

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

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Website: www.rpcsg.org.uk

THE JANUARY MEETING

The January meeting was an informal meeting at which members were able to chat among themselves. January meetings do not usually have a guest speaker as it can be difficult to obtain a speaker at this time of year. The evening was well attended by 28 people including two new members.

GROUP MEETING 7th FEBRUARY 2020

The next RPCSG meeting on the 7th February will have a guest speaker Michelle Roberts. Michelle is a regional manager in the movement called 'Look Good, Feel Better' which is an international cancer support charity that helps to boost the physical and emotional wellbeing of people undergoing cancer treatment. Workshops and Masterclasses are available in numerous hospitals, cancer support centres and community groups across the UK. Some of our members have attended these sessions already and found them to be very helpful and informative.

RPCSG WALKS

The February walk will be on Tuesday 4th February and will be a walk of about four miles starting at the Waterside Centre and visiting Sonning where there will be a stop at The Mill for refreshments. The walk will include walking around the Oracle Nature Lakes.

The walk will start at **11:00** from the Waterside Centre car park. The starting time is a little later than usual as it fits in better with our arrival in Sonning.

Drive towards Reading on the A329M/A3290 and continue to the very end of the road which ends at a roundabout. Turn right at the roundabout onto Thames Valley Park Drive and the entrance to the free car park is about 20 yards on the left. If the car park is full you can continue past the car park entrance and park on the roadside free between 10:30 a.m. and 4:30 p.m. We will return well before 4:30 p.m.

The address of the car park is:
Wokingham Waterside Centre
Thames Valley Park Drive
Earley, RG6 1PQ

A sat nav using RG6 1PQ will take you beyond the car park turn so use the directions above as you approach Thames Valley Park Drive

All members are invited to this walk. No need to contact anyone, just arrive at the starting point before 11:00. Anyone not wanting to do the walk is very welcome to join the walkers in the Mill at Sonning for refreshments or lunch. We expect to arrive around 12:15 and hope to see you there.

PREVIOUS WALK.

12 people ventured on the January walk to Woolhampton. It was a very pleasant walk of about four miles and a welcome lunch stop was made at the Rowbarge Inn.

Photographs taken during the walk:



INTERESTED IN THE COMMITTEE? - WE NEED YOU!

The RPCSG committee consists of 12 people and we welcome anyone who is interested to join the committee - we appreciate new members and their ideas. The committee meets about every six weeks or so and you are invited to come along to any committee meeting. You will be welcome as a guest to give us a try and see if the committee appeals to you. Your attendance will be without any obligation for the future. Please email me for details if you would like to attend a meeting.

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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.

4th FEBRUARY 2020

The group walk from Waterside Centre to Sonning.

7th FEBRUARY 2020

The group meeting with guest speaker Michelle Roberts.

6th MARCH 2020

This will be a brief AGM followed by a talk by member Andrew Gabriel on 'Surviving Hormone Therapy'.