

Buzz Bulletin



January 2023
Edition 1 Vol. 8

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

A belated Happy New Year to our members. Although there was no formal group meeting in December, we did have our Christmas Luncheon at the Basingstoke College of Technology student run dining room. The feedback has been positive both for the food and the ambiance, so as a bit of a 'heads up' it has been booked for next year.

As you will see from the photograph, the exercise group joined in with the festive spirit on our last meeting before Christmas. The New Year has seen an increase in members going to the exercise class on Mondays, but there is still space if you want to go along and join the fun (yes really - fun).

Our first group meeting of the year was well attended with many familiar faces returning. We were pleased (and sorry) to greet three new members and hope they were able to find some help during, what turned out to be, a very busy afternoon.

The AGM is looming and we are hoping that some of you will volunteer to join the committee. Our short term aim is for you to come along and contribute to our meetings and events with some fresh ideas.

Richard

DIARY DATES

2nd February
Red Lion Hotel, Basingstoke
Pub Pint and Chat

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4th February  
The White Hart  
Sheriff Loddon  
Lodges cheque  
presentation to NHPCSG



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23rd February
a Talk by Steve Markham
Building a Replica Spitfire

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2nd March  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

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30th March
AGM



Exercise can help your elf

January Meeting

The first group meeting of 2023 got off to a brilliant start with not one but four speakers. The general theme was 'Wellness'.

Our first speaker was Julie Walsh from the Arc Cancer Charity. We were introduced to the range of complimentary therapies that are on offer at the Arc. The therapies included reflexology, aroma therapy, lymphatic drainage, back and head massages. For any of these treatments it is preferable to be referred by a clinician. That clinician could be your oncologist, CNS, or GP.

Also from the Arc was Ian Harrison who specialises in acupuncture. Ian was keen to point out the scientific basis of acupuncture, which can be useful in alleviating pain, hot flushes, urgency, and neuropathy. Traditionally acupuncture uses very fine needles to create their effects which may last from 24 hours to 24 days.

The next speaker was Stephanie Wallis (SteppingStones) who coincidentally has been running our exercise classes on Monday mornings for the last 5 years. The message was to remain physically active, be that gardening, housework, walking or joining the exercise class. Exercise can help combat the side effects of the various treatments and may improve sleep patterns. Resistance exercises will contribute to increases in muscle mass and maintain bone density, which is of particular importance to members on hormone treatments. Of course, the social interaction within the exercise group contributes to mental well-being. Finally we were treated to finding our pelvic floor, which Stephanie wanted us to exercise it at least three times a day.

The last speaker was Sarah Walsh (HHFT) with a talk about healthy eating. Sarah described ways of determining if you are a healthy weight either by using BMI or a waist measurement and that physical activity was important. When it comes to diet we should aim for $\frac{1}{3}$ carbohydrate, $\frac{1}{3}$ fruit and veg and $\frac{1}{3}$ protein and fat. So avoiding too much 'fast food' and processed foods, limiting red meat and processed meat, sugar and sweet/fizzy drinks, alcohol and supplements (with the exception of Vitamin D). Weight loss programmes are supported by the NHS. In relation to Prostate Cancer, weight gain is always a problem as muscle is often converted to fat, bone health can be a factor, but eating cheese and yoghurt and drinking milk can help, Vitamin D supplement is important, and Soy products may be consumed. However, be aware that Lycopene, pomegranate and selenium have no proven scientific benefits to prevent or help men with prostate cancer.

Wow!! - that was a lot information and the question and answer session that followed certainly showed the level of interest generated by our speakers. So a big thank you to the speakers and to our audience for making this a very worthwhile meeting.

Richard

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Christmas Lunch at BCOT 2023



photos by Katherine Fryers

Basingstoke Neighbourhood Care is a free service offered to people in Basingstoke who need help. Their website highlights the ways they can help for instance in driving patients to appointments.

Basingstoke Neighbourhood Care

Contact: Web Site: <https://www.neighbourcare.com/>
Tel: 01256 423855 Email: info@neighbourcare.com



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

Some Useful Web Contacts

Macmillan Cancer Support with <https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>
advice relating to coronavirus
Prostate Cancer UK advice at <https://prostatecanceruk.org/>
Macmillan Cancer Support at <https://www.macmillan.org.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



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