

Good morning all,

You will have seen that our activities have dropped over this, our summer season!!

However, your committee has been actively planning future activities, whilst also liaising with new members. In particular Rob has held several successful walks and chat rooms, all of which have been communicated to you regularly through the weekly update emails.

Our group's tenth anniversary was recently celebrated by thirty four members, several of whom had attended the very first meeting and others who have just joined our group. This shows how important our support group is to you. The occasion was a great opportunity for members and wives, at all stages of their prostate cancer journeys, to meet, chat and exchange experiences. A copy of our press release following the event is attached below -

### **Mid Sussex Prostate Cancer Support Group Celebrate 10<sup>th</sup> Anniversary**

On Friday 17<sup>th</sup> June Mid Sussex Prostate Cancer Support Group held their 10<sup>th</sup> anniversary get-together at the village hall in Clayton. The group was started in 2012 by Jenny Stanger and a number of those original members are still in the group today. Her aim was to offer support to men newly diagnosed with prostate cancer and give them advice and guidance through their cancer journey. Jenny was unable to attend the meeting but sent her best wishes and a short speech which was read out by one of the present committee. We had a short speech by the group chair Brian Holden and another by one of the founders and still secretary and treasurer, Jenny Lea. The support group has grown to 80 members over the last 10 years and there are new men joining every month.

The primary aim of this meeting was to get as many of our members together to celebrate the success of our group, we especially wanted members from the original meeting 10 years ago and previous chairs to attend. There were quite a number of those original members amongst the 34 people who attended on the day. Wives and partners are also encouraged to take part and there were quite a few on the day.

The meeting was unlike most group meetings in that there were no speakers or presentations, simply lots of really good food and plenty of chatting and reminiscing among the members. One of our regular members Mike Knibbs entertained the group playing his ukulele and singing several songs which was thoroughly enjoyed by all.

MSPCSG is open to anyone who has prostate cancer and would like support or guidance during their cancer journey.

We can be contacted through our website – [www.midsussexprostate.uk](http://www.midsussexprostate.uk)  
or email to [info@midsussexprostate.uk](mailto:info@midsussexprostate.uk)

Rob Stanley (MSPCSG)



Group Chair Brian Holden and Secretary/Treasurer Jenny Lea cut the 10<sup>th</sup> anniversary cake

As we have previously said, as a result of the Covid-19 pandemic, more men are now being tested, found to have later stage prostate cancer and consequently have a more difficult time. This is being recognised by many support organisations and, in particular, by Penny Brohn, which I have referred to many times before. Penny Brohn specialise in the whole mind and body approach to dealing with cancer. The link to their website is on our own website home page, and also here:-

<https://www.pennybrohn.org.uk/>

We have been approached by Penny Brohn to ask if our members would like to take part in a study, and their email will be forwarded to you separately.

Upcoming activities -

The committee are planning the following events for you diary –

- Zoom chat room on Friday 24<sup>th</sup> June at 17:30
- Group walk at Knepp Castle on Wednesday 29<sup>th</sup> June at 10:00 – details have been emailed to all members separately
- Zoom chat room on Friday 8<sup>th</sup> July at 17:30
- Group walk on Wednesday 13<sup>th</sup> July – venue to be announced nearer the time by email
- Zoom chat room on Friday 22<sup>nd</sup> July at 17:30
  
- Our autumn group meeting will be held in October and we hope to have a speaker join us from the local hospital.

We hope you all have a great summer. Stay fit and healthy!

From your committee.....