

# The Buzz Bulletin

July 2017

Newsletter of the  
North Hampshire  
Prostate Support Group

Edition 3 Volume 2

## *Hello once again to you all.*

Well here we are into July and half of the year gone already. I would like to open by giving you a little look at what our friend Fred has been up to, as you will probably know we featured Fred in one of our earlier additions. Well Fred being keen on fishing has really done well, he landed a mirror carp weighing 18lb at Tri-Lakes Sandhurst, (It took 30 min to land it) then on to Barton Stacey where he caught a beautiful carp weighing 16lb, well done mate top man.

The monthly group meeting was once again well attended. I think we all agree the new projector is going to be a winner. Did you notice the new banner on show at the entrance, this of course will be at all our events.

Coming up we can look forward to events to enjoy, the Golf Day and BBQ on Friday 18<sup>th</sup> August is taking shape, Mike Todd is working really hard to make that something special.

## *My profile for July*



Ken Gilgour. Ken is a lovely man who, if you have met you will agree, Ken is of course a true Scot who hails from Glasgow, married to the lovely Marilyn for 46 years and they have two children.

Ken loves music, he studied music at the Royal Scottish Academy of Music and Drama. After graduating he gained a post-graduate diploma for teaching and then taught in schools in Paisley Renfrewshire.

In 2008 unfortunately Ken became quite ill which meant a course of chemotherapy followed by radiotherapy. Things in Ken's life changed when more recently he was diagnosed with prostate cancer which required surgery at Guildford.

More recently Ken went back to work as a driver and bearer for a local funeral director and he recently started part time as the crematorium verger, preparing the chapel and the music for the day's services. He gains a lot of satisfaction being able to do his best for families during a very sensitive time in their lives.

Much of Ken's life is taken up with church activities. He belongs to the Salvation Army and takes care of the band, his wife is the church secretary.

Loves classical music. Loves a good Chinese. Love to have met Sebastian Johann Bach  
One wish - To keep on breathing!

Thank you Ken and Marilyn.  
Proud to call you my friends

## *Lasting Powers of Attorney 'LPAs' (From Bill Taylor)*

You may remember that I gave a short talk to the Group at the February meeting describing the difficulties Judy and I had encountered when her brother had an extended period in hospital. As he had not set up an LPA, we were unable to obtain access to his bank account on his behalf or have any say in the treatment he received; had LPAs been in place, it would have made matters much easier for him and for us.

When setting up an LPA, you need to appoint an attorney. An attorney is simply a person you appoint to act on your behalf when you are unable to act for yourself. An LPA is a legal document by which you can appoint as many attorneys (or replacement attorneys) as you wish and can also specify the circumstances in which they have authority to act for you.

There are two quite separate types of LPA: one dealing with financial matters and the other for health and care decisions. Nobody knows what the future holds and for many, LPAs will never be required. On the other hand, if you are unable to manage your own finances for any reason or become incapacitated and need a trusted family member to have a say in your care or treatment, having LPAs in place would give you peace of mind. The best time to set up LPAs is when you are fully capable of making your own decisions, not when your health or mental capacity have seriously deteriorated.

There is a wealth of information available on the internet at [www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney) LPAs can be set up on line, but if you do not have internet access or you need further advice, a suitably experienced solicitor should be able to help. There is a specified sequence for obtaining the necessary signatures on an LPA, and if this is not strictly followed, the LPA application may be rejected, which would mean a repeat application being required.

It normally takes up to about ten weeks for an LPA to be registered and it only become effective once registered. It is important to remember that the person making the LPA retains control of both financial and / or health and care matters for as long as he (or she) remains capable of making decisions for themselves; in fact, they can specify the circumstances when the attorney should act on their behalf.

The fee for registering each LPA is now £82 (rather than the £110 that previously applied) so the total fee for both a financial and a health and care LPA would be £164. These fees are means-tested so could be reduced (possibly down to nothing) if you are on a low income.

### *And finally*

Don't forget our skittles at the Four Horse Shoes, Sherfield on Loddon on Thursday 13<sup>th</sup> July. Monday is gym day and I must give credit to all you guys who turn up week after week and give it a real good go, brilliant well done all of you. A thank you for your kind donations for our raffle prizes much appreciated,

That's your lot for this month. All you who are going on holiday have a great time, and to the rest of you keep smiling, keep well and see you soon.

The next meeting of the North Hampshire Prostate Cancer Support Group will be on

Thursday 27th July 2-4pm Weybook Park Golf Club Rooksdown Lane, Basingstoke,  
Hampshire, RG24 9NT

Entrance off A339 Newbury Road

Find us on 

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