

## Issue 14 : September 2015

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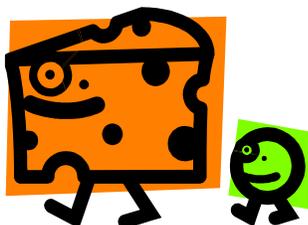
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### Welcome from Brian



*Welcome to all. I hope you have managed to take some holiday since we published our last newsletter. It seems those that took an early break fared better weather wise.*

*I do hope you are all well and enjoy reading what we have on offer in this edition.*

### Bonanza for AVPCSG

Members will recall that the Rotary Club in Berkhamsted organised a musical event in June. It was billed as A Midsummer Musical Mosaic and featured the diverse musical talents of young people from the Tring and Berkhamsted area. Our Group were honoured by being the beneficiaries of the show. It was a fabulous evening enjoyed by all in attendance.

David Barrow was able to persuade Ken Bruce to act as compere and what an outstanding job he did, bringing a professional aspect to the multitude of amateur talents on display.

On Tuesday, August 22<sup>nd</sup> we were invited to attend one of the Rotary Club's weekly dinners to receive the cheque representing the proceeds. Bruce Cameron and Brian went to the meeting, having been told to be 'pleasantly surprised' at the amount of the cheque.

That was the understatement of the year!

We were presented with a cheque for **£5,294**. No, that's not a misprint! Over five thousand pounds to our funds. See the picture opposite. We thanked the club profusely and Bruce suggested we attend again in about a year to tell the club how we have used the funds. The Group has already acknowledged Ken Bruce's valuable contribution by presenting him with a cheque for £500 made out to his preferred charity.



Now we need ideas from you all to find ways to utilise these splendid funds so we can raise prostate cancer awareness in our area. Come along to the next meeting to discuss your ideas.

Our thanks to Roger for acting as liaison with the Rotary Club and obtaining advertising for the programme and a multitude of other duties on the day.

## The Thame Show is here

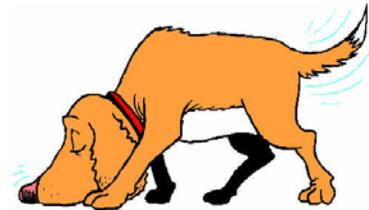


*Just a gentle reminder for our premier event of the year – The Thame Show is on 17<sup>th</sup> September. We will have a stand at the show – come along and have a chat. There is a lot to see and do at the show, with something for everyone. It is reputedly the largest single day show in the country!*

## Medical Dogs

Have you read the news lately? Were you aware the NHS has agreed a trial of the Medical Detection Dogs? These are the dogs who “sniff” cancer. We have organised a visit to the centre near Milton Keynes on Wednesday 14<sup>th</sup> October at 2pm. There are still a few places left, so if you are interested, with or without a partner, please let Roger know as soon as possible.

We are organising this trip in conjunction with the Milton Keynes Support Group.



## This is Us!

*Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. However, upon reflection, we would like to point out that it was **NOT** the senior citizens who took.....*

The **melody** out of music,  
 The **courtesy** out of driving,  
 The **commitment** out of marriage,  
 The **togetherness** out of the family,  
 The **service** out of patriotism,  
 The **nativity** scene out of cities,  
 The **refinement** out of language,

The **pride** out of appearance,  
 The **romance** out of love,  
 The **responsibility** out of parenthood,  
 The **learning** out of education,  
 The **Golden Rule** from rulers,  
 The **civility** out of behaviour,  
 The **dedication** out of employment,

The prudence out of spending,  
God out of government and school.

The ambition out of achievement or

And we certainly are **NOT** the ones who eliminated patience and tolerance from personal relationships and interactions with others!! **AND** we do understand the meaning of patriotism and remember those who have fought and died for our country. Just look at the Seniors with tears in their eyes and pride in their hearts as they stand to attention.

**YES, I'm a SENIOR CITIZEN!**

*I'm the life of the party..... Even if it lasts until 8 p.m.*

*I'm very good at opening childproof caps..... With a hammer.*

*I'm awake many hours before my body allows me to get up.*

*I'm smiling all the time because I can't hear a thing you're saying.*

*I'm sure everything I can't find is in a safe secure place, somewhere.*

*I'm wrinkled, saggy, lumpy and that's just my left leg.*

*I'm beginning to realise that ageing is not for wimps.*

**YES, I'm a SENIOR CITIZEN and I think I am having the time of my life!**

*Now if I could only remember who sent this to me, I wouldn't send it back to them, but I would send it to many more too!*

*Spread the laughter, Share the cheer, Let's be happy, While we're here.*

*(With thanks to Dennis Goffin)*

## Survey Results



We were one of 17 support groups surveyed by Prostate Cancer UK earlier this year and the results have just been published. Some 32 of our members responded to the survey. It asked questions about how members felt about their support group, how it was organised and what could be improved.

60 % of our members have been attending our meetings for more than two years, with 30% more than five. 80% said they were happy with the meetings they attend. 90% felt the leadership and facilitation of the group was either good or very good. 93% thought our communications were good.

Only two-thirds of our members thought the quality of our external speakers was good or very good (compared to a national average of 81%). Two thirds also felt they were very satisfied or quite satisfied with the support received through our group. This was also lower than the national average of 90%. Most respondents thought the group was not in need of improvement. We will be discussing the results more fully at a future meeting.



## Wellbeing Course reminder

Don't forget the wellbeing courses being organised by our colleagues at St. Francis. These have been very well received so far. They offer excellent opportunities to discuss and share a range of topics related to moving forward after prostate cancer. If anyone is interested please contact Tina Smith on 01442 869550 or [tina.smith@stfrancis.org.uk](mailto:tina.smith@stfrancis.org.uk)

**Peace Hospice Care**  
Prostate Cancer Wellbeing Course  
tina.smith@stfrancis.org.uk

**The Hospice of st francis**

### PROSTATE CANCER WELLBEING COURSE

A programme designed in supporting you to move forward with your life following prostate cancer treatment. The course will consist of six weekly session on a number of different topics, including:

- Supported self-management
- Diet and Exercise
- Body changes and intimacy
- Management of side effects
- Fatigue, stress and relaxation
- Moving forward
- Communication

**Forthcoming courses:**  
**Thursday; 17<sup>th</sup> September – 29<sup>th</sup> October 2p.m – 4 p.m, Spring Centre, Hospice of St Francis, Berkhamsted**  
 Or  
**Tuesdays; 27<sup>th</sup> October – 1<sup>st</sup> December 2p.m – 4 p.m, Starlight Centre, Peace Hospice Care, Watford**

## Upcoming events



Make a note in your diary now of the events for the rest of this year..... (Partners always welcome!)

Thursday 17<sup>th</sup> Sep  
 Wednesday 14<sup>th</sup> Oct 2pm  
 Monday 26<sup>th</sup> Oct 12noon  
 Tuesday 3<sup>rd</sup> Nov 6-9pm  
 Tuesday 24<sup>th</sup> Nov 7-10pm  
 Wednesday 16<sup>th</sup> Dec 12noon

Thame Show  
 Medical Detection Dogs, Gt. Horwood  
 Regular Group Meeting, Thame Soccer Club  
 Peter Hoskin talk, Stoke Mandeville **NEW!**  
 Autumn Quiz, The Chandos Arms **NEW!**  
 Lunch party, Brian & Hazel's **NEW!**

*Brian*

*Roger*