

TAMAR AREA PROSTATE SUPPORT (TAPS)

REPORT on 14th MEETING, 26 February 2020

Attendance was 12 men and 2 partners – a total of 14.

Speaker: Rachel Mansell, Infection Prevention Nurse, Nuffield Health
Topic: Hand Hygiene

Although we asked Rachel some weeks ago to come and talk to us about Hand Hygiene both at home and in the hospital, her talk became even more pertinent and important given the onset of the global coronavirus outbreak and the danger of it striking the UK. She gave us some horrific facts about the spreadability of germs and diseases through not washing hands and then showed us what to do about it. We could even take the UV test to see how good or bad we were at hand washing! At the end she touched on Covid-19 and interestingly a Times headline on Thursday morning stated that the government were about to have a publicity campaign on hand washing. I am attaching her presentation for your information.

Future Meetings:

Location: Council Chamber, Colington Town Hall
Day of month: 4th Wednesday of the month, 6.00pm to 8.00pm
1800 – 1815 welcome and housekeeping
1815 – 1915 speaker when possible
1915 – 2000 social time

This schedule will be flexible, eg if no speaker, then focused discussions

Next meeting: Wednesday 25 March 2020
Speaker: Dr David Harris, TVH GP
Topic: Recent developments in the management of side effects resulting from PC treatment.

Future meetings:

Wed 22 April Simon Francis, Nuffield Health on
Keeping fit and healthy Part 2: some simple exercises
Bring a light weight or kettle bell if you can!

Wed 27 May Mark Stone, Pharmacist Partner TVH

Other matters:

Tesco Bags of Help

Many thanks to those of you who came to man the stand at Tesco 2 weeks ago. Since then there seems to have been an upsurge in shoppers donating their tokens to our box!

Callington Community Day: Saturday 14 March 0900 – 1200

As last year, TAPS is taking a table to show our community what we do. Although we have enough people to man the stand, please pop by and support us.

Pentillie |Castle Discovery day: Sunday 29 March 1100 – 1600

Pentillie kindly invited us to have a stand to promote the work of TAPS and to encourage men of a certain age to talk to the doctor about being tested. Again we have enough people to man the stand but do look us up if you happen to be there.

Invitation from Plymouth Prostate Group

The Plymouth Group meet on the 4th Thursday of the month at Derriford's Postgraduate Centre and any of our members are welcome to attend. However they have particularly invited us to send a couple of teams to a quiz night at their April meeting (23/4/20).

There was interest at our meeting last Wednesday and I invite you to join us – please let me know at the number below. It runs from 6.30pm to 8.00pm and I am sure we can organise a couple of cars for transport.

July TAPS meeting

When we changed the meeting schedule, we thought we would not have a July meeting (due to the holiday and grandchildren season!) but last Wednesday's meeting thought that we should have one even if only internally organised. Let me know if you would be likely to attend please so that we can judge the level of interest.

Tackle beer mats

If you have and go to a local pub, we have some beer mats explaining PC that Tackle have sent us. You could perhaps ask the landlord whether he could use a few? I have the stock.

Chris Greensted

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