

Mid Sussex Prostate Cancer Support Group

Newsletter

November 2021



Good morning members and guests,

I hope you are all well. As you may already know, this month is “Movember” – Men’s Health Awareness Month. I wonder if you would like to join me in some easy fundraising for Prostate Cancer? It’s very simple - all you have to do is grow a moustache, maybe get a few kind sponsors, then at the end of the month send a cheque for the proceeds to Mid Sussex Prostate Cancer Support Group at 50a Lewes Rd, Haywards Heath RH17 7SN. Alternatively, any money raised could be transferred into our Group Bank Account. We will then advise you all of the total raised and send as a donation to PCUK. If you already have a moustache, why not shave it off and start again!

<https://prostatecanceruk.org/about-us/movember>

For those of you who are not on our WhatsApp group, here is a link from PCUK with a short video discussing Prostate Cancer treatment and Osteoporosis. This is very informative and useful, particularly for those members who are on hormone treatment.

<https://www.youtube.com/watch?v=pGGO6xPQnL0>

Just a reminder that our next walk from Ditchling Beacon is on 11th November at 10.00, so please contact me if you are coming along.

Following our very successful face to face meeting last month, we have decided to hold another seasonal one on **9th December, from 3pm to 5pm at Haywards Heath Social Club**. All members and their wives or partners are invited. We are asking all those attending to be at least double vaccinated, and to take a lateral flow test on that day. Whilst we will not insist on these requirements, this is to make our best endeavours to look after our fellow members and their partners. Numbers will of course be limited, so please book early.

A charge of £5 per head will be made, to include mince pies and first drink – soft or alcoholic. In addition, a short, fun pub quiz will be held, tables of four, with a surprise prize for the winning table. It’s a good opportunity to meet and compete

with your fellow members! Seasonal entertainment will be provided by our own Mike Knibbs with his ukulele.

Please let me know if would like to come, or not, by Thursday 11th November at the latest, before we commit to paying for the venue hire.

Have a good month

Brian (Chair), Rob, Val and Jenny