

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

Issue 93: August 2019

Website: www.rpcsg.org.uk

THE AUGUST MEETING

The Chairman Chris Addison welcomed all to the meeting and in particular two new members.

The guest speaker at the August meeting was Vickie Randall of the Wokingham Cancer Support Network. Vickie described this as a community focused scheme to support people living in and around Wokingham that are affected by any form of cancer. It fills a need that whilst people feel well supported whilst undergoing treatment, they feel isolated at different times.

The cancer profile of Wokingham is that total cancer prevalence is higher than similar areas and the England average, and increasing. There is a higher incidence of breast, prostate and colorectal cancer than the average for England but significantly lower incidence of lung cancer.

The main features of the support scheme are:

- Meet-ups, these are monthly sessions enabling members to talk to others, and sometimes talks given by professionals.
- Peer-to-peer support, using trained volunteers.
- Online support, including Facebook that enables talk between members and posing of any questions
- Signposting, including information on local activities and events and other information.

The scheme uses volunteers as well as professionally trained people, offering regular visits, listening, carrying out light tasks and taking patients on outings.

The support network can be accessed in several ways, by referral from a GP, health professional or family member, and even by self referral. Detail of the access can be found in this web page: <https://involve.community/cancer/>

These are the objectives of the organisation:

- ▶ Contribute to the health and wellbeing of individuals affected by cancer.
- ▶ Raising the profile of cancer support locally.
- ▶ Promotion of national campaigns e.g. Cervical Screening Promotion.
- ▶ Support for the person and their wider network.
- ▶ Connecting services and support groups.
- ▶ Providing opportunities for people to meet-up.

The outcomes that they aim to achieve are;

- ▶ The aim of the project is to support local people in a range of ways giving them opportunities to talk to others, receive a helping hand when needed, meet others that know how they feel and simply have a listening ear when they may feel isolated or alone.
- ▶ The ambition is to expand the service into other areas keeping the 'local' feel to the way in which we offer support.



Vickie during her presentation

If anyone would like to contact the organisation they can do so by these means:
Telephone 01344 304404
Email to: reception@involve.community
Facebook: @CancerSupportWBC
Twitter: @NetworkCancer
Instagram: @cancer_support_wbc

Vickie was thanked for her presentation and presented with a gift of appreciation.

NEXT GROUP MEETING 6th SEPTEMBER 2019

The September meeting of the RPCSG will be on Friday 6th September at 6:30 p.m. in St Andrews church hall. The guest speaker will be Michelle Hunt of the Wokingham Continence Service.

RPCSG WALKS

The September walk will be on Tuesday 10th September and will be a repeat of a previous walk that was very popular, from Pangbourne to Goring where there will be a refreshment stop, and a short railway journey back to Pangbourne.

You can park in either of two car parks in Pangbourne. Driving through Pangbourne turn off the A329 into Whitchurch Road (B 471) and the first car park is about 200 yards on the left. There is a second car park a little further along, on the right. Both car parks are before the Whitchurch toll bridge and cost £2.50 for 8 hours. The walk will start at 10:30 a.m. at the first car park and will be about 4.7 miles.

PREVIOUS WALK.

The August walk was attended by 13 people starting at the Flower Pot inn, passing by Remenham church and then venturing into the deer park. It was a very enjoyable occasion.

Photographs taken during the walk:





Just for interest, here are photographs of our gazebo, taken at the recent awareness event at the Newbury Classic Car show:



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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.

DATES FOR YOUR DIARY.

6th SEPTEMBER 2019

Group meeting with guest speaker Michelle Hunt of the Wokingham Continenence Service.

10th SEPTEMBER 2019

A group walk from Pangbourne to Goring.

4th OCTOBER 2019

The group meeting will be 'Open' with questions answered by Beverley and Tessa.