

BAROSSA/GAWLER PSA GROUP

PSA = Prostate Support & Awareness

The Barossa/Gawler PSA Group was formed in May, 1998, following a Public Awareness meeting held in the previous February. Some financial support was given by the Barossa Council and later by the Barossa Community Health Service (for printing brochures.)

The first few meetings were held in the Board Room of the Tanunda Club, but the group soon outgrew this small room and moved to the Board Room in Pfeiffer House, where it continued to meet until February 2005, when the Vine Inn at Nuriootpa agreed to support the group by making an area available for meetings. Meetings are normally held on the third Tuesday of the month from February to October.

The Group has two main aims:

- To provide INFORMATION to help those who have been diagnosed with or are being treated for Prostate Cancer, and for their families.
- To provide SUPPORT for members and others in the community who have been affected by prostate cancer.

The most common procedures used to pursue these aims are:

- GUEST SPEAKERS (Urologists, Radiotherapists, G.P.s, Dieticians, Counsellors, Nurses) on topics including treatments, incontinence, erectile dysfunction, diets, complementary therapies, relationships, relaxation techniques and coping with stress.
- DISCUSSION NIGHTS to share information and experiences, both personal & impersonal.

The Group also has a social side manifested at meetings, in the community and at a pre-Christmas "Get Together".

Outside of meetings, members have occasionally supplied information & support on an individual and informal basis via telephone and face to face conversations.

Structure:

Chairman	:	Tony Woolley	8562 2485
Deputy Chairman	:	Vacant	(Elections are held each February)
Secretary	:	Jill Woolley	8562 2485
Treasurer	:	John Phillips	8522 4181
Newsletters	:	Alan Hall	8564 2015

Library: We have several books, audio tapes, video tapes and pamphlets which are available for loan to members.

Finance: Members contribute \$2 after each meeting. So far this has been adequate to cover postage costs (mainly for mailing out 35 newsletters each month), gifts to guest speakers and additions to the Library.

Sponsors: *Barossa Real Estate*
Netherhill Strawberry Farm
Abbott Australasia
The Vine Inn Hotel/Motel

We are affiliated with the **Prostate Cancer Foundation of Australia**

Alan Hall Revised April, 2005

Addendum:

Guest Speakers: Dr Carole Pinnock (Senior Research Scientist, Div. Of Surgery, Repat. General Hospital.)

Dr Denby Steele (Urologist)

Dr Martin Borg (Senior Consultant, Radiation Oncology, RAH)

Dr Godfrey Kunze (GP)

Dr David Adams (GP)

Other Topics addressed by Guest Speakers:

- **Continence**
- **Meditation**
- **Positive Visualization Imagery**
- **Nutrition**
- **Palliative Care**
- **Relaxation Techniques, Coping with Stress**
- **Selenium**

Miscellaneous:

- **Wills, Enduring Power of Attorney, etc.**
- **Magic Show**
- **Gardening**
- **Politics**
- **Inter-Group Visits**