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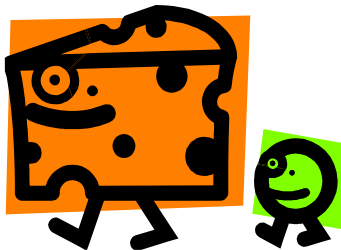
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### Welcome from Brian



*Welcome to another bumper issue of your newsletter. We have tried to achieve a better balance of articles, with some to make you smile. Let us know if we have achieved that! There is a lot coming up, in particular the Summer Concert on June 26th. Let's try and support this as best we can, as all the profits will come to our local group as Rotary's chosen charity. Note that we have managed to secure BBC's **Ken Bruce** to host the evening. Also note the barbecue on July 13<sup>th</sup>.*

### All Hale Leys!

This was probably our most successful year at the Hale Leys shopping centre. Our thanks to all the volunteers who manned the stall during awareness week. We had so many people approach us to have a chat. We also received donations of some £180, even though that wasn't the main purpose of the week. It does seem more people are willing to talk about this dreaded disease, and that is encouraging to us all. The picture shows a couple of stalwarts doing their bit.



How about this as a final thought from our witty treasurer:

**There was a young man in Hale Leys  
 Who always attempted to please  
 He spoke forth on the prostate  
 And ended up prostrate  
 That earnest young man in Hale Leys**

### The Big Cheese takes the cheese

*Here is a shot of one of the teams at our second fun quiz at The Chandos Arms. We had six teams enter and everyone had a great time. Our thanks to Roger and Brian for coming up with the questions. The Fish & Chip supper went down well and the winning team went home with some decent prizes. If anyone would like to*



*have the quiz questions to use at home or with*

*friends please contact Roger. Which team won? Well, the Chairman's of course!, but only just after a tense tie-break round. There will be another quiz in the Autumn. Start exercising those little grey cells!*

### Waitrose Delivers

Our support group was fortunate enough to be selected as one of the beneficiaries in February's "Community Matters" programme at Waitrose in Berkhamsted. You will all be familiar with the little green tokens placed in the good cause bins. Shoppers were very generous and Waitrose presented us with a cheque for £516. It's a fact that men's health doesn't feature that often in this scheme and this was noticed by shoppers, as we ended up being the most popular cause during February. The picture shows Dee Stone from Waitrose handing over the cheque to Roger. At the request of Waitrose, he has agreed to visit the store later in May to run an awareness session during staff lunchtime. It's a simple matter to contact your local Waitrose store and see if our support group could benefit further from the Community Matters scheme.





## Concert with BBC R2's Ken Bruce

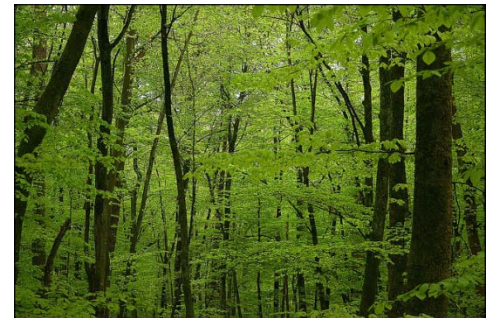


Here is a date for your diary. Our main event this year is the **"Midsummer Musical Mosaic"** concert at the Centenary Hall, Berkhamsted from 7.30pm on Friday 26<sup>th</sup> June. Organised by the local Rotary, they approached us as their chosen charity. This will be a fantastic evening celebrating local musical talent and we need your support – **so please come along!** You will have the opportunity to see and hear Joe's son Conor's band **HAZE** open the show, with

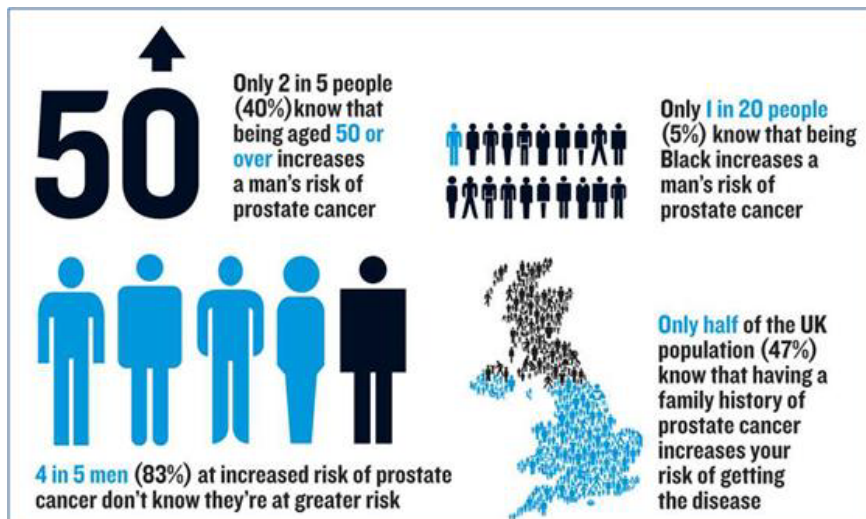
performances also by **Ace of Herts, Hemel Hempstead School Choir, Dacorum Youth Orchestra, Tring Park School for the Performing Arts and several young award winning soloists.** The whole evening is hosted by **BBC Radio 2's Ken Bruce.** There will be a bar and a free prize draw, and there are 500 seats to fill. Please consider bringing your family along as all the profits will come to our support group. Tickets are £15 adult and £8 under 16's. To purchase tickets you can either buy them online at [www.avpcs.org.uk](http://www.avpcs.org.uk) or send a cheque payable to RCBB to Roger Wotton at the address at the foot of this newsletter and he will send you the tickets by return.

## Helping New Patients

Just a word of thanks to those of our members kind enough to speak to newly diagnosed patients, as they consider one or other treatment options open to them. We are most grateful to Dennis, Mike, Martin, Peter and others who have recently helped out. It means so much for a newly diagnosed patient to speak to someone who has been through the treatment and with a positive story to tell! Keep up the good work – this is exactly why support groups like ours exist.

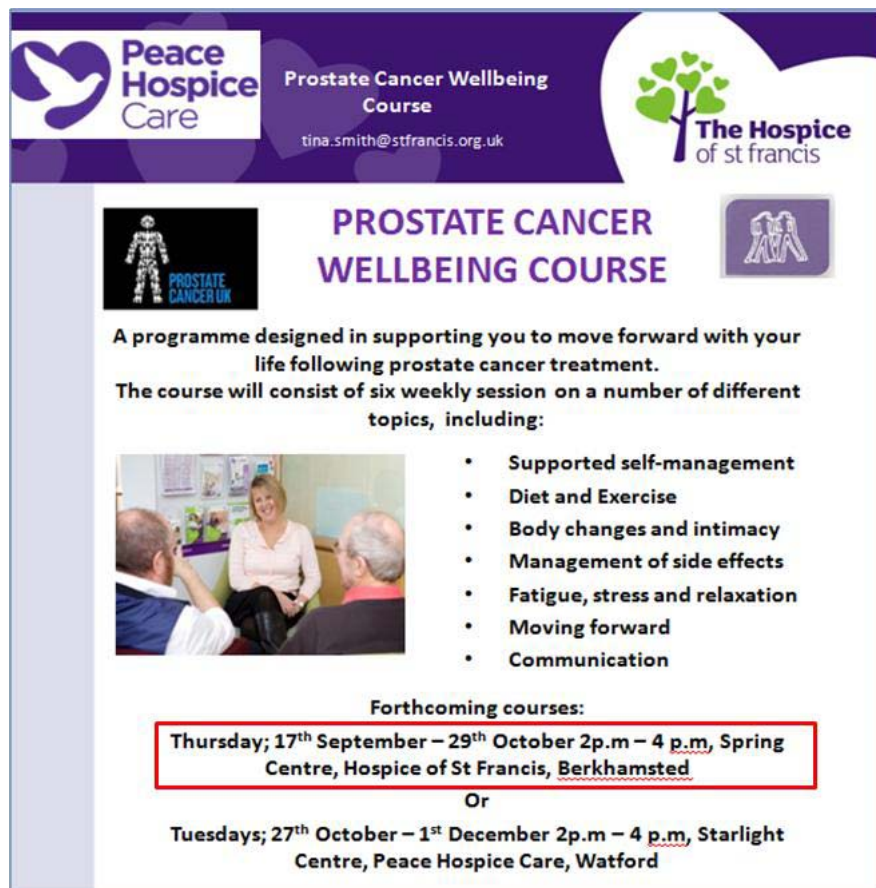


## Shocking Awareness!



Here is an extract from a public awareness exercise carried out by YouGov on behalf of Prostate Cancer UK. It highlights how much more needs to be done to raise awareness of prostate cancer generally, particularly where risk factors are higher. In this study it transpired only 12% of those interviewed knew what the prostate does!

## Your Wellbeing at Heart



**Peace Hospice Care**  
Prostate Cancer Wellbeing Course  
tina.smith@stfrancis.org.uk

**The Hospice of St Francis**

**PROSTATE CANCER WELLBEING COURSE**

A programme designed in supporting you to move forward with your life following prostate cancer treatment.  
The course will consist of six weekly session on a number of different topics, including:

- Supported self-management
- Diet and Exercise
- Body changes and intimacy
- Management of side effects
- Fatigue, stress and relaxation
- Moving forward
- Communication

**Forthcoming courses:**

**Thursday; 17<sup>th</sup> September – 29<sup>th</sup> October 2p.m – 4 p.m, Spring Centre, Hospice of St Francis, Berkhamsted**

Or

**Tuesdays; 27<sup>th</sup> October – 1<sup>st</sup> December 2p.m – 4 p.m, Starlight Centre, Peace Hospice Care, Watford**

Many of you will be aware of our association with The Hospice of St Francis, and the excellent work Tina Smith is doing there on behalf of prostate cancer patients. Please make a note of these free upcoming Wellness courses available to all members of our support group. The course comes highly recommended and feedback has been very positive. If anyone is interested please contact Tina Smith on 01442 869550 or [tina.smith@stfrancis.org.uk](mailto:tina.smith@stfrancis.org.uk) Spaces on these courses are limited so book early.

## Alphabetti Prostatti

**A**'s for arthritis; **B**'s the bad back,  
**C** is the chest pains, perhaps car-di-ac?  
**D** is for dental decay and decline,  
**E** is for eyesight, can't read that top line!  
**F** is for farting and fluid retention,  
**G** is for gut droop, which I'd rather not mention.  
**H** is high blood pressure--I'd rather it low;  
**I** for incisions with scars you can show.  
**J** is for joints, out of socket, won't mend,  
**K** is for knees that crack when they bend.  
**L** 's for libido, what happened to sex?  
**M** is for memory, I forget what comes next.

**N** is neuralgia, in nerves way down low;  
**O** is for osteo, bones that don't grow!  
**P** for prescriptions, I have quite a few,  
just give me a pill and I'll be good as new!  
**Q** is for queasy, is it fatal or flu?  
**R** is for reflux, one meal turns to two.  
**S** is for sleepless nights, counting my fears,  
**T** is for Tinnitus; bells in my ears!  
**U** is for urinary; troubles with flow;  
**V** for vertigo, that's 'dizzy,' you know.  
**W** for worry, now what's going 'round?  
**X** is for X ray, and what might be found.  
**Y** for another year I'm left here behind,  
**Z** is for zest I still have-- in my mind!

I've survived all the symptoms, my body's deployed,  
And I'm keeping twenty-six doctors fully employed!

*(Courtesy of Dennis Goffin, FOPS)*

## Jolly Fine Boating Weather

*Here is an invitation from our colleagues in the local Oxford group....*

### **RIVER CRUISE SUNDAY 28 JUNE**



*This year's river cruise with Salters' Steamers will depart from Abingdon Bridge at 2.30 p.m. on Sunday 28 June, heading upstream and returning at 5.30 p.m. The cost is £11 per person, including cream tea and jazz band. Places are booking fast: reserve yours now by contacting George Goldsmith at [secopcsq@btinternet.com](mailto:secopcsq@btinternet.com) or 01235 763486. Cheques will need*

*to reach George by 31 May at 2 Ridgeway Court, Wolage Drive, Wantage, OX12 9NP. There will be a fully stocked bar on board!*



## Surveys & Research

A number of you will have contributed to the first COMPACTORS survey request from Steve MacLennan at the University of Aberdeen. The second round is now open and can be found at <http://ctrc.liv.ac.uk/Delphi/Compactors/Login.aspx>. You should have your unique identifier from round 1 to access the survey. If you have any problems please contact [steven.maclennan@abdn.ac.uk](mailto:steven.maclennan@abdn.ac.uk). Secondly, there is a new research project starting up at the University of Southampton. This may not apply to many in our support group but it is to design improved night-time washable pants for men who suffer from incontinence. We mention it here as it offers the opportunity to contribute to better products for men living with this problem. If you are interested please contact Bridget Clancy, Research Nurse, School of Health Sciences at [b.clancy@soton.ac.uk](mailto:b.clancy@soton.ac.uk). Tel 023 8120 4141. You don't have to be Southampton based to take part.



## Medical Detection Dogs



*Many of you will have heard of the "Cancer Sniffing Dogs" at Great Horwood near Milton Keynes. They have asked for help in furthering their work in using dogs to detect prostate cancer. What they actually need are more urine samples! We have been in touch with the Milton Keynes support group and are trying to organise a joint visit to Great Horwood, where we might also be able to help them with their request. Watch this space for more details!*

## PSA Testing in Bucks

We had discussions earlier with the Bucks Freemasons who were looking to support prostate cancer as one of their charities this year. They have now started a programme of PSA testing at their local Masonic lodges in conjunction with the Graham Fulford Charitable Trust and the first event took place in Bletchley on Saturday 16<sup>th</sup> May, where some 90 men were tested. We sent representatives, along with the Milton Keynes support group. More venues to follow.



## Another Prawn on the Barbie!



Finally, to our next support group meeting. This time it takes place with a BBQ at our normal venue, Thame Football Club. Please note **the meeting is one week earlier than previously advised – it's Monday 13<sup>th</sup> July at 12 noon**. We will put up the gazebo and you can try your hand at traditional outdoor games! Come along with your partners. The more the merrier. The price for lunch is the normal £14 but there will be plenty of food available.

*Brian*

*Roger*

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