipment instead of two in the exchanges.

Gradually the familiar street cabinets are being replaced with more modern units with a fibre optic cable back to the exchange, as these cables have a much higher carrying capacity. For those who already have a fibre link to their house, the term 'full fibre' has been coined, with 'super fast' broadband being referred to those who still have a copper final linking cable.

So next the big question Martin raised - '*WHAT CAN POSSIBLY GO WRONG*'??? It seems for a few, and especially those with minimal IT skills, potentially quite a lot. Martin then set out with his experience in helping an 84 year old lady who's telephone was cut-off. Any change your phone contract or supplier results in an automatic transfer to the new digital phone system, with no possibility of reverting back to the analogue version. The supplier will send a new router/hub which will have the requisite phone socket. Subsequent emails will advise how to make the switch. You will need to remove your phone cable from the existing socket and plug it into an adaptor that is plugged into the back of the new router/hub. Typical problems can include the router and your existing cordless phone/answerphone base unit being in different parts of the house, existing answerphone settings needing changing, possibly aid call/fall alert systems not being compatible, and having inevitably to deal with call centres whilst not understanding the true nature of the issues! Of course, if during this time you are not able to receive emailed change over notifications, you end up with no phone either!

Do not ignore notifications from your telephone/internet supplier or you could be cut off. Martin advised that there are already scammers looking to con vulnerable people during this switchover and if you are uncertain of the implications, ask your service provider, your children, or a knowledgeable friend

Finally, Martin added that the 3G network for mobile phones is already being switched off, and 2G will be switched off by 2033. 4/5G continue in service.

**Keith**

After the break Keith Jones our chairman highlighted some of the advances in prostate cancer research, including the work at Royal Marsden, where they are interpreting genetic data to provide proactive treatments, and the Sheffield Hallam University development of a special chair for men receiving external radiotherapy treatment. This involves the patient being lowered into a small room, removing the need for much larger rooms with their massively thick concrete protective walls, thereby cutting build costs by a third!



## Social Events

This is an idea we are trialling for 2024. A guided, behind the scenes tour of the Willis museum in Basingstoke. Roger Bensaid arranged a visit for 2-4pm on 21st February. Numbers are limited by the Willis Museum. Following its announcement at the October group meeting the allocation was filled. Roger has started a wait list. If you would like to be added, please contact Allan with your details at [info@nhpcsg.org](mailto:info@nhpcsg.org) with the subject Willis Museum. Look out for further announcements in the coming months.



You never know who will turn up at our Malls awareness event!!

