



# CHILTERN PROSTATE CANCER SUPPORT GROUP

Patron: Sir Michael Parkinson CBE

## NEWSLETTER

### Autumn 2018

#### Yes – We're busy!!

As I write this I am pleased to be able to report on some of our completed activities and on others which are ahead.

As we are "prostate cancer survivors" we are keen to raise awareness of the condition. Why? So that men (and their families) can avoid being part of the terrible toll of over 11,800 men who lose their lives each year in the UK.

#### **Marlow Town Regatta – 17 June 2018**

Our Vice-Chairman Barry Sarl, ably assisted by his wife Doreen and Colin MacArthur, set up and manned the CPCSG information stand in the Regatta grounds. After a slow start (and competing for public interest against a display of duck herding or ferret racing), they found increasing public interest in the subject of prostate cancer.

The CPCSG team also included Alan Mitchell, Alan & Jane Rowe, Colin MacArthur and Chris Ransted who worked hard in answering questions and handing out information leaflets.

The team managed to engage with over 100 members of the public who wished to learn about prostate cancer and gain from our members' experiences. We were very pleased by an approach from a practice nurse who wanted our leaflets for display in her local surgery for the benefit of patients.

A big thank you to the volunteers who came forward to help – they all felt gratified that their efforts may, yes may, help to save a man's life

#### **Cherrymead GP Surgery**

We were very pleased to be approached again by the enlightened doctors at this Loudwater GP surgery with an invitation to speak to their patients about prostate cancer. The Cherrymead GPs have liaised with Colin MacArthur for the past several years and this is about the fourth or fifth time that CPCSG has been invited back.

During July 2018 we participated in three presentation evenings at the surgery. It was necessary to hold three presentation evenings because of the high volume of interested patients (over 130 had expressed interest to the Patient Reference Group) and the surgery's open area can only accommodate about 50 at a time.

The evening starts with a lively, thought provoking and direct talk on the clinical aspects of prostate cancer – diagnosis, options and treatments. The Uro-Oncology Clinical Nurse Specialist Joe Kearney presents this in his unique, humorous and frank style – this always provokes considerable interest and a lively Q&A session. We are very grateful for Joe's time and enthusiasm.

This is followed by Colin MacArthur (now a veteran of these Cherrymead seminars) who gives a short, light-hearted but personal account of his own cancer journey from pre-diagnosis, through surgery and, latterly, salvage radiotherapy. He is perfect example of how a prostate cancer survivor can support other men and encourage them to take responsibility for their own health.

Bravo to the modern and enlightened GPs at the Cherrymead Surgery and we wish we

could encourage other GP practices to be similarly aware and proactive.

### More Awareness Events

#### Chalfont St Giles Show – 1 September

We have provided an information stand at this show for the past few years. It was organised again by Andrew Scott-Priestley who was ably supported by Barry Sarl, Geoff Pitt, Terry Sherrington, Keith Norman, Tony Shea and George Allison. Many thanks to our team of volunteers.

#### Henley Show – 8 September

This is the first time we were to be exhibiting at the Henley Show and we wanted to make a good impression. Sadly, we were unable to agree terms with the organisers and now plan for next year.

#### Amersham Heritage Day – 9 September

Likewise, we have not exhibited at Amersham before, so we are hoping to be able to engage with a new audience. The stand is being organised by George Allison who has managed to recruit a strong team of 7 to help him.

We always welcome volunteers as without your help we cannot function. Please remember that ladies are very welcome to help too – they are often much more effective at engaging with men and capturing their interest.

### Dates for the Diary

By the time you read this we shall have had our very successful annual BBQ at the High Wycombe Cricket Club on Friday 3 August. We are very grateful to those who have provided raffle prizes and especially to our Secretary Keith Gordon who made all the arrangements.

### 9 September – Amersham Heritage Day

**1 October – Autumn meeting at High Wycombe Cricket Club.** 7.00 for 7.30 We are delighted to welcome the return of Lorraine Grover who always attracts a large audience with her very entertaining presentation on sexual health. Don't miss it.

### 13 December – Christmas Social & AGM at High Wycombe Cricket Club.

7.00 for 7.30 It is essential that we have nominations for the Officers for the next year or we will not be able to continue – ladies are also welcome as committee members or Officers. (see below). Tickets will be available nearer the date and we promise that the AGM will be brief.

### Looking Ahead to 2019

We are planning to repeat our successful annual events – the Summer BBQ and the Christmas Social.

In addition we may organise a Quiz evening and a “Meet the new Urologists” evening where we can get to know the new members of the urological team

All these meetings would be held at the Cricket Club

We shall plan to hold Awareness Stands at Marlow, Henley, Chalfont St Giles, Amersham and anywhere else provided we get sufficient support.

### Annual General Meeting 2018

It is imperative that key Officer roles are filled and this is the current situation.

*Chairman* – Tony Weeden will have completed his year in office and will step down at the AGM.

*Vice Chairman* – Barry Sarl has indicated he would accept nomination as Chairman for a three year term. **We need a new nominee for Vice Chairman**

*Treasurer* – Alan Rowe has served in the role since 2005 and has indicated his willingness to continue.

*Secretary* – Keith Gordon has served since 2015, he will be relocating his home, and **we need a new volunteer for Secretary.**

*Committee* – Mike Basnett, George Allison, Bruce Cameron, Tony Weeden, Andrew Scott-Priestley, other nominations would be welcome. Please come and help – CPCSG needs you.

**Aylesbury Vale Prostate Cancer Support Group** – [www.avpcs.org.uk](http://www.avpcs.org.uk) Bruce Cameron is a Trustee and he is also a member of the CPCSG committee.

**Oxfordshire Prostate Cancer Support Group** – [www.opcsg.org](http://www.opcsg.org) Rose Southby, our Clinical Nurse Specialist and team leader was instrumental in establishing this group during her time at Oxford.

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*If you would like more information, or you no longer wish to receive this newsletter, please contact the CPCSG Secretary, Keith Gordon, 29 Adam Close, High Wycombe HP13 6BY.*

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