

## MINUTES OF MEETING No 28, – THURSDAY 7<sup>TH</sup> MARCH 2013, 2-4PM

### **VENUE – MACKENZIE THEATRE/LIBRARY, BURNLEY GEN. HOSPITAL**

28 people were present. Apologies were received from Deborah Dobson. Our thanks to Jimmy C for his small donation and Colin O (our intrepid member from France) who donated a large box of Thornton's chocolates for the raffle.

Dave R, our Chairman, welcomed 3 new members (although 1 person had to leave to attend a dental appointment) Chris M, Tom N and Terry E and a returning member Sean T. who had returned after a few months and after his treatment of Brachytherapy. Terry E lives in Canada and has had treatment there, but is to have more treatment in England before he returns home later this month. It is hoped that he will write something to us about how Canada treats Prostate Cancer and can we learn something from this? Unfortunately, he had to leave to attend a dental appointment, but it is hoped that we can keep in touch! Stu will write to him. Dave suggested again that we might have a short session at our meetings where **men can sit and discuss their concerns in a men only group**.

He then spoke about what happened at the various conferences which members had attended since the last meeting. He informed the meeting that the conference at the DW Stadium at Wigan organised by the three NHS Cancer networks seemed keen to promote the concept of "buddies". Dave again outlined the role of "buddies". "Buddies" are individuals who have had some kind of treatment (which is on their name badge) and are willing to talk to other people on a one to one basis about their treatment. Again, the emphasis was on informing younger people on the importance of being tested for Prostate Cancer. He also gave a brief résumé of the talk By Dr. J.P. Whilie at the Christie Hospital which he attended with Stu and their wives.

Dave asked the new members if they would be willing to share their experiences of their own diagnosis and how they had found out about the Prostate Cancer Support Group. Chris M explained that he had attended the meeting after being told about it by Deborah Dobson (Specialist Nurse at Royal Blackburn Hosp.) and that he came for more information. Colin S. answered some of his concerns and also explained that we can obtain names and info about surgeons on the internet and can find out the type of work they do and the number of operations they have performed. Chris is interested in Brachytherapy and 3 people who have had the treatment were able speak to him. Sean T. said he would recommend Brachytherapy to anyone and, in his opinion, feels that his side effects are a lot less severe than his friend who has had his prostate removed; he said his Gleason score had been 8. Colin spoke about HI FU (High Intensity Focused Ultrasound) which is still a very effective treatment although Stepping Hill Hospital is no longer doing it and people interested in this treatment would need to travel to London at the present time. A discussion then took place about HI FU.

Gavin felt that in some cases too much information could confuse – however other members felt that it was "your body and your decision". Sean then mentioned that it was only by coming to the meetings that he had found out what his options were and was then able to make the decision to have Brachytherapy rather than a Prostatectomy.

Debbie spoke about the fact that consultants have great training and great knowledge, but can only give advice on their particular expertise.

A general discussion took place with a question and answer session. Glen again spoke about his disillusionment with Bradford Hospital and he felt it had helped him to be able to talk to the members about all the problems and lack of cleanliness he had experienced. He made the point that getting to know a little bit about the hospitals is a major decision and everyone should try to find out more about the hospital where they may be having their treatment. **BREAK FOR COFFEE!**

The second half of the meeting was a talk by Tony Clarkson of the Sanctuary of Healing. From being a businessman in industry and the stress he experienced with it he decided to train as a Psychotherapist and built the Sanctuary of Healing to promote complimentary therapies. The talk was very interesting and he felt that he had more that he could say on the subject but time here was of the essence because the meeting had to close at 4.00 pm. Dave said that he would like to ask Tony Clarkson to come again and speak more on his very interesting ideas...Members agreed.

He announced that the raffle had made £43. Leon informed the group that he was starting leading short walks which would start on Friday, 8<sup>th</sup> March, this one from the Black Bull at Rimington at 1.00 p.m. for a distance of approximately 3 & quarter miles. Everyone is welcome.

Dave finished with a little joke as he likes us all to go home with a smile on our faces! The meeting certainly concluded with loud laughter!!!

At the next meeting it is hoped that Burnley Member of Parliament Gordon Birtwistle will be our guest speaker (parliamentary business permitting). He has an interest in P.C. because a member of his family has had Prostate Cancer, Gordon has raised a lot of money for scanning equipment to help Burnley Gen. hospital.

**Next meeting Thursday 4<sup>th</sup> April 2013, @ Mackenzie Theatre/Library, Burnley Gen. Hospital 2-4pm**