

Mid Sussex Prostate Cancer
Support Group



Newsletter

December 2021

Good morning everyone, I hope you are all fit and well during, once again, this time of uncertainty.

You will have all seen that we are holding a Christmas Party on 9th December, and just over 20 members and partners will be attending. This is a chance for getting together and meeting with acquaintances old and new. Refreshments will be provided, Mike will be playing his ukulele, and we are holding a simple pub-style quiz. Those of you who have Christmas jumpers, please do wear them or even a party hat (if you dare!). We are asking all attendees to have been at least double vaccinated and to have a lateral flow test on the morning before coming. It's not too late to come along - just let Jenny know, please.

“Movember”

The Great Shave-Off took place live on 30th November - thank you to Dave Cliff, John Kitchington and John “Smudge” Shoemith for participating with Brian Holden. Our group raised just over £100, and Dave even more, for PCUK. Well done to all concerned, and thank you for your sponsorship.

PSA Testing

For the second time this year PCaSO held a PSA testing day at East Grinstead, which had been over-subscribed six weeks before the event. Rob, Dave and Brian attended to help, and this is Rob's report:

Brian Holden was invited to help out on a joint testing day between the Lions of East Grinstead and PCaSO support Group, and he asked me if I would like to come along to help out. Having never been on a mass PSA testing day, I was very keen to go along and give all the help I could.

We arrived at 09:00 for a 10:00 start, but there was a lot of setting-up to be done to make the hall ready for the testing. There were seats to arrange, banners to erect, tables for the phlebotomists and the checkers-in, etc. Also helping on behalf of PCaSO and our group was Dave Cliff.

We were ready by 09:45 and Brian's and my job was to be on the door ensuring attendees had masks and sanitised their hands. We then checked their names, their time of appointment and handed them information leaflets before directing them to the next stage, which was to register for their test. This stage of the process was handled by Dave Cliff, whose job was to match the person with their previously-given details and forward them to the phlebotomists.

All the attendees were pre-booked in 15-minute slots, and we were allowing for up to 25 men per 15 minutes. The morning passed really quickly with a steady flow of men passing through the hall with only three men failing to show up.

There was a one-hour break in the middle, followed by the afternoon session, which was just as busy as the morning one. I think only two men failed to show up in the afternoon and one man was too late and missed his appointment, as we had already packed up and the phlebotomists had gone home.

Statistics for the day –

516 men tested on the day.

480 green, 16 amber, 20 red.

2 men in their 40s were red, with one aged 43 with a PSA of 11.6

A thoroughly enjoyable and worthwhile day, which has obviously had some great benefit to those men.

Once again these figures demonstrate the need for regular PSA testing particularly for your close blood relatives. Prostate Cancer found early is more Treatable and Beatable!

Recent Walks

We have held a couple of walks recently, and the most recent on 2nd December was glorious.



11 members and wives walked about 3 miles, finishing with an outdoor pub lunch.



Whilst walking Brian was chatting to David about coffee consumption. Brian has always drunk about five cups of coffee per day, as he doesn't drink normal tea. Coincidentally, the following link was in his email inbox when he got home, and he thinks you may find it interesting reading. It seems that coffee consumption may help with cancers - but that would be up to you all to judge for yourselves; it's just food for thought!

<https://joinzoe.com/learn/health-benefits-of-coffee>

Our next walk is on Thursday 19th December, 1100, at Mount Caburn, just outside of Lewes, Nr Glynde. This will be a gentle stroll up a slope and once on the top will have spectacular views over the valley. Please contact Rob at rob@littlehobland.co.uk to book your place.

Finally, we send our very best wishes for a happy festive season and the hope that you stay fit and well.

*Merry
Christmas*

From Brian, Rob, Val and Jenny