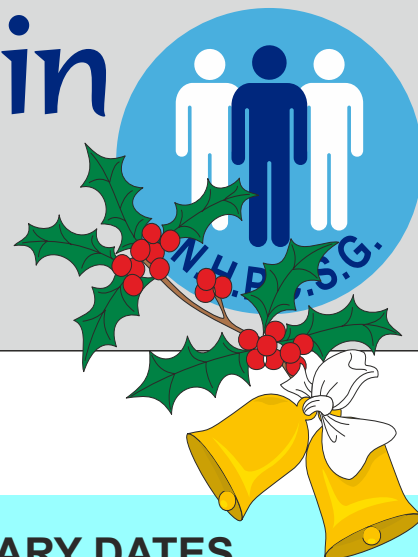


# The Buzz Bulletin

December 2020  
Edition 12 Vol. 5

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Welcome to the Buzz Bulletin



### Chairman's Chat

**W**hat difficult times we are living through; Just released from the 2nd Covid-19 lockdown but now facing more restrictions, however our exercise class should be re-starting. We should now be able to see more of our loved ones at Christmas, but with dire warnings to act responsibly or face another lockdown in January.

Even with the promise of vaccines, we are unlikely to be able to resume our normal face-to-face group meetings until well into spring next year so we will be continuing our Zoom meetings for many more months. Who would have thought back in February it would be a year or more before we could all meet up again? If you do not use Zoom and would like someone to talk with about any concerns you have please let us know.

One of the positive outcomes of this pandemic is that prostate cancer support groups from across the country are regularly sharing ideas and speakers. Our November group meeting was a joint event organised by the Isle of Wight PCSG and they have also invited us to join their December meeting on Friday 11th December for a talk by John Hannam; Broadcaster, writer, raconteur.

The NHPCSG does not usually have a group meeting in December as that's when we would have had our Christmas lunch, so this December meeting will be a light hearted event when John will tell us about the many personalities he has interviewed. Zoom details

### DIARY DATES

Following Government Advice venues have been closed. Group Meetings are via Zoom.

**Our next online meeting is on  
Friday 11th December at 2.00pm  
when we will again  
join forces with IoWPCSG  
for some light hearted entertainment by  
John Hannam  
Please turn up in your best Christmas  
jumper  
and don't forget your  
mince pies and festive drinks**

to follow.

In case you were wondering, the NHPCSG is not considering merging with the Isle of Wight PCSG! it's just co-incidence we will have two meetings in a row with them. Your committee has already arranged speakers for January and February next year but don't be surprised if you see other groups' members joining us as we collaborate on more events.

If you have any ideas for speakers or how to make the best of our Zoom meetings please let us know.

Please Stay Safe



### Group Meetings


Group Meetings are via ZOOM



**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



A message from our Northern Correspondent

**Alan Instone**



**W**hat a strange world we find ourselves in with Covid 19 and the restrictions to our way of life. A situation, I suspect, that not one of us can predict when it will end. Can you possibly see a time when things return to our former 2019 way of living?

For Joan and I, change started with the move to our new home here in Cloughton, North Yorkshire, 4 miles from Scarborough, in early December last year. Ostensibly the move was to live closer and be more involved with our elder son and family who live in Fylinghall close to Robin Hoods Bay. Adrian is Head of Physics at the school there. The incidence of Covid changed that possibility and we've been restricted following the rules and regulations.

Our house is part of the redevelopment of a farm. It is on the Duchy of Lancaster estate. Cloughton is a small village built around the main road from Scarborough to Whitby. We are about 50 yards away from the North Yorkshire boundary line. Cloughton has two pubs, no shops and two

churches, one Anglican and the other Methodist. As you might imagine congregations are quite small. Post office facilities with restricted openings two days a week are situated in the Church Vestry. The population at the 2011 census was about 700. The development of 24 new dwellings adding, I would suggest, around 48 with very few children on the site. We are a quarter of a mile from the sea at Cloughton Wyke. That is a rocky cove and adjacent to the Cleveland Way. We get lots of hikers.

A plaque in the Blacksmiths Arms in the village celebrates a visit of the Queen and Prince Philip visiting the Duchy of Lancaster in 2010 where they reputedly had their very first and probably last pub lunch.

Many of the cottages in the village owned by the Duchy and are easily recognised by the navy-blue front doors with white window frames and surrounds. As you might imagine the majority of houses are situated on the main road. Everything is very tidy and recently most rented cottages have been re-painted.

Our house is a freehold

property but was built with restrictions set by the Duchy. It backs on to the main road and the large fence at the rear of the garden is about 9' high and 18' wide and was in fact the farm entrance. The legal guideline of the main restriction was that our house and the two bungalows either side should be built with stone to match that of the existing cottages. We were told the stone was supplied from the local quarry which originally provided stone for Scarborough Castle. Such is the provenance! We are not allowed to make constructional changes except we are in the process of adding a small conservatory. Authority to do that had to be obtained.

Our first impression of the village, our housing development, the congregation at the Church is that the residents in the main are retirees. Younger individuals seem to be snapping up cottages for re development.

In an attempt to make new friends I attend the local Church but with Covid restrictions its rather difficult.

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*The story continues....*

My son has contact with the Rotary Club in Whitby

and each year the Rotary have a technology competition for schools. He felt I should join it as they had several engineers as members. Covid once again put a stop to this year's competition. Membership of the Rotary Club was accepted but I'm restricted at present to Zoom meetings. Working on line doesn't really encourage making friends. Its valuable to keep organisations rolling but doesn't encourage building friendships.

Scarborough is only 4 miles away and is the town we visit the most. Sadly, it looks a little tired and run-down but has a variety of good shopping. Whitby is about 15 miles away but we have avoided visiting through the summer as it gets overwhelmed with visitors. We are on a good bus route between Scarborough and

Whitby but have yet to brave a trip either way by bus.

I was pleased to hear John Hare was attempting to keep the exercise sessions rolling and I do hope that is successful as I found the sessions valuable. I certainly miss the friendship and camaraderie that developed. The exercise is so good for everyone not just for PC but general health and I do hope John continues to get your support.

Allan keeps me up to date with the Groups' activities and that of PCUK and together with Martin and the Committee are keeping the Group operating. No doubt it's been very difficult but as a Group your support is invaluable. However, the loss of personal contact with everyone is the main disappointment I have experienced with our move.

There appears little activity regarding Prostate Cancer and support having advised the

surgery and hospital it is now 2 years since my last active surveillance without much response from the surgery/hospital I have expressed my displeasure. Moving house and Covid of course has intervened.

Having moved here to be near family Covid has put restrictions as together we would be a bubble of seven. When things first eased we did manage to get together and we did manage a sleep over for one of our granddaughters.

So, we move on towards Christmas and like everyone else not knowing what we will be doing. Joan and I wish you all a very Happy Christmas and New Year, good cheer and above all good health.

*Alan*



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



## Group Meetings

Group Meetings are via ZOOM



  
**Together we are Stronger**



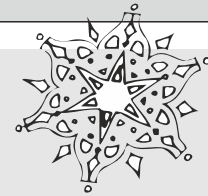
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North Hampshire Prostate Cancer Support Group

## November Group Meeting News Aiden Atkins Critical Thinking



Our November meeting featured a talk on Critical Thinking by Aiden Atkins who is the chair of the Solihull Prostate Cancer Support Group.

We are faced with an ever increasing deluge of data; radio and TV news reports, Facebook, WhatsApps, internet reports,

nurses, doctors and lots of “fake news” etc., so how do we make sense of it all and make the important decisions particularly regarding our own medical treatment and finances?

Aiden took us through the important steps that included challenging assumptions, triangulation, and “what's the

hard evidence?” followed by a very useful discussion.

Aiden has sent us his presentation (PDF) so if you would like a copy please let Allan our secretary know. You probably will get the best from these slides if you watched Aiden's presentation on Zoom.

*Martin*



## New Brachytherapy Zoom Group



One of our members, Andrew Gabriel, has started a discussion group on Zoom for men who have had Brachytherapy as support group members' feedback from across the country indicated that there was limited experience of this treatment.

The objective is to enable men to share their experiences of treatment and side-effects, and

help the newly diagnosed, who are commonly offered a choice of treatment including Brachytherapy, to come to a decision on what is best for them.

The first meeting was held last week and was very successful with 36 men on-line, with the next planned for Thursday 14th January, 18:45 for 19:00. on Zoom. Andrew is also looking at

the possibility of getting consultants or other medical professionals to give talks at future meetings.

If you would like to join this discussion group, or just give it a try, let us know so we can pass your details onto Andrew.

*Martin*

