

# Buzz Bulletin

November 2025  
Edition 11 Vol 10

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Chairman's Chat



Keith Jones

**G**reetings to everyone, I hope this finds you well. I am sure everyone is now very much aware that the much-anticipated draft recommendation of the National Screening Committee (NSC) was issued on Friday 28<sup>th</sup> November. The Committee's recommendation has been to offer screening only to men who carry a BRCA1 or BRCA2 genetic variant, a gene that can present a high risk of breast and ovarian cancer in females and where present in a male can result in more aggressive prostate cancer tumours. This is the first time the committee has recommended prostate cancer screening of any kind. Regrettably, the Committee stated that at this time there isn't yet enough evidence to start screening other groups of men who are at high risk of prostate cancer – including Black men and men with a family history of the disease.

So, what happens next?

First of all, this is the committee's initial recommendation. Over the next 12 weeks, the Government and the NSC will review all consultation responses before the recommendation is finalised. It will then be reviewed by Wes Streeting, Secretary of State for Health and Social Care. Therefore, there is still time to influence this consultation. Prostate Cancer



## DIARY DATES

Thursday 4th December  
Pint and Chat  
Red Lion Hotel, Basingstoke

Thursday 11th December  
~~Partners Group Meeting~~  
~~Gaberdine Bar~~

Thursday 11th December  
Christmas Lunch  
BCoT, Basingstoke

Thursday 25th December  
There will be **NO Group Meeting**

Thursday 1st January 2026  
~~Pint and Chat~~  
~~Red Lion Hotel, Basingstoke~~

Thursday 8th January  
Partners Group Meeting  
Gaberdine Bar

Thursday 29th January  
Group Meeting  
TBA

Thursday 5th February  
Pint and Chat  
Red Lion Hotel, Basingstoke

Thursday 12th February  
Partners Group Meeting  
Gaberdine Bar

Thursday 26th February  
Group Meeting  
John Noakes  
The Royal Observatory  
Greenwich

Group Meeting 2.00pm – 4.00pm  
Pint and Chat – 7.30pm-9.30pm  
Partners Meeting - 11.00am



# Buzz Bulletin

Edition 11 Vol 10



Research has launched a petition calling on the Government to extend screening to Black men and men with a family history, not just BRCA carriers. To sign up, follow the link below.

<https://act.prostate-cancer-research.org.uk/a/say-yes-to-screening>

Meanwhile, Prostate Cancer UK have been promoting the £42m TRANSFORM trial to identify the best prostate cancer screening methods to make screening a reality for all men. More on this later.

[It's a "no" to mass screening today – but our vital research will lead the way to routine testing for every man | Prostate Cancer UK](#)

## Group News

### Awareness Events

The autumn was certainly a busy period for awareness events. The events we covered were as follows.

Baton of Hope & Wellness Event  
Basingstoke Sports Centre - 25<sup>th</sup> September.



Older Persons Awareness



Basingstoke Malls



Tesco Chineham

Older Persons Awareness - 7<sup>th</sup> October



Odiham PSA Testing

Basingstoke Malls – 11<sup>th</sup> October



Kikoi Connection

Tesco Chineham - 14<sup>th</sup> November



Hook, Odiham & Hartley Whitney Lions PSA Testing - 15<sup>th</sup> November

Communities Against Cancer – Kikoi Connection - 22<sup>nd</sup> November

Once again, a big thank you to all who volunteered to help.





# Buzz Bulletin



Edition 11 Vol 10

## PSA Testing



On Saturday 15<sup>th</sup> Martin Budd and I attended PSA a testing event at Odiham Cottage Hospital

The event was hosted by Hook, Odiham and Hartley Whitney Lions

This was the second PSA testing event for them this year. The figures in brackets are the results from the May event.

Total Tests = 265 (266)

Red = 18 (25)

Amber = 41 (31)

Green = 206 (210)



The Graham Fulford Charitable Trust as usual provided the medical staff to carry out the testing and deliver the subsequent test results to the individual men.

A red result is considered a referral result, and men are advised to contact their GP for further investigation. An amber result is considered borderline and if men have concerns about this result, they should also contact their GP. A green result is considered normal.

Anecdotally, I spoke to the Lions organiser on the Friday before my shift at the Tesco event. He told me that they were able to accept a small number of walk-ins for testing, something that has not been the case in the past. Armed with this information I briefed our volunteers at Tesco and I subsequently learnt that 4 men from our awareness event turned up for testing on the Saturday. These were men who had been unable to get a PSA test through their local GP practice. It was very satisfying to know that our awareness event benefitted these men.

## Kikoi Connection Event

Kikoi Connection is a local organisation that promotes Black and Asian communities. Under the title Hope 2.0, this was a gathering to raise cancer awareness and promote vital support services.

This event was held on Saturday 22<sup>nd</sup> November at the Melrose Community Hall and Allan Roper and I spoke to the attendees. Martin Budd and Jeff Twigg also represented our group. We also had a new ambassador from PCUK present.



# Buzz Bulletin



Edition 11 Vol 10



Although the numbers attending were disappointing for the organisers, we were able to raise awareness of prostate cancer and the work of our group, as well as making good contacts for the future and we hope to work with this group in the future.



## [About Us - Kikoi Connection](#)

### Some Diary Dates

#### Christmas Lunch

For those who have signed up, the group Christmas lunch will take place on Thursday 11<sup>th</sup> December at 12:00 PM at BCoT. There will be a raffle and all donations to this will be very welcome.

#### Partners Group

There will be **no** Partners Group meeting in December as it would fall on the same day as the Christmas lunch.

#### Group Meetings

Our speaker for the January meeting is currently being firmed up and we will update members when this is confirmed.

In a change to my announcement at the November group meeting the speaker for the February meeting will be John Noakes. His subject will be - "The history, role and relevance of The Royal Observatory, Greenwich and the Prime Meridian". Since retiring in August 2023, John has been a volunteer at The Royal Observatory, Greenwich and conducts talks and tours of the Observatory.

Prior to retiring, John worked continuously for 50 years in 2 very different sectors, 14 years in the Merchant Navy and 36 years in Big Tech computing.





# Buzz Bulletin

Edition 11 Vol 10



## Fund Raising

Ollie Parsons, the son of new member John Parsons, has chosen our group to fund raise for. Ollie has signed up to run a 55k Ultramarathon with all funds raised being donated to our group. Ollie opened a JustGiving page last Thursday with a target of £500 and today there is £1,729 pledged. Already a marvellous amount. (Obviously the photo is very old)

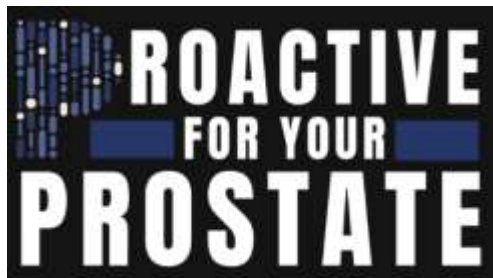


Here is the link to Ollie's JustGiving page and I hope we can help swell the funds. Maybe share the link with friends and relatives.

<https://www.justgiving.com/crowdfunding/ultra4awareness>

## Prostate Cancer in the News

### Prostate Cancer Research - Proactive For Your Prostate Campaign



I mentioned in my introduction the initial response of the National Screening Committee and how for Prostate Cancer Research (PCR) the campaigning continues. However, I have included again the link to the report from PCR which was presented to over 100 parliamentarians in October in case you missed it last month.

[Prostate-Cancer-Screening-The-Impact-on-the-NHS-Report-1.pdf](#)



## Prostate Cancer UK (PCUK) TRANSFORM Project Update

The **TRANSFORM** trial has now started in earnest as hundreds of men have received a very important letter in the post. These men are the first who'll be invited to take part in the screening trial. It's a major milestone in this once-in-a-generation research project, as PCUK begin gathering the critical evidence that they believe will lead to a nationwide screening programme for all men.

Last week the UK National Screening Committee said there is not the evidence needed for a mass screening programme today. TRANSFORM is the best chance of changing this.

Here are three important reasons why TRANSFORM gives a real hope of achieving a better future for men – and a world where early diagnosis is no longer left to chance.

### 1. Critical new evidence could shift the dial on screening in the next two years

The trial will produce new information about the tests currently used to diagnose prostate cancer. And in as little as two years, these early results could be enough to make screening a reality for many more men.

The National Screening Committee has agreed to review this potentially critical new evidence as soon as it's available.

### 2. TRANSFORM will show the best way to screen men for prostate cancer

Researchers will analyse the most promising screening techniques – including PSA blood tests, genetic spit tests and fast MRI scans – and compare them with the way the NHS currently diagnoses prostate cancer. By testing the most effective approaches in an extended group of up to 300,000 men, the trial will unlock the definitive evidence for the best way to screen men for the disease.

In the process, it will also build the biggest ever bank of prostate cancer samples, images and data, which will enable future researchers to test new treatments and diagnostic methods faster than ever before.

### 3. The trial is designed to tackle inequalities in diagnosis

For Black men, the inequalities are particularly stark. Not only do Black men face double the risk of getting prostate cancer, they're also more likely to be diagnosed at a later stage – and at the same time less likely to get the best treatments on the NHS.



# Buzz Bulletin



Edition 11 Vol 10



TRANSFORM will help to change this. In the past, too few Black men have been invited to take part in prostate cancer research – and this means there is not as much reliable evidence to show how effective screening would be for them.

But this trial will be different, ensuring at least one in 10 men who are invited by their GP to take part are Black – and making sure the results are reliable for men who face the greatest risk.

There are many articles on the PCUK website giving information on the trial. The link below will also provide access to these other articles.

[Why our TRANSFORM trial is the key to prostate cancer screening for all men | Prostate Cancer UK](#)

## Other Support Groups

### Advanced Prostate Cancer

**Living Well with Advanced Prostate Cancer**  
Virtual Support Group

Monthly Zoom Meeting  
Last Monday of every month  
6-7.30pm

Contact for more details:  
[aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org)  
[www.tackleprostate.org](http://www.tackleprostate.org)

#TogetherWeTackle

- Diagnosed with Advanced Prostate Cancer?
- Has your Prostate Cancer returned?
- You are not alone. Join others who are in the same boat

**tackle**  
prostate cancer

For those diagnosed with Advanced Prostate Cancer.

Please email [aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org) if you wish to attend.

6.00pm start

Monday 29<sup>th</sup> December



# Buzz Bulletin



Edition 11 Vol 10



## National PC Partner Support Group,

The national partners group has now issued dates for its 2025 meetings supporting partners of those diagnosed with Prostate Cancer. If you wish to attend, email [janetldaykin@gmail.com](mailto:janetldaykin@gmail.com) or [carolineopcs@gmail.com](mailto:carolineopcs@gmail.com)

- Monday 15th December
- 6.30pm start with room opening at 6.10pm

## The Prostate Brachytherapy UK Support Group


This group meets on Zoom and is aimed at those who have had, or who are considering Prostate Brachytherapy.

The next meeting is Thursday, 11<sup>th</sup> December, 18:45 for 19:00

If you are interested in joining this group and the Zoom meeting, please email [support@prostate-brachytherapy.uk](mailto:support@prostate-brachytherapy.uk)

## Working Aged Men and Partners

Finally, there is now a national group aimed at supporting working aged men and their partners. I know that often when we speak to working men, they say they are unable to



**THE NATIONAL  
Dodgy  
WALNUT**

A new On-Line (Zoom) Peer Support Group for working aged men recently diagnosed with Prostate Cancer.

2<sup>nd</sup> Wednesday in the Month 7pm – 8:30pm

If interested - please send details through to John Newton  
[thedodgywalnut@gmail.com](mailto:thedodgywalnut@gmail.com)

tackle prostate cancer

attend our monthly group meetings as the meetings are held in the afternoon and they are at work at that time. The group is called The Dodgy Walnut, what a great name! Meetings are to be held on Zoom in the early evening. If you are interested in joining the next Zoom call, please contact

John Newton at the email address above.

Date of the next meeting is: Wednesday 10th December

Finally, as this is the final Buzz of the year, I want to wish you and your families a Merry Christmas and a Happy New Year.

**Keith**  
Keith Jones  
Chair

North Hampshire Prostate Cancer Support Group (**Registered Charity No 1215156**)





## The Ups and Downs of Prostate Cancer

Once again, the North Hampshire Prostate Cancer support group had the benefit of Dr Stephen Allen, the former consultant anaesthetist, as their speaker. As someone who should have known better from his symptoms, his cancer journey has been extensive, so he always speaks both with authority and from experience. So, whilst informative, he is also able to speak with humour on intimate subjects in a way that does not cause offence.

Starting with a spoiler warning followed by a 10-point countdown, he highlighted how treatments for prostate cancer (PCa) often causes issues which are rarely discussed by clinicians for some time after treatment starts. At the end of his countdown, he humorously pointed out, as none of us had left the venue, that we were stuck with the rest of his talk, which was centred on Erectile Dysfunction (ED).

Whilst ED is especially relevant to those having been treated for PCa, and particularly so with younger men. It can also occur as a result of, diabetes, multiple sclerosis, endocrine disease, and of course those with low levels of testosterone, as well as being an early indication of the onset of atherosclerosis (furring of the arteries).

With men being notoriously poor about disclosing personal health issues Steve then highlighted some of the ensuing potential psychological issues that often arise, which include low self-esteem, poor body image, problems with relationships and intimacy, isolation, anger, and even a sense of bereavement.

This was followed by a simple but comprehensive anatomy lesson on how the relevant hormones work, and how Viagra and Cialis can reduce levels of their destructive impact. As a good clinician he highlighted typical side effects of these drugs such as nausea, headaches, and indigestion, with the added warning that these could be dangerous when also taking nitrates or alpha blockers.

On the positive side, Steve commented that with modern treatment methods the risk of nerve damage in this sensitive area has been greatly reduced. He mentioned that whilst ED can be helped with either drugs or mechanical equipment, many aspects of sexual intimacy and fulfilment are more affected by visual, sensory, psychological, and thought determinants, whilst hormone treatments, chemo, poor mood and general debility make satisfactory results less likely. However there now is growing support with psychosexual counselling.





# Buzz Bulletin

Edition 11 Vol 10



Following the Group's appreciation to Steve, the chairman introduced the Mayor of Basingstoke and Dean, Councillor Colin Phillimore, who not only expressed his appreciation of the work of groups such as this, but added his next engagement was to an allotment prize giving.

**Keith**

**MERRY CHRISTMAS**



Editor of Buzz!!

If you would like your article to appear in Buzz Bulletin, I would be delighted to receive it.

Please send to [Editor Buzz Bulletin](mailto:info@nhpcsg.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



## Contact

### For More Information

Call or text: 07377 430 242  
Email: [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk)  
Website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



North Hampshire Prostate Cancer  
Support Group

Registered Charity Number 1215156