

**F** *We are here* **Y**  
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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, and a member of:-  
The PCFA Central Australia Chapter**

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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.**

**Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health and to all who support us.**

**MAY 2011 NEWSLETTER (No 83)**

**Your own local Newsletter**

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

**Chairman: John Shields.**

**Present: 12.**

**Apologies: Norman, Gladys & Trish.**

**Although few in numbers tonight, we had a good meeting and there was plenty of enthusiastic conversation between members before the meeting got underway.**

**The DVD, Men's Business revealed, was as it says, very revealing and I would recommend this DVD to all who are interested in Men's Health. We will be having our mid-year BBQ in lieu of the June meeting, as we have done in the past, and will have a look at the other two DVD's at our July meeting.**

**Chapter Council meetings-Ladies needs.**

**The ladies were asked if they would like to participate actively at the Chapter Council meetings instead of being an observer and Chapter Chairman Malcolm encouraged all members to attend these meetings. I am still, as I have been in the past, interested in the Ladies either having some time out for themselves at our meetings or, alternatively, set up a meeting of their own behind the Coffee Shop. We see others applauding the idea, as if it was something new, when someone does this somewhere else.**

**WOMEN LIVING WITH PROSTATE CANCER: Having already recognised many of the problems that are mentioned in the Article, I tried to introduce this to our Group back in April 1997 but there was no interest in the concept whatsoever. This proves to me that having a "significant event" such as a State or National conference on the subject, would have absolutely no influence whatsoever on the way Support Groups are conducted.**

**There is an old saying. You can lead a horse to water but you cannot make it drink.**

**All of the matters mentioned in this excellent paper are very important, and must not be ignored. Perhaps the statement needs to be reworded, and each Chapter conduct an in depth survey of all members-male and female, to obtain a realistic response that we can include in our Guidelines.**

**It is a good topic to include on the agenda at our next Chapter Council meeting.**

**FORUM: What do you think about Men's Health and Wellbeing?**

**This was held on Saturday 28<sup>th</sup> May, in the Star Room at Adelaide Entertainment Centre.**

**Approximately 150 people attended this event.**

**There were some ladies there, but the participants were mostly men.**

**When a similar event is held in the future, I would like to see a bigger representation of ladies there, because I know from personal experience that the ladies are not so backward in coming forward when it comes to talking about Men's Health.**

**Not that any of the men held back, but because women spend a lot more time talking about their own and their families health, and they often have a different perspective to what we have, about our own health.**

**Perhaps the organisers could arrange to have a day of ladies only, talking about Men's Health and Wellbeing. It would be very interesting to compare the notes.**

**A big team of people worked feverishly at recording every detail of the proceedings and a 17 page Final participants report, was provided to us immediately after the last session of the day. I will have some copies available at our meeting as this too is very important and the report needs to be read by all of our members and friends, as well as our political leaders and all who are involved in our Health Care system.**

**The forum is a national research project looking to see if a particular meeting style (called deliberative democracy) is a useful way to listen to the views of people in the community.**

**In South Australia it is jointly organised by SA Health, the University of South Australia, and Health Consumers Alliance of SA Inc and the forum aimed to:**

- Seek community views about men's health and well being.**
- Explore how health services for men can be improved.**
- Provide a safe and comfortable space for people to talk about men's health.**
- Research how a meeting style called "21<sup>st</sup> Century Town Hall Meeting" works.**

**This was indeed a great opportunity to participate and to know and be reassured that there are many dedicated people in South Australia who are "on the front foot" where Men's Health is concerned and who will be following this forum up with participants and other interested parties in the near future, after we have had time to digest the report.**

**There were several similar answers given to the questions, however the diversity of answers as reflected in the report shows that this was definitely a worthwhile exercise.**

**OUR BBQ WILL BE HELD ON  
SUNDAY JUNE 5<sup>TH</sup> 2011  
AT WILLUNGA LIONS SALEYARD  
AT 11.00 AM.**

**OUR NEXT SUPPORT GROUP MEETING  
WILL BE HELD AT NOARLUNGA COMMUNITY HOSPITAL  
ON WEDNESDAY JULY 6<sup>TH</sup> 2011.**