

The Buzz Bulletin



mid-April 2020
Edition 3 Vol. 5

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

The use of technology to maintain contact can be useful, providing members of the group have access to the internet and a computer. Without a camera or microphone members can still participate and continue to enjoy the company of other members. In this issue we will report on the events which took place during the first half of April. Please remember you are not alone the support group is still active and we are determined to help each other as far as we are able so that we are ready to return to normal routines once safe to do so.

DIARY DATES

Following Government Advice venues have been closed. Group Meetings and the Exercise Class have been suspended.

When it becomes safe to meet again we will.

The next on line meeting is planned for Thursday 30th April at 2.00pm

NORTH HAMPSHIRE PROSTATE CANCER SUPPORT GROUP MEETING

On line meeting Thursday 2nd April 2020 2.00pm

Hopefully you all received your email invitation for this meeting. It gave those that joined the opportunity to express their ideas about how we, as a group, can help each other during these difficult times.

On line meeting Thursday 16th April 2.00pm

We started with a talk from Sue Boyles (PCUK). Sue gave us a view of how the NHS is coping with prostate cancer (PC) men during the coronavirus crisis. Concerns with getting blood tests for regular check-ups or receiving Prostate 3 injection were discussed. We learned that to book a hospital blood test you can phone 01256 314751. PCUK is there to help and co-ordinate concerns of PC sufferers. Check out the PCUK website at <https://prostatecanceruk.org/coronavirus> for the latest Covid-19 related FAQs.

Next, Andrew Gabriel gave his presentation on Surviving Hormone Therapy. This was an in depth review of side effects and mitigation to provide relief from them. It was an excellent presentation with a mix of humour and serious advice. Audience participation was encouraged which made it more entertaining.

We finished with a vote of thanks to Martin for organising the event..

We are planning to hold the next Zoom meeting on **Thursday 30th April at 2.00pm**. If you would like help in joining the meeting please contact Allan Roper who will direct you to a willing volunteer to help you. Please note there won't be a raffle and you'll have to make your own tea. In the meantime I hope you are getting some exercise, but not going out unnecessarily.

Some Useful Web Contacts

Prostate Cancer UK advice at <https://prostatecanceruk.org/>
Macmillan Cancer Support at <https://www.macmillan.org.uk/>

Group Meetings

Group Meetings are **SUSPENDED**



Together we are Stronger

Contact

For more information

call or text: 07849 608874
email : info@nhpcsg.org.uk
website: www.nhpcsg.org.uk