

# The Buzz Bulletin

14/12/2017

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

Edition 2, Volume 10

## *Welcome to The Buzz Bulletin!*

Hello to all Buzz readers. Well, I can hardly believe that Christmas is upon us once again. As we all prepare for the festive season, it is a perfect time to reflect on the year gone by and to plan ahead for the coming one. I hope you all have some happy memories from 2017 and are looking forward to spending time with loved ones over the Christmas break.

## *Committee Members*

As you may know, some members of the committee are coming to the end of their term. We really need YOU to help run the support group and would be grateful if anyone is keen to step forward and help. The committee meets locally once a month in between the support group meetings to keep things ticking over and make sure everything runs smoothly. We have several roles available so please speak to one of the committee members if you are interested (we really hope you are!).

## *Suggestions*

A little reminder for you all, at our monthly meetings, on each table you will find some cards. They are there for you to write down anything you would like the committee to look at. If you have anything that you think should be done, put it on a card and I will personally present it to the committee.

## *Skittles*

Thank you to everyone who has supported the skittles afternoons over the year. We've had some brilliant fun and I would like to make special mention of the November meeting where Fred won the hat competition with an amazing Fez. We also had a fantastic Christmas jumper competition at the December meeting which was won in fabulous style by Ken! The Four Horseshoes continue to do a brilliant job of looking after us and are happy to continue to do so for 2018. I look forward to seeing some of you then.

## *Diary Dates*

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### Thursday 14<sup>th</sup> December

The support group's Christmas lunch at Weybrook Park Golf Club 2 - 4pm.

### Thursday 25<sup>th</sup> January

Sally Sawyer, Advanced Prostate Cancer Clinical Nurse Specialist will be our guest speaker at the next meeting.

### Thursday 11<sup>th</sup> January

Skittle resumes in the New Year from 2pm at The Four Horseshoes, Sherfield-On-Loddon. I look forward to seeing you there!

### Saturday 21<sup>st</sup> April

Spring Fling!  
Come and dance the night away at Sherborne St John Village Hall. More details to follow so watch this space and save the date!

## Member Profile

### Alan Instone

Alan, who was born in Baildon, West Yorkshire, was an apprentice engineer with English Electric, Bradford and following a technical education qualified as a Chartered Engineer. His working life was associated with manufacturing engineering, the machine tool industry and finally in the sales and marketing of metrology equipment which included both national and international travel. Alan and his wife Joan will have lived in Hook for 35 years this Christmas. They have two sons, Adrian born in Yorkshire and Christopher in Bristol. Originally from the West Riding of Yorkshire, Alan's work has taken the family through Leeds, Bristol, Durham and now Hook. They celebrate their 55th wedding anniversary this month. They have five grandchildren, one boy and four girls aged from 7 to 17 years.



Alan's interests are associated with sport - football, tennis and hockey. A highlight of his sporting life was as a Men's Double semi-finalist at the Yorkshire Tennis Tournament at Ilkley. His partner, both younger and a better player, became Rackets Master at Rugby School. After turning to hockey he became a Hockey Association Coach and coached youngsters, 6 to 18 years, at Basingstoke Hockey Club for 15 years. He became Coaching Development Officer for Hampshire Hockey Association and is a Vice President of both the Association and Basingstoke H.C.

Although Alan admits he is not a keen gardener he does like to have the garden reasonably tidy. He admits that through his life he's outlived around six or seven mowing machines! As an engineer he complains about the built in obsolescence of today's machines.

The cinema offers little attraction and television at home offers a better alternative and he particularly enjoys Horizon, Sky at Night and the Brian Cox programs.

Joan and Alan are cat lovers and have taken on a family rescue female marmalade cat, Audrey, which is showing appreciation for the love and care she has been given.

As a Christmas present Adrian and family have invited Joan and Alan to see the Group, Lindisfarne, at the City Hall Newcastle taking in Christmas.

Alan's main wish in life is to have his family happy, settled, comfortable and all in good health.

## Notices

### James Fagan

We are very sad to announce that our friend James Fagan lost his fight with Prostate Cancer recently. Our thoughts go out to his family at this difficult time. Rest in Peace James.

## Ken's Quip

Teacher: So little Jonny can't come to school today?

Caller: No.

Teacher: To whom am I speaking to?

Caller: My father.

## *Contributors*

That's all for this issue, except to say that if you'd like to contribute to our monthly newsletter, please contact me, Brian, either at one of our meetings or on the contact information below. I would be delighted to hear from you!

The committee members would like to take this opportunity to wish you all a very merry Christmas and a peaceful and prosperous new year.

## *Contact Us*

The next North Hampshire Prostate Cancer Support Group Meeting will be held on

**Thursday 25<sup>th</sup> January 2 – 4pm**

Weybrook Park Golf Club

Rooksdown Lane

Basingstoke

Hampshire RG24 9NT

Brian Rolfe

01256 882809

[brianrolfe2016@gmail.com](mailto:brianrolfe2016@gmail.com)