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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**

<http://pcfacentralaustraliachapter.org>

**We proudly support
The Cancer Support Network-ONKAPARINGA
And the Fleurieu Cancer Network.**

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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.


FEBRUARY 2013 NEWSLETTER (No 102)

Your own local Newsletter

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

Present: 11

Apologies: Malcolm, Gladys and Keith.

 **Tonight we welcomed Mal & Ann, Paul, and Fred & Lynne, to our first meeting of the year, and although we were few in number, once again, we had a very enjoyable meeting.**

Members & Visitors talked with us about where they are at right now on their Prostate Cancer journey and some good information was exchanged during the discussions.

Our Guest Speaker;

Martin Timmins.

Breaking down the barriers.

Martin spoke with us about his experience with Bowel Cancer and emphasised the need for people to "open up", and establish a rapport with the Medical Professionals who are treating them, regardless of what the medical treatment they are getting is for.

Martin is a Volunteer with the Cancer Council South Australia and is available to speak with other Groups who, like us, will find Martin's presentation both serious and entertaining.

Thanks Martin.

New PCFA Office

PCFA have opened an office at 144 South Terrace and the Chapter Council will have our first meeting there on Wednesday 20th February at 9.30am.

We are still waiting for the appointment of a Support Group & Outreach Program Coordinator for Central Australia and that should not be too far away now.

RDNS and Prostate Cancer:

Phyllis is still having the dressings changed after her Appendix operation and Carol Tasker who is one of the RDNS Nurses attending her, has expressed an interest in attending our next meeting, and will be our Guest Speaker in April. Today Carol had a trainee Nurse-Amanda, with her and Amanda is also interested in learning more about Prostate Cancer. I have given them the two books, Localised Prostate Cancer and Advanced Prostate Cancer, and they are both impressed with what they have already read.

It certainly is encouraging to witness the genuine interest that they have shown, and Carol would be an exceptionally good Nurse to do further training in Prostate Cancer, with an emphasis on Advanced Prostate Cancer.

This training could also be financed from the Trevor Hunt Fund and I have placed this on the agenda for our Chapter Council meeting this coming Wednesday.

It is also good that Carol will be attending the next meeting when Lauren Wood, the Prostate Cancer Nurse at the RAH will be speaking with us, and I feel sure that a good rapport will develop between them.

Newsletters received with thanks from:-

Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG, Andrology Australia and Hobart & Eastern Shores Prostate Cancer Support Groups.

I am still working toward getting a website set up to “Click for Prostate Cancer” in an endeavour to raise much needed funding for Prostate Cancer Research, Awareness and Support.

Funding for Prostate Cancer Nurses could also be included in this. (John)

**OUR NEXT MEETING
AT NOARLUNGA HOSPITAL
WEDNESDAY 6th MARCH 2013 at 6.30pm.
GUEST SPEAKER: LAUREN WOOD
PROSTATE CANCER SPECIALIST NURSE
SURGICAL & SPECIALTIES
ROYAL ADELAIDE HOSPITAL**