

**F** *We are here* **Y**  
**O**  **O**  
**R** *And, your Family* **U**



**PROSTATE CANCER SUPPORT  
City of Onkaparinga Group  
South Australia**

**An affiliate Member of the Prostate Cancer  
Foundation of Australia,**

**OUR GOLDEN RULE: We do not give medical  
advice, your GP, your Urologist and Allied  
Medical Health Professionals are the only people  
who are legally qualified to give you medical  
advice.**

**WE DO HOWEVER, GIVE YOU OUR  
WHOLEHEARTED SUPPORT.**

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**Malcolm                      Mark                      John**

**Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.**

**MARCH 2017 NEWSLETTER (No 144)  
Your own local Newsletter  
Our Editor John Shields accepts responsibility for the content of this newsletter.**

** MARCH 2017 REPORT.**

**Present: 7**

**Apologies: Mark Milosevic, Steve Everard.**

**Our Chairman Malcolm Ellis welcomed us again tonight and we had an interesting time discussing our various treatments and where we are all at on our Prostate Cancer journey. It was also good to get the feedback and support from the ladies who are faithfully accompanying us all the way.**

**RESTHAVEN ONKAPARINGA COMMUNITY SERVICES:**

**Our guest speaker tonight was Manual Harpas who is a manager at Resthaven Noarlunga.**

**Manual gave us an outline of the services that are available from our local Resthaven Office which is located at 201 Commonwealth House, near the Beach Road entrance to Colonnades Shopping Centre.**

**If we are 65 or older and need help with chores at home, or want help to do the shopping, or if we care for a loved one and need some time out, or want something fun or different to do but don't know where to start, then Resthaven Onkaparinga Community Services is there to help us. To find out more phone 8326 3444.**

**RE: Feb 23 Symposium.**

**Dr Amanda Hutchinson has provided us with a summary of the Symposium.**

**SAPoCoG's first gathering of 2017 was held at the Flinders Centre for Innovation in Cancer in February.**

**Those attending had the opportunity to hear from three excellent speakers on their research with cancer survivors.**

**The morning started with a presentation from Prof Nick Hulbert-Williams, founding director of the Chester Research Unit for the Psychology of Health (CRUPH) and research lead for the Psychosocial Oncology Research Group.**

**Professor Hulbert-Williams spoke about meeting the needs of diverse groups in Psychosocial Oncology Research.**

**There is a clear need for research to reflect diversity in terms of cancer type, sexual orientation and intellectual ability.**

**Dr Camille Short then spoke about her work on behavioural interventions with cancer survivors and spoke about the benefits and challenges associated with physical activity interventions.**

**Finally Dr Lisa Beatty shared her research in developing the Finding My Way online Intervention for cancer related distress and the future directions, including the open access of this resource.**

**It was wonderful to hear from international and local experts on their work with cancer survivors.**

**This was reflected by a strong attendance of more than 30 people including researchers, clinicians and consumers.**

**Thanks to our speakers, to all who attended and participated in the discussions, and to PoCoG for providing refreshments.**

**Many thanks to Dr Amanda Hutchinson for this summary.**


**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 APRIL 2017 AT 6.30PM.  
OUR GUEST SPEAKER IS LORRAINE ROSENBERG  
MAYOR, OF THE CITY OF ONKAPARINGA.  
WE LOOK FORWARD TO SEEING YOU THERE.**