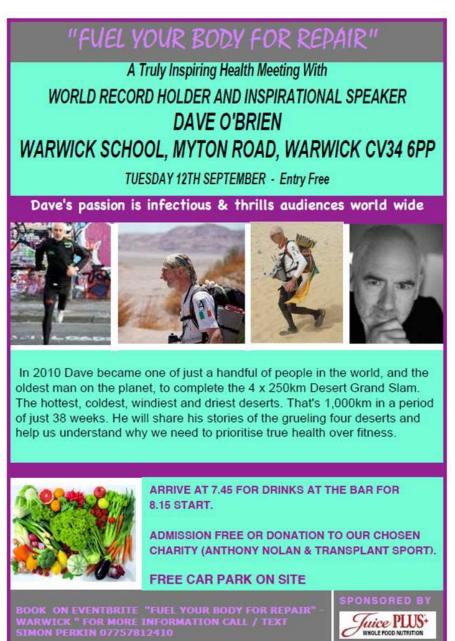


### Issue 23: September 2017 Special Edition

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

#### 12th September - Anthony Nolan and Transplant Sport

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



#### 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: <a href="https://www.surveymonkey.com/r/catheterinfo">https://www.surveymonkey.com/r/catheterinfo</a>

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

## 1st October - Urology 30 Challenge Walk

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







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 or call Scannappeal on 01494 734161.

#### 1st 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.



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

# Wednesday 1st 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 WE ARE and support team on 01296 316537/6954

MACMILLAN. CANCER SUPPORT

Safe & compassionate care, every time

Rozer

Chairman: Brian Cole, Willowbrook, Station Road, Haddenham, Aylesbury, Bucks, HP17 8AN. Tel. 01844 291876 Email: jbcoleuk@aol.com Secretary: Roger Wotton, Vine Cottage, Chesham Road, Wigginton, Tring, Herts, HP23 6HG. Tel. 01442 822340 Email: rewotton@gmail.com