

Mid Sussex Prostate Cancer Support Group

# Newsletter

## August 2021



Good morning everyone

I hope you are well and staying fit and active.

Your committee has been busy planning our face to face meeting for **Thursday 14th October**, although our venue is yet to be finalised. It is doubtful that we will be able to have the meeting room at the Dolphin Surgery this time, but we are doing our best to get a room in Haywards Heath with parking on site or nearby.

Our meeting will include an informal presentation by our local Clinical Nurse Specialist, who will talk about post radical treatment if the cancer returns, such as Zoladex, Darolutamide, Enzalutamide, to name but a few. Side effects are also a major talking point with most of us, so that will also be on the agenda, as well as refreshments and a general chat amongst ourselves. It is however likely that our number of members will be limited, **so please register your interest with Jenny now**, and this will help us in deciding the venue.

In the meantime Tackle, in conjunction with Prostate Cancer Research, have introduced a series of video webinars as shown on the attached link: <https://www.prostate-cancer-research.org.uk/living-well/> which may interest some of you.

You may have read our article promoting the support group and prostate cancer testing which has been included in local leaflets and magazines. We are really pleased with the publicity that we are generating, and are hopefully encouraging more men to get tested. In the long term, we may well get more members as a result.

I'm really glad that one of our members was keen to share his experience with a new member as, when the new member first contacted me, he was concerned about Enzalutamide, side effects, etc, etc. It is a great example of our support group working to help each other. With this in mind, could you please email me to indicate that you could be interested in talking to other men about your own experiences in the future?

Rob is currently planning a local walk for members and guests, and full details will be sent to all you very soon.

We hope you're enjoying the summer, even though the weather of late has not been very kind to us. Let's hope it will improve for the second half of August.

Take care and we will hope to see you soon.

***Brian Holden (Chair), Val Banfield, Rob Stanley and Jenny Lea***

