

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

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AUGUST MEETING - THE SUMMER SOCIAL

The summer social took place on the 3rd August and was very successful and enjoyable. 49 people came to this event, including two new members. Members were offered a complimentary drink on arrival, that was served in the group's new gazebo. The gazebo will be of great value during our external events including awareness days. Steve Smyth took many photographs at the social, and we intend to show these in a slideshow at the Christmas Social. Many thanks to all those involved in the organisation of this event.

THE SEPTEMBER MEETING - AN OPEN MEETING

The next meeting will be on Friday 7th September 2018 at 18:30 in St Andrews church hall. It will be an Open Meeting, at which you can raise any questions that you have. Two very experienced Uro-oncology nurses Beverley Skelton and Tessa Martin will be on hand to answer your questions. They will appreciate receiving questions before the meeting, in order to provide more constructive answers or information. Please email any questions to me and they will be answered anonymously at the meeting. There will also be time for other questions.

RPCSG WALKS

The walk on the 31st July was very enjoyable. Nine members took part in the walk, which is our biggest numbers of walking participants that we have had so far. The walk started at the Waterside Park in Reading and went to Sonning. There was a stop for refreshments at the Bull Inn, and then we returned to Waterside going via the Oracle Nature lake. The weather was perfect - sunny and not too hot.

The next walk will be on Tuesday 4th September in Aston near Henley. The walk will start at the Flower Pot Inn at 10:30 a.m. You can park either in the car park of the Inn, or on nearby lanes. The walk will be about one mile, into Deer Park, then we will return to the Flower Pot for lunch or refreshments. Then a walk to a local lock on the Thames and a return to the Flower Pot. The total distance walked will be about four miles. Everyone including wives and partners is welcome to join this walk, just arrive at the start point before 10:30 a.m.

The postcode for the Flower Pot is RG9 3DG. Take the road from Wargrave to Henley and at the T junction near to the Henley Bridge, turn right onto the A4130. After about 1 mile turn left into Aston Lane and the Flower Pot is about 1 mile further on.

If you study a map you will see a possible short cut about 1.2 miles after Wargrave, by turning right into Kenton's Lane, left into Culham Lane, left onto the A4130 and after 300 yards turn right into Aston Lane.



The complete group at a lock near to Sonning



At the edge of the Oracle Nature Lake



DATES FOR YOUR DIARY.

4th SEPTEMBER 2018

This is the date of the RPCSG walk in Aston near Henley. To participate, arrive before 10:30 at the Flower Pot Inn, in Aston.

7th SEPTEMBER 2018

September will be an Open Meeting. Please send any questions to me, and they will be answered anonymously at the meeting by Beverley and Tessa.

5th OCTOBER 2018

The guest speaker will be Fawaz Musa, who is a histopathologist at RBH.

2nd NOVEMBER 2018

The guest speaker will be Charlotte Robinson, radiologist at RBH.

7th DECEMBER 2018

The Christmas Social

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