

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

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THE DECEMBER MEETING

The December meeting was the Christmas Social. This was a most enjoyable event with 67 members attending. Mange Bien were again our caterers and served an excellent meal.

Many thanks to all involved, including Beverley for managing the raffle that saw an income of £230 for the group fund. Thanks also to Ted for hosting the event, and to Graham for managing the quiz and games.

We were treated to two welcome surprises. Thanks to an anonymous donor, there was a drink served on arrival. Also our member Mike Barnes gave us a selection of seasonal tunes played on his bagpipes. He included several songs, some Christmas carols and 'Auld Lang Syne'. Many thanks to Mike for this rendition.



PAST EVENT - RPCSG DECEMBER WALK

The walk started at Hambleden and was a very enjoyable occasion, with 16 people taking part, being 15 members and one guest. It was our highest attended walk to date. The lunch break was at The Frog in Skirmett where we had reserved a table for all 16 people. The return walk was by the same route back to Hambleden. Parking in Hambleden was very easy and the weather was very good to us.

Photographs during the walk:



Beware of the hedge!



NEXT RPCSG WALK - 8th January 2019

The January walk will start at Theale, walking alongside the River Kennet to the Butt Inn at Aldermaston Wharf for lunch/refreshments. The return will be by train from Aldermaston back to Theale, where the walk from Theale station to the car park is almost a half mile. The total walk will be about 5 miles.

The starting point is a free car park at Sheffield Bottom Lock Picnic Area in Theale at 10:30 a.m. on the 8th January 2019. Directions to this starting point are to drive south through Theale on Station Road following road signs to Sheffield Bottom and Burghfield. Continue along Station Road passing Theale railway station on your left. Just under a half mile further on, there are

traffic lights at a bridge labelled 'Weak Bridge' and then about 40 yards after the bridge and immediately after the white cottages, turn left and continue to the car park area.

Anyone who does not want to do the walk is invited to join the walkers for the refreshments at The Butt Inn, postcode RG7 4LA. We will probably arrive there around 12:00 noon to 12:30 p.m.

GROUP MEETING 4th JANUARY 2019

Attendance is usually somewhat lower at our January meetings due to people's commitments at festive events. We will hold a meeting on the 4th January 2019 but there will not be a guest speaker. Instead it will be an opportunity to chat with other members and there is always the possibility of new members at the meeting.

Best wishes for Christmas and New Year.

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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.

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DATES FOR YOUR DIARY.

4th JANUARY 2019

This will be an informal meeting without a guest speaker. It will be a chance to chat socially with other members.

8th JANUARY 2019

The RPCSG walk from Theale to Aldermaston Wharf.