

Mid Sussex Prostate Cancer Support Group

Newsletter

June 2020



It is now a little over 6 months since our last support group meeting and, as you all know, our March meeting had to be cancelled because of Covid-19 restrictions.

During this period our Chairman has been meeting fortnightly by Zoom with officers from support groups in other areas in order to exchange ideas on how best to keep in touch with our members at this difficult time. In this respect we are really excited to be holding our own Zoom meeting at 4pm on July 23 when our speaker will be Dr Steve Allen, a retired Consultant Anaesthetist who was diagnosed with prostate cancer some 12 years ago. His talk will cover what has changed in the management and treatment of prostate cancer since this time, what is new, and what will be happening in the future. An email will be sent to you all with full details and instructions on how to join the meeting on the day. Those members for whom we have no email address will receive details by post.

We really do hope you will be able to join us.

Changes

Over the past 3 months, some pretty major changes have taken place for our group. Firstly, we have changed our name to Mid Sussex Prostate Cancer Support Group, which we hope will bring in new members from further afield.

Secondly, our Website has been revamped by our wonderful new IT volunteer, Andrew, who is also working on our new leaflet which will be reprinted soon.

We also now have a Facebook page. Please do check it all out

Changes in Committee

Terry Oliver who was a very active member of the committee since the group's inception in July 2012, very sadly, passed away in January. We will all miss him very much. His expertise on the committee, and his enthusiasm to be at the forefront in acquiring latest information on treatment for prostate cancer, was daunting.

Terry firmly believed that regular exercise helped him cope with his prostate cancer which he had battled for at more than 23 years.

On the subject of Exercise, I am attaching a Youtube link. Please check it out as you may find interesting -

<https://www.youtube.com/watch?v=ZaXZhynC3xs&feature=youtu.be>

Following our request for volunteers to help out on the committee, we were very fortunate to have Brian Holden step forward. Brian has been a member of our group for about 3 years. He is very enthusiastic about the work we are involved with, and the committee are all very pleased to have him work with us. Brian's "Lucky Journey" has been put onto our website and is a good read. He also gave us a small article for our Newsletter, shown below, which he feels could be useful for you.

What to do during wet Covid-19 days (Brian Holden)

As a newcomer to the group, and having joined the committee, I was interested to learn about our membership base and their experiences.

Thanks to the foresight of the original members, in particular Jenny Stanger and Jenny Lea, there is an excellent record in the folder on our new website located under the header Meeting, then Group meeting notes. Here you will find a record of all group meetings since its founding. Unsurprisingly, there are many similarities with our current members' situations - what treatment pathway we should take; side effects of our selected path and how to cope with them. Whether you are recently diagnosed or a long term survivor, it is well worth reading.

Follow up the historical notes with visits to the four cancer charities at the bottom of our Home page - all have up-to-date information on treatment paths and current advice on side effects.

We do hope you'll be able to join us on the Zoom meeting on 23 July. I'm sure it will be a bit of a learning curve for most of us, but well worth trying. If in the meantime anyone needs any advice or help, please don't forget you can always contact us on the numbers or emails given below.

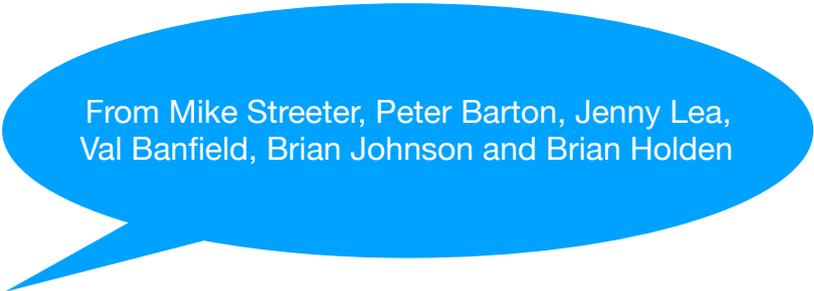
CONTACTS

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General enquiries and & dates of forthcoming meetings info@midsussexprostate.uk



From Mike Streeter, Peter Barton, Jenny Lea,
Val Banfield, Brian Johnson and Brian Holden

Meanwhile, until we next meet again, we send our very best wishes to you all.