

Mid Sussex Prostate Cancer Support Group

Newsletter

July 2021



Message from Chairman

Good morning all,

Another month has passed and summer is here.

Last week we enjoyed our first face-to-face meeting since November 2019 and welcomed 24 members to join in!



.....And a good time was had by all at our Chairman's Picnic and Afternoon Tea on Thursday 1 July in the grounds of The Mac's Farm, Ditchling.

What a perfect way to spend a warm, sunny, summer afternoon - socially distanced, of course. Thanks to Val and Jenny we had a wonderful picnic including a traditional English cream tea, cakes and a glass of wine. We even had a singalong with one of our members, Mike, expertly playing his ukulele, which was fantastic. Mike also presented us all with songsheets, which meant there was no excuse for not joining in.



We were so lucky with the weather, as I think within two hours of getting home the heavens opened and we had a heavy downpour.

This was of course the perfect opportunity for many newer members to meet other members face-to-face for the first time, and to get to know us as a committee and learn how we, behind the scenes, pull things together, as explained by Chairman, Brian. As the picnic was such a success, it will be on the cards to arrange another one when possible.

In the meantime, we are waiting for restrictions to be lifted to enable us to hold a face-to-face meeting with a speaker. Fingers crossed for autumn.

Our next planned event is a stroll around East Grinstead on Monday 19 July at 1100 with our guide Dave, another new member. Please email Rob at rob@littlehobland.co.uk if you would like to join us.

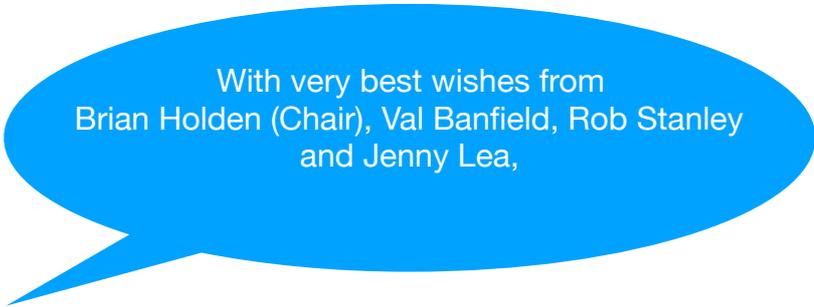
As you all know, we have been publicising our support group via posters and press releases - you should start seeing them in the free magazines that come through your door.

There is a new NHS group called Surrey and Sussex Cancer Alliance, in which Brian has become involved. This group is getting funding for prostate cancer awareness, to make the public aware of the importance of getting a PSA test. Brian features in an article which can be found on their very informative website by following this link:-

<https://www.england.nhs.uk/south-east/cancer-alliances/surrey-and-sussex-cancer-alliance/news-and-events/>

More locally, Brian had a meeting last week at Princess Royal Hospital with our Clinical Nurse Specialist, Dan. He has asked that you should all be reminded to get in touch with the CNS team by telephone 01273 067800 or email uhsussex.urologymacnurses@nhs.net should you have any concerns about treatment side-effects or other worries.

By the time we send out our August newsletter we should be back to near normal, and will update you on our ideas for another face-to-face meeting.



With very best wishes from
Brian Holden (Chair), Val Banfield, Rob Stanley
and Jenny Lea,

We hope you all enjoy the summer and stay fit and well.