

Buzz Bulletin

May 2023
Edition 5 Vol. 8

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin

Chairman's Chat



Keith Jones

Well, the summer seems to have finally arrived and I hope we are all enjoying the sunshine. For me, it means my jobs at home move from inside the house to the garden. I am trying to grow my own vegetables from seed this year, another post-retirement project, but some of the results have been

too good, I now have 30 tomato plants in pots and will need to try to find homes for two thirds of them. Let me know if you want some and I will bring them to the next meeting.

Prostate Cancer News

Here are some recent developments on the prostate cancer front.

Boys NEED Bins

This is an initiative between Tackle Prostate Cancer, Prostate Cancer UK and Bladder Health UK to require the provision of male hygiene bins in men's toilets. These three groups attended the recent All-Party Parliamentary Group APPG on Bladder and Bowel Care meeting. The APPG is championing this campaign. Sarah Gray from Tackle Prostate Cancer is the presenter at our next Group meeting and no doubt will hear the latest on the campaign at the meeting. There is a link below to the Tackle Prostate Cancer update.

[Tackle Prostate Cancer - Boys NEED Bins Campaign](#)

Anti-cancer Medicine Olaparib Approved

This medicine targets advanced prostate cancer patients and has been approved by the National Institute for Health and Care Excellence NICE, the body responsible for the provision of national guidance and advice to improve health and social care. The research into this new medicine was partly funded by Prostate Cancer UK. For more information, follow the link below.

[Landmark moment as first gene-targeting treatment for prostate cancer now on NHS | Prostate Cancer UK](#)

DIARY DATES

Thursday 1st June
Red Lion Hotel, Basingstoke
Pub Pint and Chat

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**Sunday 4th June**  
**Tadley Treacle Fair**  
**Loddon Valley Lions Club**  
**11am to 5pm**

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Thursday 29th June
Group meeting
Presentation by Sarah Gray
Tackle Prostate Cancer

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**Thursday 6th July**  
**Red Lion Hotel, Basingstoke**  
**Pub Pint and Chat**

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Thursday 27th July
Group meeting
Speaker to be Advised

Chairman's Chat (continued)

Group Activities

Basingstoke Festival of Transport

What a great day, the weather could not have been better and we managed to exhaust our supply of Prostate Cancer UK "Know Your Prostate" leaflets by mid-afternoon. Hopefully the message got home to the visitors we spoke to, even if only one person followed up on the testing information, that is a success in my eyes.

Tadley Treacle Fair - 4th June

Following our successful turnout at the Basingstoke Festival of Transport, the opportunity to have a pitch at the Treacle Fair came up and so the committee decided we should take this up. The Treacle Fair, for those not familiar with the event is a traditional country fair with arena displays, crafts, jazz band, food and drinks. There is even ferret racing! Hopefully the good weather we have been experiencing will continue to bring out a large crowd.

We have had a number of volunteers to help out but more would be appreciated. If you have an hour or two to spare on Sunday, please get in contact and we will fit you in at a time convenient to you.

August Group Meeting

As I understand it, this is our anniversary meeting and so will be more of a social event. I'm told that a quiz is planned and cakes form an important part of the day. I will be getting out my recipe books.

Finally, as I said in last month's Buzz, I am new to the role of chairman, so if you have not already done so, please come and say hello at the next meeting.

Storage Space

Of late Axminster Tools have generously stored our publicity material at their shop in Basingstoke free of charge. Unfortunately it has been announced that they are to close the Basingstoke store, which means the group will have to find a new place to hold our material. The amount of storage required is quite modest, so if you know of someone or somewhere that we could use as a permanent long term space to keep our leaflets, banners and flags please let us know.

Keith J

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

website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer
Support Group

May Monthly Meeting

Few of us in the UK can have any understanding of the experience of losing absolutely everything you and your family own. However, for members of the charity Shelterbox, which was set up by Rotary in Helston in 2000, with the aim of providing emergency disaster relief to people after natural and man-made disasters, this is a regular observation.

This month's speaker for the Support Group was Catherine Ryan an ambassador for the charity, who gave a most professional guide to Shelterbox's activities, of providing the five key essentials, shelter, warmth, water, food and light.

To start, she gave a guide to the magnitude of the issues involved, where the charity's current estimate is that the world currently has 113 million people who are homeless, as a result of either natural disasters or war, of which 83 million have resulted directly from conflict. They forecast this will grow to 167 million by 2040. However, since starting, Shelterbox has helped 2.5 million people in 98 countries.

Shelterbox has been very careful to remain politically neutral, as a result of this reputation, it is often one of the very first aid charities on the scene following a major incident. Its whole ethos is to initially provide shelter and survival resources packed tightly in a large plastic box. This is often backed up with technical advice, all with the aim of helping people to initially survive, recover, and then to rebuild, whilst at the same time helping them to maintain their dignity, with the added aim of keeping communities together.

Core to the contents of the box, which on being emptied can be used as a table or again any reclaimed possessions, is the tent. It is a great tribute to the design and construction of these tents, that some are still in use after 10 years of habitation. Other essentials include a rope, mosquito nets, a tarpaulin, two solar powered lights which also can be used to charge mobile phones, a full kitchen set, water carrier (suitable for child use – children often being the main collectors of water) along with a water filtration unit, and of course blankets and sleeping mats. In addition to the standard box, Shelterbox also now provide basic tool kits which can be used to start to retore damaged homes. These kits include a saw, hammer, spade, pick, wire and wire cutters, rope and tarpaulins, as well as some fixings.

For Shelterbox being able to respond rapidly is key. For example they were in place in the Turkish earthquake within 72 hours. It has achieved this remarkable success through having 5 key warehouses sited each close to known potential disaster points. In addition, it often uses local Rotary members as facilitators, who over the years have smoothed the way with local authorities and acted as local translators.

Needless to say all of us were deeply inspired, not just by the vibrancy of Catherine's presentation, but also by the achievements and ongoing determination and commitment of this most impressive charity.

Keith B