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And, your Family



PROSTATE CANCER SUPPORT

**City of Onkaparinga Group
South Australia**

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

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Our Patron

~Councillor Artie Ferguson ~

We are also 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.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc, The Original Open Market, and to all who support us.

FEBRUARY 2008 NEWSLETTER (No 46)

Your own local Newsletter

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

On Wednesday February 6th 2008, from 6.30pm to 9.00pm.

Chair: John Shields.

Present: 30

Apologies: Lewis & Ruth Dohnt, & Karyn Foster.

Welcome to new members/visitors



A word – or two, from our Vice President, and President of the Association of Prostate Cancer Support Groups SA Inc, .Malcolm Ellis.

Malcolm reminded us about the meeting with Karyn Foster on Wednesday February 13th to discuss the combined Newsletter, and a meeting at The Cancer Council SA.



The meeting with Karyn about the newsletter led to some general discussion, as is always the case when a group of people get together. Ian recommended that the text be “Justified”. (Align text, both the left & right margins, adding extra space between words as necessary – This creates a clean look along the left & right margins. Just like our own newsletter.) Thanks Ian.

The header & footer also take up too much room, and more Support Group news could be included if these were reduced. The good points about the newsletter were also discussed and we are all aware that this was a first publication.

The deadline for getting our “page” to Karyn was discussed fully and we agreed that the deadline would be the last day of the month and this will mean that the Newsletter will probably be received after our following month`s meeting.

This could not be avoided as each Group meets on a different day of the month and

to have a deadline in the middle of the month would mean that the Mitcham Group which meets on the fourth Thursday each month, would not receive their copies until after their next meeting, and it is better for us to be in this position as you will have already received our own newsletter in plenty of time.

I have asked for a copy to be sent to each of our members to help keep us abreast with what is happening in other Support Groups, and to help new members/visitors know, that we are part of a cohesive group of people whose focus is on Support.

The other Support Groups do not now produce their own newsletters like we do.



What do you think of the combined newsletter?

Your feedback will be appreciated, and could be valuable to us in our efforts to make the newsletter interesting, eye catching, and a publication that everyone looks forward to receiving, and would be a valuable resource in the Doctors waiting room, Hospital information areas, Primary Health reception areas, Libraries and other local Group meeting facilities of the many Community Organisations in the City of Onkaparinga Please phone me with your ideas. John: 8382 6671.

(Copies of the Newsletter were handed out at our meeting, and if you did not get one or receive a copy in the mail, please let me know, and I will post one to you.)



Morning tea at Artie`s to meet with Amanda Rishworth. MP.

Artie invited representatives from the various Groups in the Mid South Coast Ward, Groups that he works very hard for – to meet Amanda Rishworth, the new Federal Member for the seat of Kingston.

This was also a good opportunity for us to meet other members of our community who are giving of themselves to help make the City of Onkaparinga a much better place to work, live and play – to borrow the words of that popular jingle.

(We even met “Father Christmas”, so every age group was well represented.)

Ann & Dolph Young representing the Cancer Support Network Onkaparinga were also present, so together with Phyllis & myself, Malcolm & Beverley Ellis & Artie & Juli Ferguson, Cancer Support was well represented.

Our thanks to Artie for enabling us to have an informal get together like this, in a very relaxed atmosphere, and hear a brief account of what each Group is doing.

Thank you also to the ladies for providing an enjoyable morning tea.

Amanda spent plenty of time with each Group and has promised to attend one of our meetings.



Cancer Support Network –Onkaparinga:

Presentations by representatives of Southern Primary Health.

Ann Young

Ann who is the Chairperson of the Cancer Support Network – Onkaparinga gave an update on all the programs and all the Projects they established and support.

Ann referred to the handouts and in particular the insert in their pamphlet which gives the details of all the current Groups and courses available in our region. Ann mentioned the new Leukaemia Foundation monthly meetings being held in the Health Village and the additional Meditation Groups which have commenced at Aldinga, Noarlunga and Clovelly park which are in addition to the Group which already meets at Seaford. She also mentioned how the Newsletter has been a wonderful way to share information.

Ann introduced Jules Van Kekem, who is the Social Worker from Woodcroft, who along with Don Piro has planned a six week course for a Men`s Support Group. This will commence on 5th March 2008 from 10.00am to 12.00 noon at Christie Downs Community House, Cnr Flaxmill & Morton Roads Christie Downs. This is for Men who have been diagnosed with Cancer or have family or friends who have a Cancer diagnosis To enquire and register phone Jules on 8325 8100.

Ann then introduced Dolph, the Project Officer and he spoke about the success of the Project which has been made possible through great volunteers, support from other local Support Groups, and supportive staff at the Health Village. Dolph mentioned that his position will finish in February 2009 and for this year they wish to consolidate all the activities they established over the past year and in addition will work on the following this year.

1. The launch of the Fleurieu Cancer Network
2. Establish a task group to start the process to establish a Resource-Information Centre in the Region
3. Have a dedicated exercise program for people with Cancer
4. Form a Survivors Group in the Region
5. Look at how we may support Carers
6. Seek ways to support young people diagnosed with Cancer

For further information or if you wish to receive the Newsletter please phone Ann or Dolph on 8384 9266 or email Dolph cancersupport@saugov.sa.gov.au

Round Robin.

This was a great experience, being able to listen to everyone sharing their many and varied Prostate Cancer experiences, and at the same time being a fount of information for our visitors/new members, Ken, Frank, and another Gentleman.

This is what Support is all about, and the friendship and willingness of so many to “open up” and let it all hang out, so to speak was great to witness, and be a part of.

Information day at Seaford Shopping Centre.

This will be on Wednesday, 30th April from 9.00am to 5.00pm, near Chem Mart, which is in a busy shopping area. If you can help on that day it will be appreciated.

An Information day will also be held at Woodcroft Shopping centre later in the year, possibly September, and we will have a look at Aldinga and The Hub Shopping Centre Aberfoyle Park, to see if it is worthwhile for us to have a presence there also.

 We are going to purchase a display screen, like the ones at each end of our last information table, and this will focus on PROSTATE CANCER SUPPORT.

They stand about two meters tall and up to one meter wide, and I would like your help in deciding what information to put on it. We cannot put anything like statistics that continue to change, only information about our Group that is eye catching and likely to remain unchanged for a long time.

We will place it outside the door of our meeting room on meeting nights, and Ann Young is checking with the Hospital people to see if we can leave it standing in a prominent place at the Hospital when we are not using it.

I will bring two quotes, one is much higher, but that may reflect the quality.

~WOULD YOU PLEASE WRITE DOWN YOUR SUGGESTIONS AND BRING THEM TO THE MEETING~.



Update from Karyn Foster:

- 1. Deadline for the combined Newsletter is definitely the last day of the month.**
- 2. Ambassador Program information for the front page.**

(The Powerpoint presentation that Ian Fisk did for the Probus Club at the RSL is what we know as the Ambassadors Program).

*** Do you know of any Group who would be interested in having Ian as their Guest Speaker.**

I attended that presentation and it is well worth while for most Groups that have men in attendance.

3. Progress is being made on a TV commercial focusing on recruitment for Prostate Cancer Support Groups, aimed at the community in general but a younger demographic specifically.

4. Karyn has spoken to Rex Jory about a Support Group column, and he is considering this request.

5. Karyn has also spoken to the Advertiser and Sunday Mail about free advertisements, they are periodically available as what are called "House Fillers".

Karyn is on the ball and will keep us posted. Thanks Karyn.



Some snippets from Geoff:

Vaccine: A world first therapeutic vaccine for prostate cancer could be available in five years an Australian Researcher said recently.

Brisbane`s Mater Medical Research Institute is conducting clinical trials on the white dendritic cell vaccine which helps "re-educate" a patient`s immune system.

Geoff has given me some more information that I will include in the next newsletter

Thanks Geoff.

**OUR NEXT MEETING.
WEDNESDAY, MARCH 5TH 2008.
PAM LAWTON-CARERS ASSOCIATION OF S.A
GENTLEMEN: PLEASE ENCOURAGE YOUR WIFE PARTNER TO ATTEND.**