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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**

Our Patron

~Councillor Artie Ferguson~

We are also a member of

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

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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.

FEBRUARY 2006 NEWSLETTER

Meeting held in the boardroom at
**NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA**

On Wednesday February 1st 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 to all who support our Group.

Chair: John Shields.

A cheerful hullo, and a Happy New Year to all.

Present: 16

Apologies: Barry, Doug and Rona.

A special welcome to Carl and Erika.

Discussion: Christmas BBQ at the Willunga Lions Sale Yard.

Letter of thanks sent to the Willunga Lions Club.

Members are considering if we should have a similar BBQ during the year.

It would not matter what the weather was like as the BBQ is held in a big shed, with plenty of tables and chairs. The very clean toilets are attached to the shed. All in all, this is a great clean venue for our BBQ.

“BE A MAN” Talk to your Doctor about Prostate Cancer - Adelaide launch.

The “big day” is on Friday, 17th February 2006, in the Canopy area in Rundle Mall, at 12.00 noon.

The Chairman of our Association, Gary Bowes has arranged free parking for Volunteers and special guests in the Torrens Parade Ground, behind Government House.

Gary has a list of all Volunteers/Guests, and names will be checked at the boom gate between 9.45 am and 10.15am to make sure that only people connected with the launch get free parking.

Volunteers will meet in the “Green Room” - Hotel Richmond Function Room, first floor Hotel Richmond, 128 Rundle Mall, at 10.00am to receive their “BE A MAN” T-Shirt plus a show bag containing information about the “BE A MAN” Talk to your Doctor about Prostate Cancer, campaign, SA Prostate Cancer Support Groups, and the Australian Pensioners Insurance Association.

Sue Davies, who is co-ordinating the launch will meet Volunteers there and give further instructions.

There will also be a booth set up to check blood pressure, but not the PSA as first thought.

Lehmo from radio station SAFA (5SSA) breakfast show will be the MC and there will be half an hour of entertainment before the launch.

After the launch Volunteers and invited guests, will return to the “Green Room” , for light refreshments.

Leaders of our Support Groups will all be in attendance, so Chairman Gary Bowes, has arranged a meeting of the Association of Prostate Cancer Support Groups immediately after refreshments.

Cancer Support Network – Onkaparinga. (Onkaparinga Cancer Support Project)

I gave a brief report on the progress of our Group and Elizabeth Moncrieff-Philp gave her report including a number of Agencies that she has developed a network with, and identified several key needs.

- (A) Clear pathways of referral to Support Groups, for Bowel, Lung and Ovarian Cancer.
- (B) Central Information Point.
- (C) Cancer awareness raising in the community on Bowel, Lung and Ovarian Cancer.
- (D) Provision of short term groups for newly diagnosed patients, and those who are coping with life after Cancer.

More information will be available at the Noarlunga Community Hospital open day on Sunday, 26th February.

Our Support Group will have an Information Table at this Community Hospital open day.

Please remember, we need some assistance with our Information Table between 11.00am and 4.00pm, even if only for a short time. PLEASE.

Information Day at Colonnades.

We are still waiting to hear from Centro Colonnades, re our application for another Information Day. Community education through quality information is an important role for our Support

Group.

The last Information Day that we had at Colonnades was a great success and we hope that Centro Colonnades will again support us in our efforts to educate our Community by making available to them, Professionally prepared information about the Prostate Gland, everything that can go wrong with it, the Treatment choices that are available to them, and to let them know that Support is here for those who may need it should they have Prostate Cancer.

An Information Table at such a popular venue as Colonnades is the best method of educating the Public.

Heart attack education.

A very interesting, interactive presentation, was given at The Port Noarlunga Christies Beach RSL Clubrooms, by Steve Holmes, an Intensive Care Paramedic with the SA Ambulance Service.

Steve gave us a questionnaire to test our knowledge about a heart attack before the session got underway.

This will be followed up by a phone call in about three months time to see if we have learned anything.

Steve asked for about ten Volunteers to act as though they had been the victim of a heart attack, and what life was like for them after they had recovered.

All Volunteers did a good job and were very realistic in the way they highlighted – with Steve`s guidance, what life can be like, especially if they take their time seeing a Doctor, or calling an Ambulance.

Some people say that they don`t want to be a bother to someone just because they have a bit of pain. **Steve emphasised very strongly. Please bother us, YOU DO NEED OUR URGENT HELP.**

Meet Andrew Giles, CEO Prostate Cancer Foundation of Australia. **At the Mitcham Support Group Meeting**

Jeff Roberts, acting Chairman of the Mitcham Support Group, has advised me that Andrew will be attending the next meeting on Thursday, 16th February.

This is the night before the “BE A MAN” launch and will be a good opportunity to meet Andrew away from the beehive of activity at, or even after, the launch in Rundle Mall.

Artie will accompany Phyllis and myself to this meeting. Thanks Jeff.

City of Onkaparinga Volunteer Cinema Day 2006.

The City of Onkaparinga has invited our Volunteers to attend the Volunteer Cinema Day to be held on Monday, 15th May 2006.

Wallis Noarlunga Cinema Centre at 38 – 42 David Witton Drive, Noarlunga Centre, has given the City of Onkaparinga exclusive use of the Cinema for this very popular day.

Session times for Volunteer Cinema Day 2006 are: 9.30am, 12.30pm, 4.00pm, 7.00pm and 9.00pm.

Volunteers can choose to attend one film at any one of these screening times.

Five different films will be screened at each session, and the 7.00pm session is designed for people who cannot attend during the day due to work or Volunteering commitments.

Tickets will be sent to me and I will forward them to you.

Please let me know if you would like to attend and see the most current movies and blockbusters.

South Australia`s first Statewide Cancer Control Plan.

The Cancer Council South Australia, outlined a very comprehensive Cancer Control Plan to an attentive audience, and then presented the plan to the Minister for Health, The Hon John Hill MP. John was a surprise visitor to our February meeting and is checking out some information relating to the cost of Brachytherapy Treatment for Carl and Dave. Thanks John. Dave just got the all clear for his.

**OUR NEXT MEETING – WEDNESDAY MARCH 1ST.
6.00PM START**

We will start our meeting at 6.00pm so that members have the opportunity to attend the Bowel Cancer Information evening, in the Cafeteria at 7.00pm.

The Guest Speaker is Mr James Sweeney Colo – Rectal Surgeon.

All of our members are invited to attend this important information evening.