

# 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](http://www.rpcsg.org.uk)*

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## THE FEBRUARY MEETING

Chairman Chris Addison introduced the evening with a welcome to all members and in particular to three new members.

Chris then introduced the guest speaker Michelle Roberts who is a regional manager in the movement called 'Look Good, Feel Better' (LGFB).

Michelle said that LGFB is the only international cancer support charity that provides confidence-boosting services for people undergoing treatment for any type of cancer. The charity started in 1994 and currently operates in 27 countries. It has provided support for over 170,000 women and teenagers through free of charge skincare and make-up Workshops. Over 350,000 products are donated annually by their beauty, cosmetic and fragrance industry partners.

A main remit of LGFB is to hold workshops that provide opportunities to meet other people in the same situation as themselves, where questions can be asked and learning and share information obtained in a safe non-medical welcoming environment.

The men's programme launched in 2018. Michelle said that men are sometimes reluctant to speak about issues but in the environment provided by the workshops it has been found that men are very willing to discuss matters. The men's programme was developed because there are about 183,000 (figure from 2015) men diagnosed with cancer each year. The most common forms of cancer of men are:

- **26% Prostate (over 47,000 cases per year)**
- **13% lung**
- **13% bowel**
- **48% other sites**

In 2016 LGFB research indicated that in some key areas there is a lack of support for men living with cancer and that there was no support focussing on the debilitating 'visible' side effects of cancer treatment.



*Michelle during her talk*

In addition to workshops there are now on-line tutorials for men and women that people can watch in the comfort and privacy of their own home.

There is a comprehensive "Manual For Men" booklet that covers skincare, shaving & grooming, sun care, oral care, styling/ body image, fitness and nutrition. It is available free of charge through cancer support centres, men's support groups and NHS locations. Also there are free two-hour sessions for men covering skincare, shaving/grooming, sun protection, scarring and challenges such as loss of eyebrows/facial hair. Everyone attending will receive a gift bag of donated products including: face cleanser, face scrub, shaving products, moisturiser face and body SPF, lip balm, Bio Oil, irritable skin cream and fragrance.

Michelle was accompanied by Sarah Harding who arranges the men's sessions. Several members arranged with her to attend a session. Anyone else wanting to attend a session can get in touch with Sarah in the Berkshire Cancer Centre of the RBH.

Michelle was thanked for her talk and presented with a gift of appreciation.

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### **NEXT GROUP MEETING 6th MARCH 2020**

The next RPCSG meeting on the **6th March** will have two parts. Firstly there will be an AGM that is expected to take about 20 minutes, and then Andrew Gabriel will give a talk on 'Surviving Hormone Therapy'. This will be an interactive session so questions and comments by the audience will be welcome. Many of our members have had hormone therapy and no doubt some are receiving it at present, so this session will be of much interest and help to many members.

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### **RPCSG WALKS**

The March walk will be on **Tuesday 3rd March 2020** starting in Aston near Henley. We have done this walk previously and as it was so popular that we will do this one again. Also given the weather at present, it is less likely to be flooding than other walks.

The walk will start at the Flower Pot Inn at 10:30 a.m. You can park either in the car park of the Inn, or on nearby lanes. The walk will go into Deer Park, then we will return to the Flower Pot for lunch or refreshments. Then a walk to a local lock on the Thames and a return to the Flower Pot. The total distance walked will be about four miles. Everyone including wives and partners is welcome to join this walk, just arrive at the start point before 10:30 a.m.

The postcode for the Flower Pot is RG9 3DG. Take the road from Wargrave to Henley and at the T junction near to the Henley Bridge, turn right onto the A4130. After about 1 mile turn left into Aston Lane and the Flower Pot is about 1 mile further on.

If you study a map you will see a possible short cut about 1.2 miles after Wargrave, by turning right into Kenton's Lane, left into Culham Lane, left onto the A4130 and after 300 yards turn right into Aston Lane.

### **PREVIOUS WALK.**

14 people ventured on the February walk from the Waterside Centre to Sonning. It was a little muddy in places and a short detour had to be made around the lakes due to flooding, but the weather was fine and the walk very enjoyable. A lunch and refreshments stop was made at the Mill At Sonning.

Photographs taken during the walk:



*Outside The Mill At Sonning*



## **COFFEE MORNING**

The first coffee morning was held at the Mill at Sonning on the 14th February and was very popular. 16 people turned up and there were previous apologies from three more people, so this was very successful. It was a good opportunity to chat and exchange information and experiences and was appreciated by all.

There will be another coffee morning in the bar area of the Mill at Sonning on Friday **13th March 2020**, from 10:30 a.m. All members are invited. Directions to the Mill at Sonning postcode RG4 6TY are to travel north on the B478 and take the first left after crossing Sonning Bridge. Plenty of free parking at The Mill.



*Some of the coffee group at The Mill*

Steve Parkinson  
Newsletter Editor.  
[NewsEditorRPCSG@yahoo.com](mailto:NewsEditorRPCSG@yahoo.com)

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*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 MARCH 2020**

The group walk from Aston to Deer Park.

**6th MARCH 2020**

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

**13th MARCH 2020**

This will be a coffee morning at The Mill At Sonning,