

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

Issue 97: December 2019

Website: www.rpcsg.org.uk

THE DECEMBER MEETING

The December group meeting was the Christmas Social event that was very well attended by 62 people. The evening was very enjoyable and entertaining. Alex hosted a challenging quiz that was won by a table that scored a tremendous 19 correct answers out of 20. Beverley and Graham Cook hosted the raffle and thanks to those people who bought tickets, the raffle raised £220 that was most appreciated.

Graham thanked the caterers and all members who had contributed to the success of the evening and he was thanked in return.

GROUP MEETING 3rd JANUARY 2020

The RPCSG will hold a group meeting as usual on the 3rd January 2020. There will be no guest speaker but the evening will be an opportunity to relax and chat to other members. The meeting will be in St Andrews Church Hall from 6:30 p.m. and refreshments will be available as usual.

RPCSG WALKS

The January walk will be on Tuesday 7th January 2020 starting at Aldermaston Wharf.

The January walk will start at 10:30 from a free car park in Aldermaston Wharf, near to Aldermaston railway station. We will walk for 2 miles along the river Kennet to Woolhampton, where there will be a stop for refreshments at a canal side pub. There will then be a choice depending upon the preferences of the participants. We could walk back to Aldermaston Wharf for refreshments/lunch at a nearby pub, or we could continue to Thatcham for refreshments/lunch followed by a return to Aldermaston by train from Thatcham station. Whatever the choice the walk will be about four or five miles.

To arrive at the starting point, approach Aldermaston on the A4 Bath Road, then take the A340 Basingstoke Road for about 500 metres then turn right into Station Road. Then take the first left turn into Mallard Way and immediately on the right is a free car park. If you use a sat nav put in RG7 4UX, this will take you into Mallard Way but make sure to take the immediate right turn into the car park after turning off Station Road.

All members are invited to this walk. Just arrive at the Mallard Way car park before 10:30.

If you have any queries about the walk please email me or call Richard Brown on 07973 662925.

PREVIOUS WALK.

10 people ventured on the December walk in Burnham Beeches. It was a very pleasant walk of about four miles and a good choice of refreshments was had in the Burnham Beeches cafe.

Photographs taken during the walk:



The cafe at Burnham Beeches



Best wishes to all for Christmas and a healthy 2020.

Steve Parkinson
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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.

3rd JANUARY 2020

An informal group meeting (no guest speaker) and a great opportunity to chat with other members.

7th JANUARY 2020

The group walk from Aldermaston Wharf.