



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](http://www.pcfacentralaustraliachapter.org)

*Our Patron*

*~ Councillor Artie Ferguson ~*

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

Mail us at:

PO Box 627

Noarlunga Centre,  
SA 5168

Telephone:

John:(08) 8382 6671

[jshields@iinet.net.au](mailto:jshields@iinet.net.au)

[www.pcsog.org](http://www.pcsog.org)

Malcolm: (08) 8326 5588

[malell@iinet.net.au](mailto:malell@iinet.net.au)

Jules: (08) 8325 8100

Brian: (08) 8556 2012

**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 information relating to Prostate Cancer. **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, as we have your best interests at heart.

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

MARCH 2010 NEWSLETTER (No 69)

Your own local Newsletter

Our President/Editor John Shields accepts responsibility for the content of this Newsletter.

**Present: 10**

**Apologies:** Gladys Curtis, our Patron Cr Artie Ferguson, Jules van Kekem, Geoff Nixon and Bill & Rosie Griffin.

Carl & Erika Maughan are on holidays for a few weeks, John & Dawn Hammerl have moved to West Lakes and Don & Margaret Cramond have moved to Mount Barker. We wish all of our members, past and present, well.

**Visitors:** Aaron Eichner.

Aaron is a fourth year physiotherapy student at the University of South Australia. He is currently doing a health promotion project in the Adelaide hills where he is designing an exercise group for men in the area who have Prostate Cancer. Aaron observed our Group tonight and asked many questions to help provide him with a better understanding of the needs of men with prostate Cancer, and to find out our thoughts on how an exercise program should be run. Aaron was keen to get as much information as possible and found that several of us would be happy to be part of a similar project here in our local area. He also found that we have a sense of humour and are aware of our limitations. We wish Aaron well with his project and his future as a Physiotherapist.

**SAC:** Central Australia Chapter Chairman Malcolm Ellis then gave a Power Point Presentation about the SAC and the minutes of the last SAC meeting. Malcolm explained these well and said that the SAC has an efficient National Council and that he has faith in Chairman David Gregory.

**Correspondence:** Received today from Andrew Giles CEO PCFA.

**Enclosed:** Two new publications for our Library-Advanced Prostate Cancer plus a new resource, Dealing with Bone Metastases and Prostate Cancer. Thanks Andrew.

**Bunnings BBQ:**

Milena at our local Bunnings store said that they are booked for BBQ's until Winter. I said that we may decide to submit a written application for the BBQ site together with a Certificate of Currency for our Insurance, after checking with our members to see if we should make a tentative booking for mid Spring so we will decide on a date at our April meeting and make a booking for September 2010.

### **Feedback re the Leadership Manual:**

Jules van Kekem who is a Social Worker, sat down with me and carefully scrutinised the manual and it was good to go through it again page by page and look at the content from a professional persons point of view. I had trimmed all of the "fat" off it but there were still some areas that needed some tidying up and I appreciate Jules for his time and the interest that he has shown.

Jules was a big help to me in the early days of setting up our Support Group and has attended most of our meetings so I felt very confident in asking Jules to edit the manual.

Don Piro, Convenor of the Barossa Prostate Cancer Support Group sent us the first feedback re the manual and has given an encouraging appraisal together with some good suggestions on how the manual can be streamlined and improved. This is exactly what we were looking for and my own personal thanks to Don for your insight. Don is a Bowel Cancer survivor, and like myself at one time had very little knowledge about Prostate Cancer. Alan Hall changed all that for Don and our Congratulations Don for taking on the responsibility of being the new Convenor of the Support Group. Don said that he has always been interested in Men's Health & has run men's groups in his profession as a Social Worker/Counsellor. (Jules van Kekem said that he has worked with Don in the past.) Don has also been involved in his Professional National Associations & helped out with these manuals, guidelines etc as part of a committee. The next step forward will be to ask Ian Fisk to put it on the Central Australia Chapter Website and this is also one of the suggestions that Don has made. Thanks again Don for your very useful feedback.

Many thanks also to Jeff Roberts for his information about the aims of a Support Group.

Feedback closed on February 19<sup>th</sup> 2010-ref minutes of the Chapter Council meeting at Mitcham on Thursday 21<sup>st</sup> January 2010.

I have since separated the segments with the latest information about the PCFA, The Central Australia Chapter, The SAC and The Action Group as this made the manual too cumbersome and will present this in a folder for the libraries. Support Groups can update them from time to time from the various websites.

The edited Support Group Leaders Manual will be ready for the next Council meeting at Whyalla on May 20<sup>th</sup> 2010.

John Shields.

#### **New PCFA Website:**

We are still awaiting a response from Paul Redman (PCFA) re my suggestion that the PCFA set up a Website similar to the American Breast Cancer site, to raise funds for Prostate Cancer Research and the Support Groups.

#### **Murray Bridge:**

We enjoyed being driven to Murray Bridge courtesy of Paul Redman PCFA Support Group Services Manager, for the evening meal and then to the Support Group meeting, thanks Paul. Guest speaker at the meeting was Ashley Moore Chair of the advocacy group, Cancer Voices South Australia, and Ashley held our attention telling us about his own and many other peoples experiences with cancer and the role of an Advocate. There were several questions asked by Support Group members after Ashley's talk, and he went into great detail making sure that every aspect of the questions were covered so that members were fully informed.

The Chapter Council meeting was held the next morning and Chapter Chairman Malcolm Ellis welcomed the Council and Support Group members who attended as observers. I will not add more as Murray Bridge Support Group Chairman Ron Lehman will have that meetings report.

**OUR NEXT MEETING  
WEDNESDAY, APRIL 7<sup>TH</sup> 2010 FROM 6.30PM TO 9.00PM  
OUR GUEST SPEAKER: KATHRIYE STRASSNICH  
CANCER COUNCIL SOUTH AUSTRALIA  
STAYING HEALTHY AFTER CANCER.**