



# CHILTERN PROSTATE CANCER SUPPORT GROUP

Patron Sir Michael Parkinson CBE

## NEWSLETTER

### Winter 2017

#### From Sad News to Good News!!

At the Annual General Meeting held on 3 October the Group was unable to elect the essential Officers necessary to comply with the terms of its Constitution and there was a genuine risk that the CPCSG could be disbanded.

The Committee, following the resignation of the former Chairman, was therefore compelled to call an Extraordinary General Meeting with the hope that suitable volunteers could be found.

The EGM was held on 23 November at Wycombe Hospital, it was well attended, and we now have a full complement of Officers so we are now fully compliant.

Let me introduce you to our Officers.

#### **Chairman.**

**Tony Weeden.** Tony, who lives in Bockmer End, has been a member of the Group for several years since he was a surgery patient in 2005.

He was brought up in London (apart for a short period of wartime evacuation to Cornwall) and read Mechanical Engineering at Kings College, University of Durham. After graduation he worked for Rolls Royce on the design and construction of the UK's first nuclear submarine HMS Dreadnought before joining Smiths Industries where he remained for the next 28 years. Smiths Industries is a diverse group and his term included a period as CEO of Kelvin Hughes the leading marine navigation company.

He is a Liveryman of the Worshipful Company of Lightmongers and a Freeman of the City of London.

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He has been "messaging about in boats" for all his life, is still a keen sailor and is a member of the City Livery Yacht Club.

#### **Vice Chairman**

**Barry Sarl.** Barry is a more recent member of the Group and at the time of his election he was recovering from prostate surgery, such dedication!!

Barry hails from Solihull but left his West Midlands roots over 30 years ago, he spent time living and working in Scandinavia, before ending up in the South of England.

Before retirement he had a senior executive role in the global logistics and freight forwarding sector based near London's Heathrow airport. In this capacity he was exposed to a wide diversity of cultures and peoples.

He has a passion (which he shares with the Duke of Cambridge) for Aston Villa Football Club, and his interests include reading fiction and travel (particularly exploring the USA).

At heart a family man, ably supported and encouraged by his wife Doreen, he is immensely proud of their children's achievements in their professional careers.

Barry brings to the Group extensive commercial experience, sales and marketing flair and a creative approach to problem solving.

The AGM also confirmed the re-appointment as Officers of two stalwarts of the Group.

#### **Treasurer**

**Alan Rowe** volunteered to act as Treasurer at the inaugural general meeting in 2005 – but he stressed that this was to be a short-term appointment. We are delighted that he is to continue in the role for the 13<sup>th</sup> year as

nobody yet understands what “short term” actually means

### **Secretary**

**Keith Gordon** stepped into the breach when Pam Ging found the task conflicted with her role as a Clinical Nurse Specialist.

Keith was unanimously re-elected and he continues to develop the Group’s capabilities, to maintain the members’ database, to identify those members willing to assist with awareness events, to maintain stocks of publicity material and to act as the principal liaison with interested bodies such as Tackle Prostate UK and Prostate Cancer UK.

His organisational skills, honed as a senior Army officer, have proved of huge benefit to the Group.

### **Other Discussion at the EGM**

Members discussed a variety of topics with particular emphasis on:

- \* Membership of CPCSG – how to attract the newly diagnosed
- \* Volunteers needed for the Committee to bring in new ideas
- \* Liaison with Patient Participation Groups at GP surgeries
- \* Use of social media
- \* Awareness events – how to consider new locations to convey the message

It was apparent that, if the group is to fulfil its role properly, it needs new members and particularly those who are willing to join the committee. The committee only meets about 3-4 times per year and the Officers undertake most of the load. We would welcome members who are willing to help us – please give Secretary Keith a call if you can help.

### **What else have we done?**

#### **Men’s Wellbeing Day – 1 November**

This was a highly successful event organised by Rose Southby in conjunction with Macmillan at Stoke Mandeville. It was attended by around 90 men and women although the numbers had to be limited owing to the space at the venue. There was a variety of speakers covering topics including: bone health, erectile dysfunction, personal wellbeing, physiotherapy.

Andrew Scott-Priestley representing CPCSG, spoke briefly about the role of the support group and manned an information stand which generated good interest.

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We were delighted to welcome 11 new members as a result of our participation at this event.

### **Christmas Social – 7 December**

This popular event was very well attended by around 50 members, some of whom were attending for the first time – we hope to welcome them back again at our next event.

This event was organised by Secretary Keith Gordon and as usual the food was excellent and plentiful, the raffle (run again by Jeff & Grace Gunn) was huge with many winning prizes, and the bar flourished. We are pleased that the Cricket Club continues to allow us to host events at the club.

### **Looking Forward**

The committee is planning a range of events during 2018 and hopes that members will continue to give their support.

Current thinking is for:

- \* A Quiz evening in the Spring
- \* Summer BBQ – a repeat of the success of recent years
- \* Presentation on bone health in the Autumn
- \* Christmas Social in December

And, subject to getting volunteer support from members, we would like to man information stands at events such as Marlow Town Regatta, Chalfont St Giles Show and other venues if possible.

We continue to liaise with our sister support groups whose details are below.

**Aylesbury Vale Prostate Cancer Support Group** – [www.avpcs.org.uk](http://www.avpcs.org.uk) Bruce Cameron is one of their Trustees 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 the Churchill Hospital

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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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