

Issue 23 : September 2017 *Special Edition*

*This special edition of our regular newsletter has details of some events coming up in the near term, so I thought it would be easier to put together a newsletter to keep everyone up to date rather than sending out separate notices*



**12<sup>th</sup> September - Anthony Nolan and Transplant Sport**


*This may be too far for some, but an opportunity to hear from an inspirational speaker.*

"FUEL YOUR BODY FOR REPAIR"

A Truly Inspiring Health Meeting With  
**WORLD RECORD HOLDER AND INSPIRATIONAL SPEAKER**  
**DAVE O'BRIEN**  
**WARWICK SCHOOL, MYTON ROAD, WARWICK CV34 6PP**  
 TUESDAY 12TH SEPTEMBER - Entry Free

Dave's passion is infectious & thrills audiences world wide



In 2010 Dave became one of just a handful of people in the world, and the oldest man on the planet, to complete the 4 x 250km Desert Grand Slam. The hottest, coldest, windiest and driest deserts. That's 1,000km in a period of just 38 weeks. He will share his stories of the grueling four deserts and help us understand why we need to prioritise true health over fitness.




ARRIVE AT 7.45 FOR DRINKS AT THE BAR FOR 8.15 START.

ADMISSION FREE OR DONATION TO OUR CHOSEN CHARITY (ANTHONY NOLAN & TRANSPLANT SPORT).

FREE CAR PARK ON SITE

BOOK ON EVENTBRITE "FUEL YOUR BODY FOR REPAIR" - WARWICK " FOR MORE INFORMATION CALL / TEXT SIMON PERKIN 07757812410

SPONSORED BY



## 30<sup>th</sup> September - (Closing date) Catheter Survey

Prostate Cancer UK has asked for our help in providing better information on the use of catheters for prostate cancer patients. This is a topic that comes up on the online community forum and with their Specialist Nurses helpline. They have created a short survey with 12 questions that should take about 10 minutes to complete.

All answers are anonymous and will only be seen by their staff. The questions look at whether you (or your partner) received any information on catheters from your health professional, what information would be useful to men, and what format would be best for this information. If you are interested in completing the survey, please click on the following link: <https://www.surveymonkey.com/r/catheterinfo>

They would like to receive all completed surveys by 30 September 2017.

## 1<sup>st</sup> October - Urology 30 Challenge Walk

This is a very worthwhile local event. Do you recognise some of the faces in the picture?



# The Urology 30 Challenge

Sunday 1 October 2017



The Urology Team of Bucks NHS Healthcare Trust will be walking 30 miles along the Ridgeway Path in aid of the **Cancer Fighting Fund Phase Six.**



The team will raise money towards an appeal for £130,000 to purchase a state of art 3D theatre stack system to treat patients with prostate, kidney and bladder cancers.

**To donate please visit:**


**[www.justgiving.com/fundraising/urology-30](http://www.justgiving.com/fundraising/urology-30)**

**or**

**call Scannappeal on 01494 734161.**

## 1<sup>st</sup> November - Health & Wellbeing Event

*Joe, Rose, Krystyna and Claire from the Urology Dept CNS Team are holding a Health and Wellbeing event on 1<sup>st</sup> November at Stoke Mandeville Hospital. See the details below. Our support group will have a stall at the event. Places are limited so please book early if you are interested.*

Buckinghamshire Healthcare   
NHS Trust

# SAVE THE DATE

## Prostate Cancer Health & Wellbeing Event for patients/relatives and carers

**Wednesday 1<sup>st</sup> November 2017**  
**8.45am – 1.00pm**

**In the Dining Room, Post Grad Centre**  
**Stoke Mandeville Hospital**

Topics to include:

- Physiotherapy including incontinence management and pelvic floor exercises
- Erectile Dysfunction
- Bone Health
- Diet and Healthy Eating
- Exercise
- Psychological Wellbeing/Mindfulness

**Refreshments will be provided**  
**(Funded by Macmillan)**

If you would like to attend and book a place or receive further information, please contact the cancer education, information and support team on 01296 316537/6954

**WE ARE**  
**MACMILLAN.**  
**CANCER SUPPORT**

Safe & compassionate care,

every time



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