

Buzz Bulletin

March 2023
Edition 3 Vol. 8

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin

Chairman's Chat

I am pleased to report that the AGM was a success. We had enough members attending to make the session quorate and we were able to transact all of the AGM business. I have included reports from the Vice-Chairpersons and the Membership Secretary in this edition of Buzz. Best news of all our Group now has a new Chairperson - Keith Jones along with four new committee members. I have no doubt we will learn more about them in the coming months.

AGM NHPCSG – Secretary Report.

Currently we have 108 members not all of whom attend group meetings, some members are happy to just receive correspondence.

Our monthly group meeting attendance averages 40 people, members and partners.

Since the 2022 AGM we have gained 15 new members which is a good deal more than we were seeing pre covid. This has been helped by the part being played by a new member of staff at the hospital in a role of Prostate Cancer Pathway Navigator and the group literature being passed to newly diagnosed men.

The Pint and a Chat nights have proved successful not necessarily in the numbers attending but from the point of view that when a newly diagnosed man attends the feedback we get is that discussing their diagnosis and listening to other mens experiences helps in their decision making.

This has also been the experience with those men who have made contact for assistance without attending any group sessions. They have been signposted to group members for discussion about experiences and again the feedback has been that they have been grateful for the help provided which they advise has been invaluable in their decision making.

So thank you to all the members who have agreed to share their experiences with the newly diagnosed men.

On the morning of the AGM I received a mail from Loddon Lillies advising that they will be transferring £3042 into the group account which added to the monies they have already provided for the purchase of equipment gives a total of £5k raised for our group. There will be a formal cheque presentation on the 22nd April at the White Hart Sherfield on Loddon and I will give thanks on behalf of the group for their generosity. I will mail the group as a reminder closer to the event.

Allan

DIARY DATES

6th April
Red Lion Hotel, Basingstoke
Pub Pint and Chat
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27th April  
Group meeting  
Speaker to be advised  
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4th May
Red Lion Hotel, Basingstoke
Pub Pint and Chat
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25th May  
Group meeting  
Speaker to be advised

## AGM - March Meeting

### NHPCSG AGM 2023 – Vice Chairperson's Report

**I**t has been an honour and a privilege to serve as vice-chairperson of this group for the past year.

In June, we left Loddon Vale Bowls Club as they were no longer able to provide catering and wouldn't allow us to self-cater. Also, there were some other technical issues. We moved here to Brighton Hill Community Association Hall where our catering needs have been ably met by our own 'Tea Ladies', Virginia, Kate, Linda, and other helpers and to whom I would like say a big thank you.

At the group meetings, we have had an interesting year with speakers on a wide range of topics from Spitfires to Wellness and, HiFu to scans. However, the meeting would be nothing without the persistence of Katherine, Fred and Brenda selling raffle tickets and Fred and John conducting the raffles. By their diligence along with the money collected from tea and coffee donations we are able to pay our way each month. Of course, I must thank you all for providing the raffle prizes each month.

We have been present at a number of public events to advertise the Group and advise men of the need to have regular PSA tests. We couldn't have done this without your help. So, if that's you – thank you.

In July of 2022 we started holding a monthly Pint and Chat evening event at the Red Lion Hotel. It provides an opportunity for men to meet up in a more relaxed environment. So a thank you to the Red Lion Hotel for allowing us to use this venue and our committee members for giving their time.

We remain grateful to HHFT and RHCH who have re-engaged with us to provide our information to newly diagnosed men.

The Loddon Lilies deserve a special mention. In 2020 they selected NHPCSG as their chosen charity. Because of Covid they were unable to undertake much in the way of fund raising, so we remained their chosen charity throughout 2021 and 2022. Their generosity has enabled us to purchase the audio equipment, Zoom connectivity equipment and engage with BVA to refresh our marketing strategy and redesign our publicity flyers and event posters.

I would like to thank Axminster Tools, Basingstoke for allowing us to store stationery and other Support Group items at no cost to us. Luckily for us the Basingstoke Manager is the daughter-in-law of one of our members.

To the committee, I would like to give my personal thanks for their support over the last few months. Martin's resignation, as chairperson, in November was a shock, but his willingness to remain a committee member is deeply appreciated by myself and I am sure, the other committee members. His commitment to supporting this group is enormous. As for other committee members, it goes without saying that the group would not function, as it does, without their hard work and dedication.

Lastly thank you to you the members. This is a support group, and the intention is to support one another. The committee can provide the venue, the speakers, the tea and biscuits, but it's up to each one of us to offer support to our fellow prostate cancer survivors and make their life a little less stressful.

**Richard**

## AGM - March Meeting

**F**ollowing the AGM Martin gave a short power point presentation on recent news. UOM♂ is a European Prostate Cancer Support Organisation. As an example of the work they undertake were the results of a survey covering the effects of urinary leakage and sexual function following surgery and radiotherapy. More details of the organisation and its surveys can be found at UOMO ([UOMO](#) ). There is also a link to Tackle (link at the end) which has pursued these subjects. [Tackle](#)

A reminder that Cancer Services Partnership will be holding their bi-monthly meeting on 10th May from 10.00am to 12.00 noon. One of the meeting topics will be updates from HHFT. To attend this meeting you will need to send a request to CSP and they will send you a zoom invite. [CSP](#)

There was a straw pole of experiences of getting urgent support from the local NHS urology team. One or two distressing stories were shared at the meeting.

A general question to the audience was 'Who had heard of Non PSA secreting prostate cancer?' Only one other member of the audience was aware of this and that was because both Martin and the other member did regularly attend the Living Well with Advance Prostate Cancer zoom group. The real question is how to detect this form of cancer in its early stages. The Advanced Prostate Cancer zoom group is one of two diagnosis specific groups run by Tackle. If you have been diagnose with Advanced Prostate Cancer then details below indicate how to request joining this group. The other similar group is for men who have undergone Brachytherapy, details for joining this group are also shown below.

### ***Living Well with Advanced Prostate Cancer***

A Virtual Support Group which meets on the last Monday of every month, where we discuss topics relevant to prostate cancer survivors who have an advanced prostate cancer diagnosis - aka stage 4 or metastatic prostate cancer. If you would like to join, please send an email to Aiden Adkins to request a link for the next meeting. [Aidan Adkins](#)

### ***Prostate Brachytherapy UK Support Group***

A Virtual Support Group which meets on Zoom every other month to discuss items relating to Brachytherapy. If you would like to join, please either phone (01183577435) or send an email to the Group leader: Andrew Gabriel to request a link for the next meeting. [Andrew Gabriel](#)

### ***Some useful Video Links***

PCF Monthly Webinar Series- Rising PSA After Surgery

[https://vimeo.com/795611541/b5da39d6dc?embedded=true&source=vimeo\\_logo&owner=976828](https://vimeo.com/795611541/b5da39d6dc?embedded=true&source=vimeo_logo&owner=976828)

PCF Monthly Webinar Series- Rising PSA After Radiation Therapy

[https://vimeo.com/795616945/7847c957fe?embedded=true&source=vimeo\\_logo&owner=976828](https://vimeo.com/795616945/7847c957fe?embedded=true&source=vimeo_logo&owner=976828)