

Mid Sussex Prostate Cancer
Support Group

Newsletter

January 2022



Good morning,

We hope that you had a great festive season and are fit and well.

Once again, we start this New Year with Covid restrictions and the attendant problems and difficulties as to how we, individually, feel about going out and/or meeting up inside with friends and acquaintances. Following our committee meeting last week we have, reluctantly, decided that for the next few months our group will carry on with Zoom meetings. However, we will continue to meet up outside for walks and other gatherings for those that want to attend.

Looking back on 2021, we had 11 walks and, including wives/partners, we had 24 different walkers. We are carrying on with this really enjoyable activity, and several walks are planned already. We are always keen for members' participation and suggestions for new walks, so please get in touch and share your favourite walks.

The chat room has also seen a similar number of members, wives and partners attend, and we all agree it is great to be able to sit in the comfort of our homes on a Friday afternoon for catch up on treatment progress, side effects and a few jokes. If you haven't joined us at all, or for a while, do come along and say hello!

Below is a link to Prostate Cancer Research, who are gathering signatures to set up the first-of-its-kind prostate cancer registry in the UK. This registry would revolutionise prostate cancer diagnosis, treatment and care by putting real people at the centre of it all. Joining would not only benefit others, you would also be able to access more relevant information about your treatment and care, be kept informed about the most relevant clinical trials you are eligible for, and provide critical evidence to speed up and shape vital research. We are in the planning stage for this registry, but we need your support to make it a reality! Stephen Fry, the well-known broadcaster, was the first to join the register.

https://www.prostate-cancer-research.org.uk/pledge/?mc_cid=67e0cac2f9&mc_eid=ecf01bdecf

The staff and volunteers at the Macmillan Horizon Centre in Brighton continue to open their doors and welcome us in their excellent cafe, also for quiet times or for complementary therapies. I know some of you are already taking advantage of what is on offer, and I personally can thoroughly recommend the Centre, even though my own treatment has finished. It really is a great resource for anybody with any form of cancer. Here is the latest link for your perusal:

<https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/5070-10061/horizon-centre-schedule-january-2022>

Some of you, like me, were diagnosed, despite having no symptoms, after having a PSA test at local venues in Sussex run by PCaSO. Towards the end of last year, PCaSO were once again able to run a couple of mass prostate cancer testing days, and I know that a substantial number of men were found to have high PSA levels as a result of their blood tests. I am hoping that during their subsequent investigations and diagnoses, these men will be made aware of our group, and will be able to gain the support of our existing members and our knowledge base during what will inevitably be difficult times for them. There are a couple more big testing days planned in March and April, so if any of your relatives or friends would like to get themselves tested, I suggest they get in touch and book a time slot for their blood test:

<https://psatesting.org/events/>

Have a good month and enjoy the great outdoors.

Cheers

Brian, Jenny, Val and Rob
(MSPCSG Committee)