

# The Buzz Bulletin



June 2020  
Edition 5 Vol. 5

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

## Welcome to the Buzz Bulletin

### Chairman's Chat

Dear Members,

I hope you are all keeping well and surviving the lock-down. Some I know find this a very difficult time, others see it as a great opportunity to catch up on household and other projects. I have been spending my time on researching my family tree and walking the local footpaths.

Although our liaison nurses Sara and Lorraine have higher priorities at the moment, Prostate Cancer U.K. has been giving us good support via regular Zoom video conferences where Allan and I have been able to meet with many other P.C. support groups across the country and share our group experiences.

We have been getting about 20 NHPCSG members, along with partners, to our Zoom monthly meetings and I would encourage you and your partners to give it a go if you have not already tried it. It would be a real shame if we lost contact with many of our members as it could be several more months before we are able to meet again at the bowls club. Help is available if you are uncertain on how to get started with Zoom – please let Allan know.

In the meantime, stay safe and enjoy the good weather.

*Martin*

## DIARY DATES

Following Government Advice venues have been closed. The Exercise Class is suspended and Group Meetings are via Zoom.

**Our next online meeting is on  
Thursday 25th June at 2.00pm  
when the speaker will be  
Phillipa Aslet Hampshire  
Hospitals Foundation Trust Lead  
Cancer Nurse**

## NORTH HAMPSHIRE PROSTATE CANCER SUPPORT GROUP MEETING

**On line meeting Thursday 29th May 2.00pm**

The last Thursday of the month- this has always been the day of meeting for members of the North Hampshire Prostate Cancer Support Group. Whilst the group cannot at present physically meet, it continues to link up using 'Zoom'. Our latest meeting held on 28th May started with an excellent talk supported with informative slides, on the history of 'health care' in the UK by John Rees, a former consultant at the local hospital trust. This was followed by Amy Rylance of PCUK asking members for their treatment experiences during lock-down, as part of a nation-wide report for presentation to the NHS.

## Some Useful Web Contacts

Macmillan Cancer Support with  
advice relating to coronavirus  
Prostate Cancer UK advice at  
Macmillan Cancer Support at

<https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

<https://prostatecanceruk.org/>

<https://www.macmillan.org.uk/>

## Group Meetings

Group Meetings are via ZOOM



**Together we are Stronger**

## Contact

For more information

call or text: 07849 608874

email : info@nhpcsg.org.uk

website: www.nhpcsg.org.uk