

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,

[Website](#)

Mail us at:

PO Box 627  
Noarlunga Centre,  
SA 5168

Telephone/Email

Malcolm: (08) 8326  
5588

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

Mark: 0433510212  
[milomar@adam.com.au](mailto:milomar@adam.com.au)

John: (08) 8382 6671  
[jshields@iinet.net.au](mailto:jshields@iinet.net.au)

**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, especially our local Urologist, Doctor David Elder.

SEPTEMBER 2016 NEWSLETTER (No 139)

Your own local Newsletter

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



SEPTEMBER 2016 MEETING.

Present: 9

Our Chairman Malcolm Ellis, welcomed everyone and we had a good Round Robin to get the meeting underway.

The Guest Speaker for our September meeting was Christine Egan from Health and Community Services - Complaints.

Christine was welcomed and it soon became evident that she is a "People Person" who uses her job to relate to people in a manner that encourages them to listen to what she has to say, and respond in a positive way.

There is a lot of information about this Service on the Website and Christine handed out some brochures for us to look at while she was explaining the Service to us.

They are:- hcsc health & community services complaints commissioner.

Do you have a complaint about a health, community or child protection service?

And hcsc Know your rights when receiving a Health or Community Service.

Christine explained that the HCSCC is an independent statutory authority, established under the [Health and Community Services Complaints Act 2004 \(SA\)](#).

The role of the HCSCC is to help people to resolve complaints about health and community services where a direct approach to the service provider is either unreasonable, or has not succeeded. It covers health and community services across the public, private and non government sectors. The HCSCC assists service users and carers who wish to complain about health and community services. In certain circumstances, it will also deal with complaints made on behalf of another person.

The HCSCC Charter will be used by service providers to inform service users about their rights when responding to a complaint - to identify and act on the area/s of concern. The HCSCC is obliged by law to treat everyone involved in a complaint equally. Christine also gave us some information about the Code of Conduct for Unregistered Health Practitioners, and that they must display this information for Clients.

#### Bunnings BBQ:

I have written a letter of thanks to Milena Welchman to give her the Financial details of our BBQ on Saturday August 20th 2016.

\$2,070.00 INCOME  
\$ 794.00 EXPENDITUE  
\$1,276.00 BALANCE BANKED

Once again, thank you to everyone who helped us to make this outcome possible. Thank you also to Malcolm and Beverley for producing the "Certificate of Appreciation" for those who helped to make our BBQ a success.

#### GOING FORWARD:

I have been producing our Newsletter since November 2003 and as part of the heading I put - Your own local Newsletter.

I want to emphasise that point and encourage everyone to make a contribution to the content of our Newsletter. It is a good opportunity for us all to pass on information that we can all share, and a good talking point for our meetings.

Quite often when we are talking with others about Prostate Cancer, there is something in the conversation that would be interesting enough to include in our Newsletter and with new Treatments on the horizon and reports on the Internet that I don't always see, it would be good to receive an email from you alerting us to something that we can include in the next edition. Or better still, that we can talk together about at our next meeting.

#### AWARENESS DAYS IN THE COMMUNITY:

Our BBQ at Bunnings on the 20th August was, once again, a good awareness day and with the warmer weather just around the corner, we will be preparing to have some more awareness days for our Support Group, during the Summer months.

#### VISITING OTHER SUPPORT GROUPS:

The Adelaide Mitcham Support Group meets on the fourth Thursday each month at the Colonel Light Gardens RSL, 4 Prince George Parade, Colonel Light Gardens at 7.00pm to 8.45pm.

Click on the [Map](#) at the top of their Website [www.adelaide-mitchampcsg.org](http://www.adelaide-mitchampcsg.org)

27th October 2016

Henry McGregor-Musculoskeletal & Sports Physio - Click on [Adelaide Men's Health Physio](#) Topic-Prostate Cancer: The role of Physiotherapy-more than Pelvic Floor Exercises. [Flyer](#)

#### Rito's:

Support Group members, their family and friends are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Cafe 101 Beach Road Christies Beach, on the second Thursday after each Support Group meeting.

This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to that word "Support".

**Newsletters received with thanks from:**

**Andrology Australia, Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital  
PCSG.**

 **OUR NEXT MEETING IS ON WEDNESDAY 5TH OCTOBER 2016  
OUR GUEST SPEAKER IS MARK WHITE  
COMMUNITY SUPPORT OFFICER  
FROM THE RED CROSS.**

**OUR LOCAL UROLOGIST, DOCTOR DAVID ELDER,  
HAS CONFIRMED THAT HE WILL BE THE GUEST SPEAKER  
AT OUR MEETING ON NOVEMBER 2nd 2016.**