

## **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:** 4<sup>th</sup> 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 4<sup>th</sup> 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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