

Buzz Bulletin



July 2022
Edition 4 Vol. 7

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

Chairman's Chat

It was great to see 34 members at our June group meeting, this was the most we have had since we returned to face-to-face meetings after Covid. We hope that our program for the next few months will be equally attractive.

As I mentioned at the meeting, August will be our 7-Year Anniversary event where we traditionally celebrate with tea and cakes and several of our members have offered to make the cakes and scones this year -Thank You. So we don't end up with 10 Victoria sponges and nothing else, we will be taking a note of your offers at the July group meeting but if you can't get to get to that, but are a budding Bake-Off wannabe, please drop us an email with your cake offers at the usual address.

We don't have a speaker for our August meeting, but we will also be having a quiz this year. Details to follow.

Some members have said it is sometimes hard to hear our speakers at group meetings so we are going ahead with the purchase of our own P.A. kit, funded by the Loddon Lilies.

Updates from the CSP

As well as being the NHPCSG group charman, I am also a committee member of the Hampshire Hospitals Cancer Services Partnership so I thought I would pass on a few details I learnt at their recent group meeting.

Basingstoke and Winchester Hospitals have re-introduced the requirement for all patients to wear face masks in all hospital areas due to the rise of Covid cases. Radiotherapy and Chemotherapy for cancer is still going ahead with patients being asked to take a lateral flow test on the day of their appointment. Even if your test is positive, if your case is urgent, you may still be able to have treatment with special precautions in place, subject to consultant approval. I don't know the procedures for other hospital treatments.

Wellbeing and Supportive Care Services are ramping up quickly at our hospitals with a new lead complementary therapy nurse, three councillors, one of which specialises in art therapy, pre/ re-habilitation support and funding approved for a psychology practitioner. Currently access to these services is only available by referral by your Clinical Nurse Specialist (CNS) but it is hoped that patents will be able to self-refer as more staff are brought on board. Many of these new roles are being funded by The Ark Cancer Trust and Macmillan Cancer Support

We had a talk from an NHS women's cancer Healthcare Support Worker who is helping other independent support groups like ourselves, but they too can only expect one or two visits per year from NHS hospital staff so we are not alone in that respect.

When a cancer patient's initial hospital treatment is completed, be it surgery, radio/chemotherapy etc and you are still being monitored, maybe 3 or 6 monthly etc, you should have a session with your CNS explaining the Patient Initiated Follow-Up procedure (PIFU). Effectively this is where, other than routine follow-up appointments, the nurse/ hospital will not contact you on a regular basis, but you are still able to call your CNS or Healthcare Support Worker if you have any concerns or queries. I would be interested to know how effective this is so I can provide feedback through the Cancer Services Partnership if necessary.

Stay safe

Martin



June Meeting Report

It is not often we have a talk about the career of one of our members, but this month we were privileged to have new member David Knights give a talk about his career in industrial chemistry. David whose career has been spent mainly in organic chemistry – the chemistry which involves carbon chains, started with a display of the periodic table of elements, bringing back distant memories for some of us!

His career developed in the chemistry of oils and fats, originally animal and vegetable sourced but now in many cases synthesised, showing how they get incorporated into a huge variety of products, from foods through hand and body lotions and foaming agents for example in shampoos, as his reading of the 'contents' labels of some well know branded products demonstrated.

He then moved to working with a perfume company blending different aromatic oils to create fragrances for incorporation into products such as soap powders. This included meeting the challenge of upscaling desirable lab samples into commercial volumes.

David's career advanced dramatically on joining Croda Chemicals starting as the development chemist finally ending up as the production director for three sites, where products included special oils for keeping steel rolling mills functioning under their very arduous temperature operating conditions as well as mining fluids and auto lubricants.

David's final career move took him to the company who make most of the low temperature bleach activators used for example in domestic dishwasher products and hard surface cleaners, with household names as their main customers.

Keith

Note from Martin

Keith had been hoping to arrange a trip for our members to the Mini plant in Oxford but he has been informed that they are still not open for public visits following Covid, but he is continuing to look for other venues.

DIARY DATES

July 28th meeting
MIND will talk to us
about Mental Health

August 25th
the Group's 7th Anniversary
Come along for tea, cakes and
a fun Quiz

September 29th
Mr Richard Hindley
Consultant Urologist
A talk about Prostate Cancer

October 27th
Presentation from the
Blue Lamp Trust.
Staying safe online and
avoiding scams

If you wish to contact the Urology Department at HHFT

Telephone: 01256 313515

Email: UrologyNurses.Basingstoke@hhft.nhs.uk

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
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 North Hampshire Prostate Cancer
Support Group

