

# Buzz Bulletin



**November 2022**  
**Edition 7 Vol. 7**

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

## ***Welcome to the Buzz Bulletin***

**T**his month there is no Chairman's Chat because Martin has resigned as our Group Chairman. He announced to our October Group meeting that his resignation was because of a change in his health. Quite unexpectedly Martin's PSA has started to rise despite having had a prostatectomy some seven years ago and his treatment plans mean that he will be fully occupied with hospital visits in an attempt to get himself fully in remission again.

It's probably not clear to members just how much effort and commitment Martin has put into his role as Chairman. His diligence has meant that NHPCSG is well known to HHFT (those are the people that decide policy for the hospitals of Basingstoke, Winchester, Andover and Romsey). This ensures that we are a strategic part of their treatment plans for men diagnosed with Prostate Cancer.

Going forward, if you want NHPCSG to prosper then you need to consider how you might help. The Group needs to appoint a new Chairman at the AGM in March and fresh thinking and energy is needed on the committee to keep us relevant and at the forefront of helping men diagnosed with prostate cancer.

The good news is that Martin will be around to help the remaining committee members and the rest of the group for the foreseeable future. I for one will miss his guidance and good council.

***Richard***

## **DIARY DATES**

**November 24th**

**Dr Steve Allen**

**A talk on**

**Different types of scans**

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**1st December**

**Red Lion Hotel, Basingstoke**

**Pub Pint and Chat**

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**December 8th**

**NHPCSG Xmas Lunch**

**BCOT Basingstoke**

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**5th January 2023**

**Red Lion Hotel, Basingstoke**

**Pub Pint and Chat**

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**26th January**

**Wellness**

**Talks about Exercise, Diet and  
Well being**

Basingstoke Neighbourhood Care is a free service offered to people in Basingstoke who need help. Their website highlights the ways they can help for instance in driving patients to appointments.

**Basingstoke Neighbourhood Care**

**Contact: Web Site: <https://www.neighbourcare.com/>**

**Tel: 01256 423855 Email: [info@neighbourcare.com](mailto:info@neighbourcare.com)**

**If you wish to contact the Urology Department at HHFT  
Telephone: 01256 313515**

## October Meeting

### Cyber Security

**M**any of us now use the internet on a regular basis, so keeping safe from scammers seeking to defraud or steal our identity is now of key importance. The North Hampshire Prostate Cancer Support Group, aiming to alternate its monthly meetings between medical and non medical topics. This month we were privileged to have as our speaker Trevor Brookes, a Cyber Bobby for the Blue Lamp Trust. Although not a member of the police, Trevor explained that cyber bobby volunteers are fully police checked. He added that the Trust offers a home security service where vulnerable people can request a visit to assess the security of their home and online use, with appointment requests for both services for home visits either online at [www.bluelamptrust.org.uk](http://www.bluelamptrust.org.uk) or by phoning 0300 777 0157.

Trevor outlined criminals' objectives, particularly covering the theft of Email passwords which they can then reset, enabling them to glean considerable information and access to linked accounts such as bank accounts. Often they will aim to gather a lot of personal data for use in ID fraud and subsequent phishing, and even to victimise one's friends and contacts. He highlighted that most of this activity centres around lost or weak Email password protection. In creating a secure password Trevor suggested using three unrelated words as the basis with both upper and lower case characters, and that now with secure password managers one does not need to memorise each one. He highlighted never to use a memorable date, family name or, for example, a pet's name.

So what does a typical scam look like? Trevor explained that it may start with a phone call, text or Email, with some being targeted and some not, with their tactic being to try and instil a sense of urgency in their victim. Their aim is to get information, such as credit card details, and they rely on the human trait of our willingness to share information about ourselves. In response to this tactic, Trevor's advice was HOLD ON, step back and consider very carefully: IS THIS REAL? and DON'T RUSH!

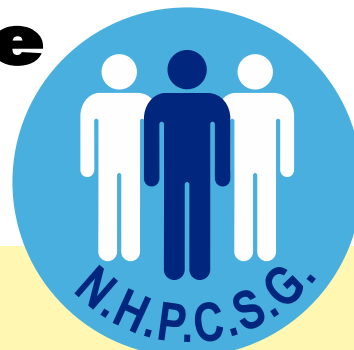
So what advice does a cyber bobby normally provide when making a home visit? First, they will check that passwords are secure and kept safe, and that the all-important Email account is secure. They then check security on all attached devices with automatic updates activated and 'two factor authentication' applied to important and personal accounts. Finally advice is given on backing up all devices, how to recognise scam emails and texts, and how to stay safe when browsing and shopping online.

Finally Trevor outlined the action to take on receiving a suspicious email, in order to help protect others, using [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and in the case of texts by sending them to 7726. Fraud or its attempt can also be reported by phoning 0300 123 2040.

Trevor kindly supplied members with a considerable amount of useful written information at the end of his talk.

**Keith**

## North Hampshire Prostate Cancer Support Group



Had your diagnosis?

Want to discuss your treatments?

Meet us for a pint and a chat

in the Red Lion Hotel Bar

Red Lion Hotel, Basingstoke RG21 7LX

**Thursday 3rd November from 7.30pm**

*"It was the shock and confusion that you will all remember at being diagnosed with a prostate issue. Timing is all in life. My diagnosis coincided with an invitation on a flyer from your group to meet for a pint and a chat. For me personally this was so important as I was all at sea. I had been given options for treatment but what did that mean in the real world? The opportunity to meet and talk through the hosts' diverse treatments and experiences enabled me to focus on and decide on the treatment I would seek. I am so grateful for the time unselfish and openness the team members gave me that night. The meeting for me was beyond value."*

Testimonial RKVB

### FOR MORE INFORMATION

#### Group Meetings

2pm - 4pm last Thursday of each month  
Check Web Site or Facebook Page for  
Details

***No need to book, just join in!***

#### Contact

'phone or text: 07377 430242  
e-mail: [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)  
web site: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



North Hampshire Prostate  
Cancer Support Group

## Sad news

I (Martin) received a call this afternoon to let me know that Iris Woolgar, wife of our former committee member Ken, passed away peacefully at home this morning. Iris had been suffering from a brain tumour for several years, but as a rather private person, did not want others worried with that information.

Virginia had been visiting Iris regularly since Ken died, and last saw her earlier this week.

Iris Woolgar's funeral will be held at Basingstoke Crematorium on Monday 7th November at 1:15pm.



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

## 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

Brighton Hill Community  
Association Hall  
Gershwin Court  
Basingstoke.  
RG22 4NN

Meetings are held on the last Thursday  
of every month except December



**Together we are Stronger**

## Contact

For more information

call or text: 07377 430242

email : [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)

website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



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