

# Newsletter

**Autumn 2013**

## Andrew's Ramblings

### **Exciting News #1**

For many years we have been very lucky to receive wonderful donations from the Burnham Joggers – they have proved to be the financial mainstay of CPCSG.

However, we have just received a fantastic donation of over £2,000 from the **Chrysalis Arts Trust** following a highly successful concert by the Chrysalis Community Choir. This is a major contribution which will help us to promote awareness throughout the community. Chrysalis is an evangelistic concept, with the vision to take the Gospel out into the community and its Patron is Fiona Castle, the widow of Roy who died in 1994. We are most grateful for this essential support from Chrysalis.

### **Exciting News #2**

**Pam Ging** has won a prize in the Buckshealthcare NHS Trust Annual Staff Awards competition. Pam's prize was in the "Outstanding Contribution" category and followed the nomination made by Immediate Past Chairman Mike Basnett.

Whilst Pam is employed as Prostate Nurse Specialist at Wycombe Hospital she also serves as the Hon Secretary of CPCSG. Whilst daily caring for men with prostate problems she somehow finds time to maintain our member database, organise and attend our meetings, write the minutes of meetings, circulate our newsletters and to remind the Chairman to follow up on outstanding issues.

Congratulations Pam – this award is richly deserved as CPCSG would find it hard to survive without you.

---

Pam said: "I would like to thank Mike Basnett for nominating me on behalf of the CPCSG for an award in the Outstanding Contribution category at the recent Bucks Healthcare Awards. It was an honour just to be nominated so imagine how thrilled I was to receive an award. It's a pleasure working alongside you all but to have formal recognition is a lovely bonus!"

### **Exciting News #3**

At last our **new website** has been launched – go to [www.chilternsprostatecancersupportgroup.co.uk](http://www.chilternsprostatecancersupportgroup.co.uk) and see for yourself how the new site is much more informative and, hopefully, user-friendly.

We hope that users will discover:

---

- Useful information about the prostate, its problems, diagnosis, treatment options etc
  - The journey experienced by several of our Committee members – useful if you want to call them to find out more when you are considering your own journey
  - Dates of forthcoming events
  - Access to our Newsletters
  - And much more besides
- 

I am very grateful to all the Committee who have reviewed the drafts, made suggestions, offered constructive criticism and advice in bringing this important project to completion. I am particularly grateful to the designers Met One Creative of Chalfont St Peter who have been so patient when we have kept changing our minds!!

Please let your local Area Representative know what you think about the new website, your opinions are valuable and will help us keep the site fresh and interesting.

---

# Newsletter

## Exciting News #4

On 24 September **Hilary Baker** and I made presentations to the ST3 Doctors who are in their final year of training to become General Practitioners. They are presently undertaking experience in GP surgeries throughout the region.

Hilary spoke engagingly about the "Two Week Wait" programme which is designed to accelerate patients through from GP to Consultant where a cancer is highly suspect.

Hilary also spoke about the role of the "Clinical Nurse Specialist" and her own journey from a trainee nurse to the present day. The CNS role mirrors the dual career path to be found in many commercial organisations – one path leads to management whilst the other path allows technical specialists to benefit the organisation and to hone their skills further.

I presented information about CPCSG, its formation, its aims, its activities and our link to the Prostate Cancer Support Federation. I also spoke about my own cancer journey – PSA monitoring, diagnosis, radical prostatectomy and salvage radiotherapy.

Hilary and I found the morning to be very interesting, there was an audience of around 18 doctors and we hope that we may be invited again. To be able to capture the interest of doctors on the subject of prostate cancer before they fully enter general practice is both a privilege and an opportunity not to be missed.

## News

Our meeting in late August was well attended. It was wonderful to welcome the **Chairman of the Burnham Joggers, John Irwin**, who gave a most interesting talk about the Joggers and his own prostate cancer experience. John's open and amusing style was very well appreciated by our members.

We were also introduced to Dawn Fishley who spoke about her new role within Prostate Cancer UK and how she hopes to be able to provide assistance to support groups.

The **Federation** is holding its Autumn Workshop at the University of Birmingham on 19 November – the theme is "Getting Fair Treatment from the Health Service". I am being accompanied by Mike Basnett, Alan Rowe and Bruce Cameron

## Diary Dates

**Thursday 5 December 2013**

**Christmas Social Evening 7.30 pm at the Church of St Mary & St George, Sands, High Wycombe.**

Invitation attached, tickets £7.50 from Alan Rowe. Jeff Gunn is kindly running the raffle again. All welcome for an enjoyable evening.

**Meeting dates for 2014 are already on the website.**

## Prostate Cancer UK

Note their new web address is:

[www.prostatecanceruk.org](http://www.prostatecanceruk.org)

## Prostate Cancer Support Federation Newsletter

For anybody who is interested, the latest newsletter **prostate matters** from PCSF is available as a hard copy from Pam Ging or can be found on the website [www.prostatecancerfederation.org.uk](http://www.prostatecancerfederation.org.uk)

---

*If you would like more details on any of the above information, or would like to speak to a committee member or healthcare professional, or you no longer wish to receive this newsletter, please contact the CPCSG Secretary, Pam Ging, Prostate Nurse Specialist, Urology Dept, Wycombe Hospital, High Wycombe, HP11 2TT, Tel: 01494 426020, or by email:*

[Pamela.GING@buckshealthcare.nhs.uk](mailto:Pamela.GING@buckshealthcare.nhs.uk)

---