

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

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THE SEPTEMBER MEETING

The Chairman Ted Goodhew introduced the evening, and gave a particular welcome to four new members.

The guest speaker was Kay Hargreaves, who is an Occupational Therapist working in the Macmillan Berkshire Cancer Rehabilitation Service. She said that the Cancer Rehabilitation is an emerging speciality, and aims to minimise the consequences of treatment and improve quality of life. The service is needed because 25% of patients have poor health or disability after treatment. There are 2.5 million people living with cancer in the UK, and by 2020 it is estimated that 1 in 2 people will be diagnosed with some form of cancer at some point in their lives. However about 50% of people will survive for more than 10 years following diagnosis.

Rehabilitation should start upon diagnosis. Patients can engage with the Rehabilitation at any point in their cancer journey, and can self-refer as desired.

Rehabilitation is a 'Recovery Package' with assessments and care planning being available, and support given to a self-managed programme.

The Berkshire Rehabilitation Service is based in Bracknell at the Healthspace facility at Brant's Bridge. People working in the service include two Clinical Nurse Specialists, a dietician, Kay is the Occupational Therapist, two support workers, and administration.

There are five aspects of the service:

- Clinical psychologists, who can help with psychological issues.
- Relate - helping in relationships.
- Move More - a programme of physical exercise. which has been proved to be a big factor in recovery.

- Support volunteers
- Complementary therapies.

Kay quoted some testimonials of people who had participated in the service. All felt better in themselves, better able to manage their concerns, and benefitted from the exercise programme.

Patients are encouraged to self refer by contacting the Macmillan Rehabilitation Service at Brant's Bridge, Bracknell. You can send an email to fph-tr.berkshirecancerrehab@nhs.net or telephone 01344 662909.

Kay was thanked for her informative talk, and presented with a gift of appreciation.

{Editors note: You can read about complementary therapies in the newsletter of August 2015 that can be found under the 'Library' tab of our web site}.



A photograph of Kay during her talk

PANGBOURNE CHRISTMAS FAYRE

Christmas seems to start earlier every year. On Saturday 28th October there will be a Christmas Fayre in Pangbourne village hall, between 10:00 a.m. and 4 p.m. We will hold a prostate cancer awareness stand at this event, in shifts of two hours each, and we would like as many volunteers as possible to help on this

occasion. We will raise awareness by handing out information to members of the public, and answering any questions. Please let me know if you are willing to help at this event, and tell me if you have any preferred time slots.

At the Fayre there will be refreshments, crafts, raffle, cakes and tombolas, as well as charity stalls in addition to ours. This should be an enjoyable occasion, and if you can volunteer then after your shift you will be able to enjoy the rest of the Fayre.

DATES FOR YOUR DIARY

6th OCTOBER 2017

At this group meeting the guest speaker will be Charlotte Robinson, who is a radiographer at the RBH.

28th OCTOBER 2017

This is the day when will have an awareness stand at the Christmas Fayre in Pangbourne Village Hall. We will hold the stand from 10 a.m. to 4 p.m. This should be an enjoyable occasion, and we welcome any volunteers to help during the day.

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