

Buzz Bulletin

May 2024
Edition 5 Vol. 9

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Keith Jones

Chairman's Chat

Welcome as always to this month's Buzz.

New Basingstoke and Deane Mayor

Well, I am sure you have heard by now, (and if not, where have you been?), we have been nominated by the newly

elected mayor of Basingstoke and Deane, His Worshipful Mayor, Councillor Dan Putty as one of his two chosen charitable causes for his mayoral term. This is a great privilege for our group and will help us in our aims of raising awareness of prostate cancer (PC) and supporting all men who have been diagnosed along with their partners. We will be participating in a number of events across the year which started with Allan Roper and I attending the Mayor Making Ceremony at the Council Offices a few weeks ago. We have also been invited to attend the next event which is the Mayor's church service on the 9th June. Further events will include the Mayors Basingstoke Variety Show at The Anvil in the autumn. You will be hearing much more about this in the months ahead.

Basingstoke Festival of Transport

What is it about the Basingstoke Festival of Transport. Once again we were blessed with terrific weather despite all the adverse forecasts in the weeks running up to the event. And again it was a great success for us in raising PC awareness. We handed out a large number of the PCUK "Know Your Prostate" leaflets and engaged in some great discussions with men and their partners. Getting the partners onside is the biggest advantage we can have in persuading men to get tested. Although I said it at the time, I want to thank all those who gave up their time on the day to man our stall, you know who you are and it is very much appreciated.

DIARY DATES

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

Thursday 27th June
Group meeting
Osteoporosis and Hormone
Therapy

Thursday 4th July
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 25th July
Group meeting
TBA

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

Thursday 29th August
Group meeting
Cakes, cakes, cakes..



It's our 9 anniversary meeting,
so get the recipe books out.

Partners

Speaking of partners, I am delighted to say that we have got the Partners Group off the ground. Those of you who attended the January group meeting will remember the speaker Caroline Prance from the Oxford PCSG who told us of her experience in getting a partners group up and running. Pat Twigg has agreed to lead this group and they have started to meet during the break in our group meeting. I have had positive feedback from partners who have attended the two sessions so far.

Basingstoke Community Radio

On Monday I was able to take up the invitation to be interviewed on the Basingstoke Community Radio (BCR) as part of Volunteers Week. This was my first time speaking on a live radio station but I was reassured when the presenter told me that he had not interviewed anyone live before, so we were both having a first time experience. I do not know if any of you heard the interview but it gave me an opportunity to publicise the activities of the group. I would certainly appreciate any feedback, constructive of course. Whilst there is no playback option, we will be getting a further mention on the Jimmy Mac Show on Friday between 10am and 1pm. You can listen live through the link below.

[–Basingstoke Community Radio the beat in the heart of Basingstoke](#)

Prostate Cancer Research in the News - TRANSFORM

Last month I wrote about the TRANSFORM project in screening for prostate cancer and this has been getting much press coverage with the lead researchers now appointed. At £42m this is the largest Prostate Cancer project ever undertaken with the largest number of men expected to take part. Like all research projects, this is not a short-term activity but it is hoped that after 3 years, there may be early indications of what is likely best option to direct the follow up research within the project.

[TRANSFORM trial | Prostate Cancer UK](#)

Prostate Cancer Research in the News – Other Projects

There seem to be so many research projects being undertaken that it is difficult to keep up to date. The latest to report after news of shorter MRI scans and genetic testing projects is a simple DNA saliva test or spit test as the papers are calling it. We all know that the PSA blood test is not an absolute in detection of PC but this new test is showing in the trial results to be more accurate. The research has been carried out by a combined effort from Institute of Cancer Research, London (ICR) and the Royal Marsden NHS Foundation Trust. The trial tested 6,142 men, aged 55-69, from their GP surgeries.

The results were presented by Ros Eeles, Professor of Oncogenetics at The Institute of Cancer Research, London at the American Society of Clinical Oncology (ASCO) annual meeting in Chicago where she said 'We have shown that a simple, cheap, spit test to identify men at higher risk due to their genetic makeup is an effective tool to catch the cancer early. Details of the results can be found in the links below.

[Scientists develop cheap and quick spit test for prostate cancer | Prostate cancer | The Guardian](#)

[Simple DIY saliva test that could help pick up prostate cancer before symptoms strike - and experts say kits could even be sent in the post | Daily Mail Online](#)

This saliva test will now be included in the TRANSFORM screening project mentioned above.

Other News and Events

We are still working on several social type events and more news will be coming next month. We also had a question at the group meeting regarding the joint project currently underway between Basingstoke Hospital and the company Essity makers of Tena products. Allan Roper is in contact with the team and we are trying to set up a follow up meeting with the team to tell us how the project is progressing. I hope to have more on this next month.

So for now, that is all from me this month and I look forward to seeing you at our upcoming events.

Keith Jones
Chair



Mental Health Issues

Here are some contacts that can help you with your mental health issues.

Penny Brohn <https://pennybrohn.org.uk/> King Charles is their new patron!

Fountain Centre for patients at Royal Surrey hospital , Guildford

<https://www.fountaincentre.org/>

MACMILLAN
CANCER SUPPORT

Cancer info and support Online Community Donate Fundraise Cost of living More ▾

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/bupa-counselling-and-emotional-well-being-support>

Free counselling

Through Bupa, Macmillan are offering up to 4 free remotely-delivered counselling sessions for people struggling emotionally because they are living with cancer. People can access support remotely within days if they qualify to use the service.

Basingstoke Festival of Transport



The Festival of Transport run by Basingstoke and Deane Rotary Club is now the biggest annual event in the town, and even possibly one of the biggest events each year in the South of England, raising a considerable sum for local charities. This year it was very well supported by the new Mayor Dan Putty and the Mayoress, along with two previous mayors Diane Taylor, her consort husband and Paul Miller. Each year the Mayor has the privilege of supporting two charities, with his choice for this year being Hampshire & Isle of Wight Community Foundation, and North Hampshire Prostate Cancer Support Group, with the later having a stand at the event.

In the review of the event, the Mayor and Mayoress spent a special time with the Support Group, along with the two previous mayors, as he particularly appreciates the work that the group undertakes locally. The group has been set up, like a growing number round the country, to help men and their partners come to terms with a prostate cancer diagnosis. With prostate cancer now being the most prevalent form of cancer in the UK, many men do not realise that even with no symptoms they may still be affected, thus the Group's other activity is to bring to a wider audience the risk of this

disease, and the importance of early detection and treatment. It was in this latter role that the Group were acting at the event, by talking to passersby and handing out relevant information.

As treatment options expand with medical advances, the opportunity for men recently diagnosed with prostate cancer to discuss these options is proving invaluable to many. The group meets informally once a month, where men can discuss their side effects and benefits with others following their own experiences of these treatments. It is recognised that wives and partners are also affected, so the group now, in conjunction with their monthly get togethers, runs a separate 'partners group' to provide support. The monthly meetings held at the Brighton Hill Community Association on the last Thursday each month, from 2pm for a couple of hours. These meetings normally take the form of a main speaker covering either a related health topic or a subject of wide general interest.

Similarly, it is well known that regular exercise creates a more positive health outcome, in recognition of this the group runs a weekly exercise class at Basingstoke Sports Centre, supervised by a fully trained instructor.

The North Hampshire Group, now one of the largest and most active in the country, is a partner organisation to Prostate Cancer UK, and is also affiliated to Tackle Cancer Support which is the umbrella organisation for all such groups right across the country.

Keith B



New Requirements for Exercise Classes

Now that the weekly exercise class is being hosted at the Basingstoke Sports Centre, the protocol for registration has changed for new members. Below is a message from Steph.

From: Stephanie Wallis <Steph.Wallis@GLL.ORG>

Hi,

If you have any club members that would like to join the exercise class they will need to get their GP or any health consultant to fill out a form which I can provide and return it to me at hiowicb-hsi.bst@nhs.net

*This way they can join in on the **Healthwise** activities at the Basingstoke Sports Centre. I am afraid this is the protocol for any of these classes.*

*Most GP's in the area know about our **Healthwise** scheme.*

If you have any questions, please do let me know.

Kind Regards

Steph

May Group Meeting Report

A Life in Removals – Ashley Jones (Yes Kieth's brother)

A long career with Pickfords removals has given Ashley a wealth of interesting and amusing anecdotes about a service that most of us use only a few times in our lives.

From his early days at the Bournemouth Warehouse extracting tea from the newly acquired Twinings tea chests (the essential packing cases used in that time) to his time as stints as branch manager and international removals manager. But tea was and still is the vital ingredient to fuel the removal fraternity and Ashley started his story with the clever and inventive ways the removal man used to persuade customers, and sometimes their neighbours to provide the beverage.

The resourcefulness and dogged determination of removal trade was never far from his narrative, with stories of a carpet so large it took 14 men to carry it, and a billionaire's 60 room mansion requiring 80 vans to move its contents. But there was also a lot of humour to be found in the sometimes strange requests from the clients; such as transporting Norman the ventriloquist's dummy in his own coffin-like packing case all the way to Australia and then back a year or two later.

His time at the Hawick depot was remembered fondly by Ashley; Run ins with the local railway workers of the mistreatment of Pickfords' wagons, "Fly Shunting" they called it, resulting in damage to customers property; Snowball passers by from the roof of the warehouse.

International removals come with the additional perils of Customs charges and Import restrictions. You can't hide wine in boxed labelled "books" as they will get packed at the bottom of the container and consequently break. Leaving tell-tale signs for the Excise man - you get fined charged duty and VAT and lose the wine.

Since Covid the removal business has shrunk by some 40% and Ashley now works as a receptionist at a medical practice in Wiltshire.

Rich

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 430242

email : info@nhpcsg.org.uk

website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer
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