

# **PHAROS**

*A beacon of hope in the darkness*

*Newsletter of the Reading Prostate Cancer Support Group (RPCSG)*

*Issue 86: January 2019*

*Website: [www.rpcsg.org.uk](http://www.rpcsg.org.uk)*

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## **THE JANUARY MEETING**

The January meeting was very well attended by 36 people including a record number of six new members. The opportunity to chat informally with other members and Beverley was greatly appreciated by all and a big benefit.

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## **NEXT GROUP MEETING - FEBRUARY**

The group meeting on the 1st February will feature Dr Steve Allen who will talk about 'Prostate cancer 11 years on ... What have I learnt?' Steve will include the developments that have taken place since his treatment, and will look to the future at possible developments in this field.

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## **GROUP MEETING 1st MARCH 2019**

The meeting on the 1st March will be our Annual General Meeting that will be brief and will be followed by a Question and Answer session. The answers will be provided by Oncology Nurse Beverley Skelton, and possibly Tessa Martin also. This will be a great opportunity to obtain the answers to any queries that you may have concerning prostate cancer or side effects, without a hospital consultation. If you have any questions will you please email them to me before the March meeting. I will pass these on to Beverley so that she may do any necessary research in advance of the meeting. The questions will be anonymous so that no member's name will be mentioned.

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## **PAST EVENT - RPCSG JANUARY WALK**

The January walk was very enjoyable, the weather was cold but the sky cleared and there was some sunshine. The walk started about a half mile south of Theale station and walked along the Kennet to Aldermaston Wharf where the Butt Inn had reserved table places for us. After a short walk to Aldermaston station we took a train journey back to Theale. You can see a map of the route of the walk at the foot of this newsletter.

13 people took part, being 12 members and one guest, also an enthusiastic dog. Member Mr Peter Dick took part and then wrote an account of the day. My thanks to Peter for writing this account, as below. A further member joined us at the Butt Inn, after having attended a treatment session at the Royal Berkshire Hospital.

*"12 ½ members of the Reading Prostate Cancer Support Group and friends set off to trek to the North Pole at 10:30 on a beautiful day. Having met at the car park beside the swing bridge near*

Theale railway station, we intrepid explorers left in high spirits, motivated with the knowledge that our spirits would be topped up at our destination.

I say 12 ½ members as although we started with 13 walkers, one of the Team stopped half way with a plausible excuse about having a medical appointment.

This gentle walk along side the Kennet and Avon canal or the River Kennet depending on which sign you believe, was a reminder of the vital role played by the canal/river during the Second World War. The evidence is still there: Type 28a Pill Boxes every few hundred yards (or every few hundred 914 millimetres for those who voted Remain.)

After two hours (and four miles) we arrived at the pub, where we were fortified with some lovely food and drink. We returned on the railway, from Aldermaston to Theale, a journey that took about five minutes. Then the final ½ mile walk took us back to the car park".

Many thanks to Richard for organising the walk.

Photographs during the walk:



## NEXT RPCSG WALK - 5th February 2019

The walk on the 5th February will start at the site that we have used twice before - the Wokingham Waterside Centre at the top of the A329. The walk will be to Sonning with a refreshment stop at The Mill at Sonning. Total walk will be about 5 miles.

The walk will start at 10:35. Directions are to travel towards Reading on the A329/A3290 and continue to the very end of the road, where there is a roundabout at which you turn right, and the Wokingham Waterside Centre car park is a few yards on the left. Parking here is free. If the car park is full, you can continue past the Waterside car park and can park on the road free between 10:30 a.m. and 4:30 p.m. (We will return well before 4:30 p.m.).

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### REFRESHMENT DONATIONS

When we incur expenditure we fund this from reserves which we then seek to replenish through occasional donations from organisations. However the essential costs that we incur to run our meetings – principally the cost of the hall rental – we hope will be covered by refreshment income. May we therefore urge you, when buying your tea or coffee, to keep this in mind and leave a generous donation in the box provided which will help us to meet these costs and support our Group. Thank you.

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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 or services.*

*The route of  
the January  
walk*



#### **DATES FOR YOUR DIARY.**

##### **1st FEBRUARY 2019**

The guest speaker will be member Dr Steve Allen talking about improvement in treatments and possible future developments.

##### **5th FEBRUARY 2019**

The RPCSG walk from Reading to Sonning.

##### **1st MARCH 2019**

The AGM followed by 'Questions and Answers' hosted by Beverley.