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# 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 our Group.

## MARCH 2009 NEWSLETTER (No 58)


Your own local Newsletter

*Meeting held in the Boardroom at  
NOARLUNGA COMMUNITY HOSPITAL  
IN THE CITY OF ONKAPARINGA  
On Wednesday March 4<sup>th</sup> 2009, from 6.30pm to 9.00pm.*

**Chair: John Shields.**

**Present: 16**

**Apologies: Artie Ferguson, Malcolm Ellis, Carl & Erika Maughan, Geoff Nixon, and Ern Harvey.**

 A word from The Central Australia Chapter Council Chairman Malcolm Ellis: The Chapter Council meeting at Nuriootpa on Thursday 19<sup>th</sup> March was well attended with ten Council members, PCFA Services Manager Paul Redmond, and four members from the Barossa Gawler PC Support Group, including the chairman Alan Hall, as observers. The Chapter Secretary Bryan Hearn, is preparing the minutes of the meeting and these will be available at our next Support Group meeting on April 1<sup>st</sup>.

### Our Guest Speaker:

**Loretta Mc Farlane, Peer Educator, from the Council on the Ageing, (COTA.)**

COTA provided a large quantity of books – Taking Care of Yourself and your Family, Booklets about Retrenchment and Financial loss, and Information sheets about Depression in older people. (We have a good supply for future meetings and for Information days. Many thanks to COTA.)

First of all, Loretta explained to us what a Peer Educator is, and does, then went on to say that many people die because of depression, they do not know how to relate in a happy way with other people, and that others, even close to them, may not even know that they have depression, because they are good at masking it. **Others** do not know that they have depression, or may have it at different points in their life.

Loretta said that depression is treatable, and is no different to having any other illness, it just affects a different organ in the body.

Loretta told us about Jeff Kennett and how he started Beyond Blue after his own son committed suicide – they found out too late that he had depression, but did not leave it at that, they did something about it to help others.

Beyond Blue focuses on teenagers.

Loretta then spoke with us about Beyond Maturity Blues, and gave us a lot to think about.

We were able to relate to many of the situations that Loretta discussed, however there were some aspects that I would possibly have overlooked, such as, sometimes depression is not recognised, and is thought to be Alzheimers Disease.

Loretta pointed out the serious side, gave us some good tips, and interspersed some humour throughout her presentation, then stayed on and chatted with various members during supper. Thanks Loretta.

A photo of Loretta doing her presentation is on page 10 of the Feb/March edition of Prostate Supporter.



**Our visit to Murray Bridge on Thursday, 5<sup>th</sup> March 2009.**

Bryan Hearn, Malcolm Ellis, Jeff Roberts and yours truly attended a meeting with Ron Lehman, (Murray Bridge), Trevor Muirhead (Tailem Bend) and Malcolm Piggott (Mannum) to discuss plans for starting a Support Group at Murray Bridge and with a view to starting a Group at both Tailem Bend and Mannum. Several basic ideas were discussed in detail and the consensus was that Ron, Trevor, Malcolm and other interested people would find a suitable venue, date and time and put together a flyer with all relevant details to forward to Karyn Foster from Foster Hill to have 500 printed for distribution in those three locations. We wish them well, and will keep you posted re their progress. (John)



**PSA Adelaide Group:**

It is good to know that the Adelaide Group had a successful AGM with new Office Bearers elected. See Ian Fisk`s report on page 3 of the Feb/March 2009 edition of PROSTATE SUPPORTER



**Payneham Support Group meeting:**

Malcolm & Beverley Ellis, Phyllis & myself attended the Payneham Groups second meeting on Tuesday March 17<sup>th</sup> and there were over thirty in attendance at a very lively meeting. Paul Redman, PCFA Support Group Services Manage was also in attendance, and spoke about his role and involvement with Support Groups, and explained the PCFA`s many activities.

Newsletters received with thanks from: Melbourne & Heidelberg Support Groups, Us TOO, PCFA PROSTATE NEWS, P.C.S.G Jacaranda Lodge NSW and our own S.A PROSTATE SUPPORTER.

**OUR NEXT MEETING  
WEDNESDAY APRIL 1<sup>ST</sup> 2009 AT 6.30PM  
GENERAL DISCUSSION – ROUND ROBIN**