

[**GPS - The Prostate Project Support Group**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprostate-project.net%2Fgps%2F&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2B4j%2F17P2GgTxGLby6E3LHU6vRQhF2x%2BKvjT0lGddEVA%3D&reserved=0)

***GPS - Guidance, Positivity, Support.***[01483 347730](tel:01483347730) January 2024

Dear members,

Let me start by wishing you a happy new year.

Our next support group meeting is on Thursday 25th January in Guildford, see below. I will also send a reminder nearer the time.

**Looking for a Future Venue**

We are looking for a more suitable venue so we can arrange a fixed monthly meeting. A private room in a pub might be a good option so people can buy drinks or even food (on which basis the room is often free). Ideally this would be on the West side of Guildford or to the West of Guildford. If anyone knows a suitable venue, please could you let me know. We also cover Frimley Park Hospital, so another venue near to there would be useful to know about too.

There are a couple of surveys below. It is very useful if you can contribute your experience by doing these where relevant.

At the end, we've listed other events which might be of interest locally or on Zoom.

If this email has been forwarded to you but you don't think you're on our mailing list and would like to be, send an email asking to be added [supportgroup@prostate-project.org.uk](mailto:supportgroup@prostate-project.org.uk). Also, let us know if you would like to be removed from the list.

If you would like some peer support outside of the meetings, please do call our number above.

Regards  
Andrew Gabriel

[**GPS**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprostate-project.net%2Fgps%2F&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2B4j%2F17P2GgTxGLby6E3LHU6vRQhF2x%2BKvjT0lGddEVA%3D&reserved=0)A building with a flag on the front

Description automatically generated**Prostate Cancer Support Group meeting - Thu 25 Jan 7pm**

We are meeting at The County Club in Guildford High Street and we would love to see you there. Partners are welcome too of course. This will be a support group meeting, but as we're still finding our feet in our new format, we'll also talk about the group and what members want from the group and how they can help.

The County Club,  
158 High Street,  
Guildford[GU1 3HJ](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.google.co.uk%2Fmaps%2Fplace%2FGU1%2B3HJ&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=i9Xom%2Fa8xcTtOgmRWypLCVLrVIiUaT7T3SRgczK%2FesY%3D&reserved=0)

It would be useful if you could let us know if you wish to attend, so we have a rough idea of numbers.

**Survey of symptoms (or lack of symptoms) before Prostate Cancer diagnosis**

Some groups are producing an awareness leaflet for men who haven't been checked for prostate cancer, and there is significant disagreement among clinicians about prostate cancer symptoms, or lack of symptoms. It would be very useful if you could answer a few questions about what symptoms you had or didn't have just before you were originally diagnosed with prostate cancer, as this will help with the wording in awareness leaflets. This survey is anonymous.

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| [**CLICK TO FILL OUT SURVEY**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLScNqaMrbIvLmBkrUsTcmgbucImuRegX-OTwbmWrw9nrkYaQ3A%2Fviewform&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=S5Z9e%2FM%2BFrNLLFogQhXvniJC4V2Zcl9PQqZWW1HyR0s%3D&reserved=0) |

A purple sign with white text

Description automatically generated**Survey for members**

Tackle (The National Federation of Prostate Cancer Support Groups) has created a survey for support group members (i.e. you!), which we ask you to do if you can. Closing date is 28th January.

Click on the link below:  
[https://www.surveymonkey.com/r/TackleProstateCancerGroupMemberSurvey](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FTackleProstateCancerGroupMemberSurvey&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7y6YiYp8Jt%2FmrGDhcjHNF7xiIhETbc0mp%2B8%2BlQLX7vg%3D&reserved=0)

**Ask an Expert - Professor Mark Emberton - now available online**

[Professor Mark Emberton](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.uclh.nhs.uk%2Four-services%2Ffind-consultant%2Fprofessor-mark-emberton&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zLjWAiaK5qoTSbOIRmRLc041yyQRV49SqKS1KvzMp9g%3D&reserved=0) was online back in November to answer questions about prostate cancer, the UK’s most common cancer in men.

The recording of this session is now available on YouTube:

[https://www.youtube.com/watch?v=CTYvk7qkLEQ](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DCTYvk7qkLEQ&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=04QO09lpyuOO9BBX%2BiZajS6RHTXbC863aRaSDltjk0Q%3D&reserved=0)

Dates for your diary:

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| Tue  23 Jan 18:10 for 18:30 | National Prostate Cancer Partner Support Group, on Zoom. (Partners only, not patients.) Supporting partners, families & those close to people diagnosed with Prostate Cancer. Partners should email Janet Daykin <[janetldaykin@gmail.com](mailto:janetldaykin@gmail.com)> and Caroline <[carolineopcsg@gmail.com](mailto:carolineopcsg@gmail.com)> if they wish to attend. |
| Thu  25 Jan 14:00 | North Hampshire Prostate Cancer Support Group (patients and partners) Brighton Hill Community Association Gershwin Court Basingstoke Hampshire [RG22 4NN](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.google.co.uk%2Fmaps%2Fplace%2FRG22%2B4NN&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731688111%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=mPa0oIUXFmgnupCeulMoyZumTK7hoGpmY3NWG11ORkw%3D&reserved=0) |
| Thu  25 Jan 19:00 | [Prostate Project](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thefops.org.uk%2F&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731844315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PV%2Bc%2FGsrIs2E7osZvOLxc7NZAB5unzOzgbrFiEt1MVs%3D&reserved=0) (GPS Guildford and Frimley Prostate Support Group, patients and partners) Please email<[supportgroup@prostate-project.net](mailto:supportgroup@prostate-project.net)> if you wish to attend. |
| Mon 29 Jan 18:00 | Living Well with Advanced Prostate Cancer Support Group (online) Please email<[aidan.adkins@tackleprostate.org](mailto:aidan.adkins@tackleprostate.org)> if you wish to attend. |
| Thu   1 Feb 19:30 | North Hampshire Prostate Cancer Support Group Pint and chat (patients and partners) The Red Lion Hotel Bar London Street, Basingstoke, Hampshire |
| Fri     2 Feb 18:15 for 18:45 | [Reading Prostate Cancer Support Group](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Frpcsg.org.uk%2F&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731844315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NL19cBbYZmpKWbpQIyE3JVfEMj2cHvoAy4BN%2B%2BqwTIY%3D&reserved=0) - Australian Consultant Andre Joshi who is currently working at RBH will talk about Prostate Cancer trends UK v Australia, the similarities and differences. (patients and partners) In-person, and on Zoom St. Andrews Church, London Road, Reading RG1 5BD If you'd like to join on Zoom, email [chairman@rpcsg.org.uk](mailto:chairman@rpcsg.org.uk) |
| Wed   6 Mar 19:45 for 20:00 | [The FOPS](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thefops.org.uk%2F&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731844315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PV%2Bc%2FGsrIs2E7osZvOLxc7NZAB5unzOzgbrFiEt1MVs%3D&reserved=0) (Chorleywood Prostate Support Group, patients and partners) Support Meeting on Zoom. Our panel of regular consultants will be answering your questions. [https://zoom.us/j/93183574338?pwd=TUY5SjI4SFM4R3kzZWRxYmc5WnYzdz09](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fzoom.us%2Fj%2F93183574338%3Fpwd%3DTUY5SjI4SFM4R3kzZWRxYmc5WnYzdz09&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731844315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WqQFDEKHysk2SGV2i5yim4neWpBhXMWHgWx50APGhYw%3D&reserved=0) Meeting ID: 931 8357 4338 Passcode: 343882 To join The FOPS, please fill in our [Join Us](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thefops.org.uk%2Fjoinus.php&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731844315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GLg6NXmue8BQxJ7ub76kTKBut%2ByKwomiiExNSaSYlhE%3D&reserved=0) form. |
| Thu  14 Mar 18:45 for 19:00 | [Prostate Brachytherapy UK Support Group](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprostate-brachytherapy.uk%2F&data=05%7C02%7Ck.hammersley%40surrey.ac.uk%7Cc0195274ac5847a5af3b08dc162d7614%7C6b902693107440aa9e21d89446a2ebb5%7C0%7C0%7C638409631731844315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=TYB4%2F8BEAB4zUZzJQLRFIPi0eJzMD1eCiaaQQTEKdTQ%3D&reserved=0) on Zoom Support group for those who have had, or who are considering Prostate Brachytherapy. If you are interested in joining this group, please email [support@prostate-brachytherapy.uk](mailto:support@prostate-brachytherapy.uk) |