

We are here
F O R Y O U
and Your Family



PROSTATE CANCER SUPPORT

Onkaparinga Group South Australia

*An affiliate Member of the Prostate Cancer Foundation of
Australia*

www.pcsog.org

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Patron: Artie Ferguson

A member of
The Association of Prostate Cancer Support Groups (S.A.) Inc.

OUR GOLDEN RULE: We do not give medical advice, your GP, your Urologist and Allied Health Professionals are the only people who are legally qualified to give you medical advice.
We do however give you our wholehearted support.

AUGUST 2005 NEWSLETTER

Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
On Wednesday August 3rd from 6.30pm to 9.00pm.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Woodcroft Community Health Services, Port Noarlunga-Christies Beach RSL Sub Branch, and all who support our Group.

Chair: John Shields

Present: 21

Apologies: Bill, Geoff, Graham and Nola, Barry R and Barry B.

Welcome: Ray, John, James and David.

Raffle: Thanks to Rona for donating the paintings we raffled. They raised \$29.00.

Donation:

On behalf of our Support Group I would like to thank the Committee of the Original Open Market for their kind donation of \$100.00.

This will help with our ongoing expenses and is very much appreciated.

Guest Speaker:

Senior Constable Andy Hall, Community Programs Unit-Christies Beach Police, gave an excellent Power Point Presentation on Safety.

Senior Constable Hall explained that the Community Programs Unit is part of Neighbourhood Watch SA. and can assist with Neighbourhood, Rural, School and Business Watch information. Tel. 8392 9046, or contact the Home Assist Co-ordinator on 8226 2919. www.sapolice.sa.gov.au

PERSONAL SAFETY

Topics covered included, SHOPPING SAFE, CAR SAFE, ATM / BANKING SAFE, PHONE SAFE, HOME SAFE, STREET SAFE, MOBILE PHONE SAFE AND PUBLIC TRANSPORT SAFE.

It was good to be reminded again about Personal Safety and Vehicle Security.

I had forgotten some of the important things that Senior Constable Hall talked with us about, and I appreciated the opportunity to watch and listen to the very clear and easy to understand presentation.

Our thanks to Senior Constable Hall for these friendly reminders.

I have enclosed the two brochures that tell us all that we need to KNOW and DO about SAFETY.



Mitcham Meeting:

Peter, Phyllis and myself attended a meeting of the new Group at the Colonel Light Gardens RSL Clubrooms, to give them our support.

Ian Fisk was the Guest Speaker and he gave us a very interesting Power Point insight into the wonderful world of Brachytherapy. Ian also answered several questions from the audience.

There were 25 people in attendance and it was good to hear the positive way that they spoke about their own Prostate Cancer “journey”. We wish all of those who are working to make this Group a success, the very best for the future, and we will attend a few more meetings to show our support.

Naturopathy:

Alistair, who is studying to be a Naturopath, gave us a brief talk about natural remedies. We wish him well in his future endeavours.

Ray is also interested in natural remedies, in conjunction with his Doctor, and from the level of interest that Ray has on this subject, it is obvious that he is the right person to be our Natural Remedies Research Officer, if he would like to take up the challenge.

OUR NEXT MEETING

**WEDNESDAY SEPTEMBER 7TH 2005.
6.30PM TO 9.00PM**

Doctor Ram Seshadri has advised me that he does not want to talk about After Hormone Treatment, because he is unfamiliar with Aventis products.

Jules is contacting Doug Ranson, who is the Nutritionist at the Health Village, to see if Doug can give us another one of his informative talks about NUTRITION and Prostate CANCER.

**PROSTATE CANCER SUPPORT IS OUR NAME
PROSTATE CANCER SUPPORT IS OUR GAME. (If only it was a game)**