

Issue 25 : February 2018

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Welcome from Brian



If it is not too late I would like to wish a healthy and prosperous 2018 to all our members. As you know I will be hanging up my chairman's gavel at the AGM in May and I will be reflecting on my time in this role in the next newsletter. Since the last newsletter we had a very enjoyable Christmas lunch at our new venue at Chinnor Rugby Club and this will be our regular group meeting place going forward. If any of you are free on **Wednesday 21st February at 7pm** please feel free to come along to Haddenham Medical Centre where I am giving a short talk on Prostate Cancer.

Moving On

At our recent group meeting at Chinnor Rugby Club we said farewell to David Barrow , one of our stalwart committee members who is shortly moving to Mylor in Cornwall. David has been a strong supporter of our group over the years and he will be missed. After a few words of thanks Brian made a point of welcoming David to "God's own County" (Brian's view!) and presented David with the Kernow flag to remind him! Good luck David and Anne.



Medical Detection Dogs



We have arranged a return visit to the Medical Detection Dogs facility at Great Horwood between Winslow and Milton Keynes. This will take place on **Tuesday 13th March at 1100-1330** (not on 8th March as announced at the recent lunch). You should have seen an email from Alan Kerr on the visit. If you are interested please respond to Alan's email or for those of you without email give him a call on 07840 359350. We plan to donate £200 to this worthwhile cause

PSA Testing

The poster is primarily blue and orange. At the top, it says 'TROUBLE DOWN BELOW?' in large white letters, followed by 'come along for a free PSA Test' in smaller white letters. Below this is a red box with white text explaining the PSA test. A 'BREAKING NEWS' banner in blue and white states 'PROSTATE CANCER IS NOW A BIGGER KILLER THAN BREAST CANCER'. A blue box contains the event details: 'sign up for our free session Aylesbury Saturday 7th April Masonic Hall, Ripon Street 10.30am - 1.00pm'. At the bottom, an orange box provides contact information: 'To reserve your place go to www.avpcs.org.uk or call Brian on 01844 291 876 or email him at jbc@coleuk@aol.com'. There are also logos for 'aylesbury vale prostate cancer support group' and 'CPSC CHILDREN PROSTATE CANCER SUPPORT GROUP'.

We have another PSA testing day arranged in Aylesbury on **Saturday 7th April** at The Masonic Hall, Ripon Street from 10.30am to 1.00pm. Please tell your friends and neighbours. It's free and there is even a cup of tea as a reward! Once again we have the Graham Fulford Charitable Trust doing the testing on the day. This event has proven popular over the years. Let's see if we can get to the 100 men tested mark this year! We all know the earlier prostate issues are diagnosed the better and you will have seen the recent publicity about prostate cancer overtaking breast cancer in terms of mortality. Anyone who wants to register should go to our website www.avpcs.org.uk and click on "PSA Testing Days" to book a session. Alternatively, you can call Brian on 01844 291876. For those receiving this by post you will find a couple of posters in your pack. Please display one in your local shop or post office.

Health & Wellbeing Survey

We were fortunate to have Fiona Tearle from Macmillan living well with and beyond cancer in Bucks at our recent meeting. Fiona is interested in having our views on what is important for those living with cancer in our area. For those of you who are on Facebook or Twitter please

find below a link to her Facebook page and the twitter post advertising an anonymous online survey for the project.

<https://twitter.com/bucksccgs/status/959039933175517184>

<https://www.facebook.com/BucksCCGs/posts/1613349618746950>

If it is easier to click on these links just go to our web page at www.avpcs.org.uk and look under “Newsletters” to find an online version of this edition. From now until the end of March Fiona would like to capture as many views from Buckinghamshire residents as she can, to shape the way services will be improved in the future and meet the needs of patients.

Your Story

The Institute of Cancer Research has contacted prostate cancer support groups to find men who are interested in telling their story. This was the message they sent:

The Institute of Cancer Research (ICR) has discovered and developed many of the cancer treatments widely used today, but we want to raise greater awareness of the advances our researchers are making. In order to do this, we are getting in touch with people who have been diagnosed with cancer, or the family and friends of those diagnosed, to share their stories with us. We are especially interested in talking to men who have been diagnosed or are undergoing therapy for prostate cancer so as a prostate cancer support group, your help would be invaluable. With their help we hope to clearly demonstrate the impact of our research, raise more awareness of cancer and drive more support for the crucial research that we are doing at the ICR to help defeat cancer.



You can sign up to share your story with us (<https://www.icr.ac.uk/about-us/share-your-story>). Please do feel free to share this amongst yourselves, your peers and your support group members. All of this information is stored in a secure database, and once you enter your details in the ‘Share your story’ page, a member of the ICR’s Communication team will contact you to discuss your story in more depth and talk you through the next steps.

Federation News

tackle
prostate cancer

The Federation (Tackle) continues to grow and has been active in the press and on 20 local radio stations recently talking about the need for more PSA testing and possible

screening, following the publicity around mortality figures. The organisation has also been campaigning on the behalf of patients on a number of issues, including the non-availability of Bicalutamide, the reduction in treatment centres for Radium-223 and the impact of Brexit on drug research and new therapies. This last campaign is in conjunction with 19 other cancer charities. As you will know from previous newsletters the Federation's major event this year is "Cycle to the Moon, Save a Dad" where it is asking support groups to get involved in May to cycle a total of 250,000 miles and raise money for awareness of prostate cancer in the next generation. Watch this space for more information. We hope Aylesbury Vale will be able to play its part in joining in with this event.

Future Events

Please make a note of these events in your diary for the rest of the year

Tuesday 13th March 11.00 – 13.30 Medical Detection Dogs, Gt. Horwood

**Saturday 7th April 10.30 – 13.00 PSA Testing, Masonic Hall, Ripon St.,
Aylesbury**

Tuesday 24th April 19.00 - 22.00 Quiz at Chandos Arms, Weston Turville

Tuesday 15th May 12.00 – 14.00 Our AGM at Chinnor Rugby Club

**Tuesday 12th June 10.00 – 16.30 Tackle Federation AGM & Conference, Edgbaston
focusing on "Healthy Mind, Healthy Body"**

Thursday 30th August Bucks County Show, Weedon

Dates for Summer BBQ and meetings from September to be agreed



Brian

Roger