

The Buzz Bulletin



November 2020
Edition 11 Vol. 5

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin

Chairman's Chat

Well here we are again in another Covid lockdown. I must say I'm not surprised given the way the numbers were increasing, but at least the restrictions are bit easier than last time. If you need any help during this new lockdown or would just like to have a chat, please let us know.

These latest government restrictions mean that the NHPCSG will have to continue with our monthly meetings on Zoom as the bowls club where we met previously has had to close again. Even when they re-open for bowls, we are unlikely to be allowed to gather as a group for several more months. Sadly we are seeing less than half of our registered members joining our Zoom meetings despite having some excellent speakers (see Keith's article on our October Medical Detection Dogs talk).

Prostate Cancer UK has provided support group leaders across the country with the opportunity to share ideas and experiences via Zoom, and one of the outcomes is support groups joining up via Zoom for their monthly meetings. Our NHPCSG November meeting, on the normal day and time, will be a joint meeting organised by the Isle of Wight PCSG when the speaker, Aiden Atkins is from the Solihull PCSG.

Normally our December meeting is the Christmas lunch which we can't hold this year. We will however have a group meeting on Zoom in mid-December, earlier than usual because of Christmas. This will be a fun event – no medical talks! keep your eyes open for further announcements from our secretary Allan.

If you have not tried Zoom before you really don't know what you are missing! If you are not sure what to

DIARY DATES

Next online meeting is on Thursday 26th November at 2.00pm

A joint meeting with IoWPCSG
Speaker: Aiden Atkins
Subject: Critical Thinking

do, we can help or you can simply dial-in on an ordinary phone or mobile on the number Allan provides in the meeting details without having to use a computer or tablet etc. You don't even have to say anything if you don't want to. Please give it a go.

Your committee now has a program arranged through to March 2021 but we always value your feedback and suggestions. Do you have any ideas for improving our monthly meetings? Are there any speakers or topics you would like to hear about? Please let us know.

Best wishes *Martin*

NEWS

Did you know that committee member Keith Bunker is also a governor on the Board of Directors for the Hampshire Hospital NHS Foundation Trust (HHFT)? He will shortly come to the end of his three year tenure and wants to stand for re-election. If you would like to become involved with in the HHFT you would need to register. It doesn't cost

anything and you would be eligible to vote in the forthcoming election of the governors.

Your committee find that having Keith as a governor helps us to promote NHPCSG more effectively to the local hospital and would like to support him in his desire to remain a HHFT governor.

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



October Meeting Report



Prostate Cancer – It's a Dogs Life

What an amazing talk Robin Galvin of the charity 'Medical Detection Dogs' gave to the North Hampshire Prostate Cancer Support Group at their latest Zoom meeting at the end of October, at which members from both the Isle of Wight and Reading support groups attended. He set out how the charity came into being, following the behaviour of a couple of pets highlighting to their owners that they had a medical problem despite the prevailing science not showing any evidence. Robin explained how dogs sense of smell can be nearly 60 times more sensitive than that of humans, and that they can sense the volatiles given off by the

products of abnormal cells. He outlined the current dog related research being undertaken in both the UK and US, and how they train the dogs. Once this 'evidence based research' is proven, funding is anticipated to cover a further three years work. Other research work has already lead to the creation of an artificial electronic 'nose', this currently takes 20 minutes to produce a result which a dog does in milli-seconds. Diverting from prostate cancer, Robin highlighted the charity's work with Covid-19 detection. Using a deactivated virus with the dogs has already demonstrating a 90% success rate. In addition to training dogs to detect disease, the charity also trains 'Alert' dogs to live and work

with patients suffering from life restricting illnesses such as type 1 diabetes, or severe allergies, with dogs trained to detect the onset of attacks, and as a result even fetch medicines including from fridges – the question was however asked as to whether they closed the fridge door afterwards? The event came to a conclusion, with a short video created to explaining how for one patient, her 'Alert' dog had totally transformed her life. An open invitation was extended to all our members to visit the training facility of Medical Detection Dogs in Milton Keynes once Covid-19 restrictions are relaxed.

Keith



Exercise Group News Stephanie Wallis

This is the proposal for the Exercise Group during Lockdown.

Zoom classes - Monday's at 11.30am. Steph would email you a link the evening before. You would need to download the Zoom app or find it through the internet. Click on the invitation link and the class should appear. This would carry on as normal £5 per a class.

Non-Zoom classes - Steph is willing to write up a workout each week and send that to you either via email or by post. It is appreciated that this will not be

like a full-on normal class but feel it is better than you missing out. Steph is proposing a fee of £3 for this.

Please let Steph know which option you would prefer, Zoom, Posted/email workout or neither. Also let her know what equipment you have at home so that she can incorporate it into the workouts.

Contact: Stepping Stones Health & Well-being
www.steppingstoneshw.co.uk

Email:- steppingstoneshw@gmail.com

Tel: 07789967762



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



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Man of Men face mask

Product Code: MER-MASKBLU

£10.00

Ex Tax: £8.33

In stock

Available Options

* Choose Colour

Black

Blue

Qty

1

ADD TO CART



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DESCRIPTION

REVIEWS 0

Help prevent the spread of viruses, while spreading awareness of prostate cancer and our vital work with our washable, reusable face mask.

Related Products



Man of Men t-shirt

Featuring our iconic 'Man of Men' this t-shirt...

£15.00



Prostate Cancer UK pin

Celebrate the men who are important to you and help...

£2.00

These items are available for purchase through Prostate Cancer UK

<https://prostatecanceruk.org/>

