

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

Issue 125: July/August 2022

Website: www.rpcsg.org.uk

THE JULY 2022 MEETING

The July meeting was the Summer Social that was due to be held on the 1st July but was brought forward by one week to 24th June so that we could have our favourite caterers Mange Bien for the occasion.

The social was held in St Andrew's church hall and was attended by 30 people with an excellent buffet meal provided by Mange Bien. The evening included a raffle that raised a very welcome £150 from ticket sales. There was also an intriguing and challenging quiz, thanks to Alex for composing and managing the quiz.

THE AUGUST 2022 MEETING

The meeting on the 5th August did not have a guest speaker and instead it was an opportunity for members to attend the meeting in person and chat to other members about anything, hence there was no Zoom provision. The evening was most enjoyable and several members expressed their appreciation of the opportunity and ease of chatting with others.

The next group meeting is planned to be on the 2nd September and will be a hybrid meeting. The guest speaker will be Dr Fawaz Musa who is a histopathologist at the RBH.

AWARENESS DAY ON SATURDAY 2ND JULY

We held an Awareness Day in Reading on the 2nd July 2022, in our favourite spot outside Marks & Spencer on Broad Street in Reading. The event was spectacularly successful with our extent of contact with members of the public being one of the best ever. We were involved in more than 120 conversations with members of the public and more than 300 of our Z cards (credit card sized multi page booklet) were handed out.

Many thanks to those members who volunteered and helped towards the success of the event.

RPCSG WALKS

The July walk took place starting from the Barley Mow Slipway car park, about two miles south of Hartley Wintney and was a circular walk partly alongside the Basingstoke canal. The August walk started at the Waterside Centre and visited Reading via Caversham. Both walks were very enjoyable in superb weather.

A walk in September is being arranged and details will be sent later.

COFFEE MORNINGS

Enjoyable coffee mornings were held in July and August, at the Cunning Man and Flower Pot respectively.

A September coffee morning is being arranged and detail will be sent to members later.

Photographs during the recent two walks:



The walk to Reading



Alongside the Basingstoke canal

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DISCLAIMER

This newsletter does not offer medical advice. Nothing contained in the newsletter is intended to constitute professional advice for medical diagnosis or treatment or to advocate or recommend the purchase of any product or use of any service or guarantee the credentials or appropriateness of any health care provider. Members are strongly advised to consult with an appropriate professional for specific advice tailored to their situation.

This newsletter may refer to named providers and their products or services, and such reference expresses no inference upon any aspect of any provider's business, services or products, and expresses no recommendation or preference for any such products

DIARY DATES

Friday 2nd Sept 2022 features a talk by RBH histopathologist Fawaz Musa.

Walk and coffee morning details will be sent to members later.

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service.