
Norfolk & Waveney Prostate Cancer Support Group

Registered Charity No. 1108384

Newsletter no 35 November 2011

Patron: Martin Bell OBE

'Meet & Chat' Evenings

In June and October we held the first of these evenings, in the relaxed, non-medical environment of the Big C Support & Information Centre, at the Norfolk & Norwich University Hospital. Both evenings were quite well attended and I am sure that all those who came along would agree with me that it was a very worthwhile exercise and one which we should repeat.

So, on **Monday 7 February** we will be having the third such get-together. Everyone is welcome, especially any recently diagnosed prostate cancer patients. The main purpose of these evenings is to do just that – meet and chat. We divide into groups to chat about the type of treatment we are having and exchange experiences and any information which might be helpful to our fellow member. Whether we continue with such meetings very much depends on the success, or otherwise, of the February 7 get-together. Do join us – not only may your being there help others, it might also benefit you! Partners are very welcome.

Noel Warner - Vice Chairman

As you know Noel Warner has been your vice chairman since April. He has proved to be an able and enthusiastic supporter of our activities and has both the expertise and energy necessary for the chairman's role - so I am pleased to say that he has now said he is willing to take over the chair from me next April.

The View from the Chair.....

Mass PSA testing sessions

As I reported in the last Newsletter, Noel Warner, Ted Hare and I met Director of Medical Services at the N&NUH, Krishna Sethia and consultant urologist, Robert Mills, to present them with the Analysis of results of the three mass PSA testing sessions we promoted during 2009-10.

More recently Ted, David Haines and I have met with Sheila Childerhouse, Chair of NHS

Norfolk, who was most receptive to what we had been doing to highlight prostate cancer in this area. We told her of our concerns over the number, albeit a few, of GPs who had refused to give their patients a PSA test, which is against Health Department guidelines. We also told her of some who were ignoring the strong genetic connection, where there was a family history of prostate and/or breast cancer.

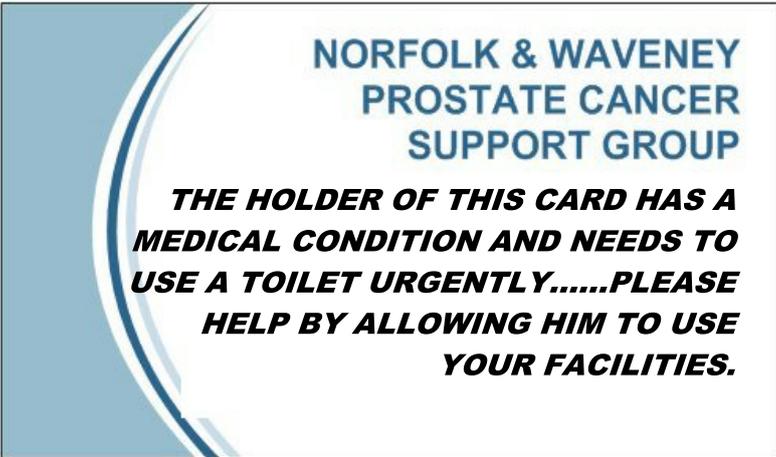
As I have previously stated, your committee is no longer pressing for a national screening programme, but we are convinced that 'targeted testing' is highly desirable and we shall continue to press for this.

Don't Miss this Speaker

We were all disappointed when the speaker for our June Open Meeting, Dr Jenny Nobes, consultant oncologist at the N&NUH, was indisposed at the last minute. You will be pleased to learn that she will now be our speaker on Monday 5 December; so make a diary note.

Happy Christmas!

Ray Cossey - Chairman



NORFOLK & WAVENEY PROSTATE CANCER SUPPORT GROUP

**THE HOLDER OF THIS CARD HAS A
MEDICAL CONDITION AND NEEDS TO
USE A TOILET URGENTLY.....PLEASE
HELP BY ALLOWING HIM TO USE
YOUR FACILITIES.**

Noel Warner and David Haines and I were recently shown by members of the East Suffolk PCSG a card which has been made available to any of their members who want one.

We were so impressed that similar cards - see copy on left - have been ordered, which we hope will be available to our members at the December 5th Open Meeting, and by post to other members.

Ray

Dates for your Diary

Open Meetings

Monday 5 December

Benjamin Gooch Theatre 7pm-9pm

Dr. Jenny Nobes- Consultant oncologist

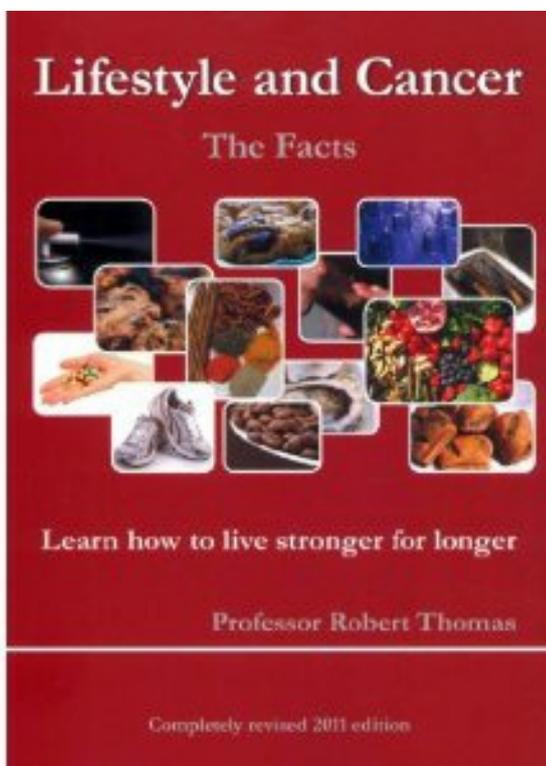
"Drug treatment for prostate cancer: it's not just hormones"

(Rescheduled from June when Dr Nobes was indisposed at the last minute - don't miss it!)

Monday 7 February

Meet and Chat -7 p.m.

Big C Centre Norfolk and Norwich University Hospital



Members who heard the talk given in September by Professor Robert Thomas, Consultant Oncologist at Addenbrookes, were greatly impressed by what he had to say about how an optimal lifestyle can improve quality of life after treatment for prostate cancer.

Your Committee has therefore decided that every member of our Group should have a copy of his latest book on the subject - pictured above.

Members who attend the open meeting on Monday December 5th will be given copies then. Other members will receive them by post.

NWPCSG Committee Members – Contact Details July 2011

Specialist Nurses -

NNUH, Department of Uro-oncology, Colney Lane,
Norwich, NR4 7UY 01603 289845

Sallie Jermy - sallie.jermy@nnuh.nhs.uk

Wendy Baxter -wendy.baxter@nnuh.nhs.uk

Helen Walker - helen.walker@nnuh.nhs.uk

Rachel Matthews - rachel.matthews@nnuh.nhs.uk

Lizzie Frampton - Macmillan Info & Support Radiographer
01603 289705. . elizabeth.frampton@nnuh.nhs.uk

James Paget Hospital, Dept of Uro-oncology, Lowestoft
Rd, Gorleston, NR13 6LA 01493 453510

Angie Fenn - angie.fenn@jpaget.nhs.uk

Wendy Keenan - wendy.keenan@jpaget.nhs.uk

President - David Haines 01603 881213.

david.haines2@btinternet.com

Chair - Ray Cossey 01603 720980 ray@thecosseys.co.uk

Vice Chair /Joint Publicity - Noel Warner 01508 488088

noel.windfall5@btinternet.com

Secretary - Brian Smith 01603 860954

smiths.online@virgin.net

Treasurer -Dave Kirkham 01953 456858 / Mob 07799 074372

dsdavekirkham@yahoo.com

Joint Membership - Stan Thompson 01603 713463

sa.thompson31@talktalk.net and John Newman 01603

744581 john.newman990@ntlworld.com

Newsletter - Bernard Farrant 01603 664515

bernardfarrant@norwich.clara.co.uk

Welfare Support / Trustee - David Wiseman

Website / Trustee - Harvey Meadows 01603 737588

nwpcsg@hotmail.co.uk

Joint Publicity - Tim Farnham 01362 687493

tim@farnhamfarms.co.uk

Trustee - Brian Williams 01379 668045

salterwilliams@btinternet.com

Trustee - Edward Hare 01603 400424 / Mob 07787 124143

edwardhare@btinternet.com

Chuck Lyons 01328 862927 / Mob 07767 780818

charleswlyons@aol.com

Do You Need Help or Advice

We have 29 members available at the end of a telephone ready to help.

There is probably one near you.
For more information please email
Harvey Meadows at
nwpcsg@hotmail.co.uk

You can read or download the newsletter on our website at www.prostatesupport.org.uk.
You get it sooner, and it saves us money. If you would like to do this email Harvey Meadows at nwpcsg@hotmail.co.uk