

We are here
F O R

Y O U

And, your Family



PROSTATE CANCER SUPPORT

City of Onkaparinga Group
South Australia

An affiliate Member of the Prostate Cancer Foundation of
Australia and a member of the PCFA Central Australia
Chapter www.pcfacentralaustraliachapter.org

Our Patron

~Councillor Artie Ferguson ~

*We are also a member of The Association of
Prostate Cancer Support Groups (SA) Inc.*

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Mission Statement: Our mission is to provide Support based on our own personal experiences, to Men who have had a diagnosis of or treatment for Prostate Cancer, plus their Wife/Partner and Family, in a safe environment that guarantees privacy for each person's personal Prostate Cancer information.

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, Willunga Lions Club, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market, Cartridges Now, and to all who support our Group.

FEBRUARY 2010 NEWSLETTER (No 68)

Your own local Newsletter

Present: 18

Apologies: Geoff Nixon, Carl & Erika Maughan, Gladys Curtis, Jules Van Kekem and Peter & Patricia Green.

A HAPPY NEW YEAR TO OUR MEMBERS AND READERS.

We had two Guest speakers tonight.

Rob Nankevell who is an Advocate with Aged Rights Advocacy Service Inc (ARAS), gave an excellent Power Point presentation covering a wide range of topics that are of interest to our age group, as we never know when we will need to receive a community based aged care service, or know of someone else who does and it is good to know that an Organisation such as ARAS is there to give exceptional service to those who need it. The ARAS Mission Statement speaks volumes about what they do, and is an excerpt from the information that Rob left for us to read.

The Aged Rights Advocacy Service (ARAS) will aim to increase the person's control over goods, services and quality of life, and to develop a sense of empowerment and of being valued as individuals and citizens of Australia, through an advocacy process.

Definition of Advocacy

Advocacy is defined as: "...the process of standing alongside an individual who is disadvantaged and speaking out on their behalf in a way that represents the best interests of that person."

The rights of older people are listed as Independence, Participation, Care, Self-fulfilment and Dignity. My wife Phyllis and myself as former Aged Care workers, can vouch for the dedication and strict adherence to the principles of "Aged Care" in treating older people with respect and dignity, that ARAS Advocates demonstrate, and this deserves our full support. If you did not get any of the information sheets and cards that Rob laid out on the table and would like some, please let me know and I will see that you get some.

Matt Donovan the Liberal candidate for Mawson spoke briefly to the group about the Liberal Party's plans for the Southern area. The State Liberal Party's "People and Policies" are on www.saliberal.org.au

Central Australia Chapter Meeting:

The meeting of the Central Australia Chapter Council was held in the Victoria Room at the Edinburgh Hotel Mitcham at 10.00am on Thursday 21st January 2010.

I have enclosed a copy of the minutes of that meeting.

The next Council meeting is at Murray Bridge and Councillors will meet the Support Group on the evening of the 17th March for dinner and their Groups regular meeting. The Council will stay and conduct the Chapter Council meeting on the morning of 18th March 2010.

The Chapter Council meetings are proving to be very successful and indeed a very necessary element in our Support program, and this is evidenced in the enclosed and all-minutes.

Chapter Councillors Meeting:

The first meeting of Chapter Councillors from all around Australia, was held at the Rendezvous Allegra Hotel in Waymouth street Adelaide; A welcome dinner for Councillors to meet and introduce themselves was enjoyed on Wednesday the 27th of January and a successful meeting was held during the following day. As the report from that meeting will show, this was an ideal opportunity for representatives of all Chapters to speak openly and in the presence of each other to make sure that we are working in unison to achieve the main goal of all Prostate Cancer Support Groups throughout Australia and that is:- To provide Support based on our own personal experiences, to Men who have had a diagnosis of or treatment for Prostate Cancer plus their Wife/Partner and Family in a safe environment that guarantees privacy for each person's personal information relating to Prostate Cancer, and to explore every avenue that will help us improve on the service that we provide and ensure that we are seeking out and following "best practice" in all that we say and do.

Teleconferences:

These have been around for a few years now and the introduction of teleconferences to our Central Australia Chapter has been a great boost to our communication processes and whether the teleconference is for the Executive members or the whole Chapter they are enabling us to discuss Agenda items plus any new ideas that are always most welcome, and to "problem solve" (if there is a problem), and combined with the Chapter Council meetings are going a long way toward building our Chapter into a very productive group of people.

PROSTATE CARE STUDY:

What type of support services do men and their partners find helps them most during and after prostate cancer treatment?

The results of a new study of support services will be used to develop a multi disciplinary hospital based support program.

Men who have had prostate cancer treatment, and their partners will be asked to complete a 20 minute questionnaire. It will include questions on support services men and their partners have received, or might like to have received during prostate cancer treatment and in coping with side affects.

Professor of Nursing (Aged Care) at Repatriation General Hospital and Flinders University, Jan Paterson, said prostate cancer was one of the most common cancers in men.

Although the five year survival rate is relatively high, the treatment can have a significant impact on the quality of life of the man and his partner. Anyone interested in taking part should phone Dr Afshin Shorofi on 8201 7639, email Afshin.shorofi@flinders.edu.au or Professor Jan Paterson on 8201 3266, email jan.paterson@flinders.edu.au

THE PCFA 2ND INTERNATIONAL CONFERENCE AT THE GOLD COAST IS FROM THE 6TH TO THE 8TH AUGUST 2010. FOR MORE DETAILS IF YOU ARE INTERESTED IN ATTENDING, PLEASE CHECK THE WEBSITE AND REGISTER NOW ON www.prostate.org.au

“LET’S GO TO THE MOVIES” CD

**PETER TILBROOK from the Masters Apprentices & The Party Cats
Featuring the song “THE PROSTATE BLUES” - Mastering “The Prostate Blues”**

Peter is donating \$5.00 from every CD sold to Prostate Cancer Research. Peter was diagnosed with Prostate Cancer about 15 months ago, and had his Prostate removed. “DAVVO” the bass player for The Party Cats went into hospital on the very same day as Peter to have a procedure done on his enlarged Prostate so both Peter & “Davvo” know first-hand the dangers of the Prostate. Peter`s outcome was excellent as he caught the cancer early and now wants to make as many men as possible aware of the benefits of early detection. Similarly, “Davvo’s outcome was also a complete success.

**FLEURIEU CANCER NETWORK
CANCER IN THE COMMUNITY
~BUILDING THE BRIDGES~**

We have received an open invitation to attend the EXPO on Wednesday 3rd March 2010 at Christies Beach Surf Lifesaving Club, The Esplanade Christies beach from 9.00am to 3.30pm.

This will be another great opportunity for our Support Group to set up and display our Banners, flyers and any other information material that we have.

Getting our message out:

2010 Fleurieu Cancer Network Conference and AGM-this is an ideal opportunity to share our information free of charge and share our thoughts and Prostate Cancer experience with a wide range of similarly interested people.

“Beyond Blue”

I have recently taken delivery of 50 DVD’s titled-Carers, Stories of hope and recovery Vol 2. For people who care for a friend or family member with depression, anxiety or a related disorder. If you would like a copy please contact our Librarian Peter Kiley on 8382 1032.

Bunnings BBQ:

We will be having another BBQ at Bunnings and they recommended that we have it on both Saturday and Sunday and that we can sell soft drinks too, but we will have to wait until Spring now as they are fully booked out until Winter.

Information days:

Our Patron Councillor Artie Ferguson is arranging for us to have an information day at another Surf Lifesaving club in the near future.

An important role for Widows:

Widows are made to feel welcome at Support Group meetings and one lady has now taken on the leadership role at an interstate group.

We are pleased to say that Ruth Dohnt and Rona Stanley both enjoy attending our mid-year and Christmas BBQ’s and it is always a pleasure to have the benefit of their company.

Newsletters received with thanks from: Melbourne and Heidelberg Support Groups, Us TOO, PCFAPROSTATE NEWS, P.C.S.G. Jacaranda Lodge NSW, Payneham Support Group, and our own SA PROSTATE SUPPORTER.

**OUR NEXT MEETING
WEDNESDAY 3RD MARCH 2010
6.30PM TO 9.00PM
A GUEST SPEAKER IS BEING ARRANGED**

SOMETIMES I WAKE UP GRUMPY-OTHER TIMES I LET HIM SLEEP (PHYLLIS)