

Central Australia Chapter



PROSTATE SUPPORTER

Newsletter of the Prostate Cancer Support Groups
of South Australia and Northern Territory

www.prostate.org.au

**November
2016**

Newsletters can also be read online at
www.pcagsa.org.au/pages/supporter.html

**Volume 9:
Number 4**

Stay informed and connected

Following recent changes to PCFA's governance structure, this will be the final issue of *Prostate Supporter*. PCFA would like to thank all those who contributed to this newsletter and activities across the Central Chapter over the past nine years. In consultation with the newly appointed National Support & Community Outreach Committee, we look forward to continuing to work with Support Groups and Ambassadors in South Australia and the Northern Territory.

To remain up-to-date with the latest prostate cancer news, join the PCFA Online Community. It's free to join, at <http://onlinecommunity.pcfa.org.au> and provides access to:

- Weekly articles by PCFA's Scientific Writer Wendy Winnall about cutting-edge prostate cancer research advancements in Australia and internationally on our Research Blog.
- New videos posted regularly to our Video Gallery, covering a range of topical issues for those impacted by prostate cancer.
- The Community Forum, which provides a supportive space to share experiences, connect with others or read through the conversations posted.

The dedicated PCFA Network Helpline number for all of Support Group and Ambassador enquiries is 1800 002 298. The line is manned from 9am to 5pm on weekdays (AEST) and is the cost of a local call within Australia.

We welcome any updates from Support Groups and Ambassadors that can be shared with the national PCFA community through the quarterly newsletter, *Prostate News* or the website pcfa.org.au. Please email words and photos to the PCFA Support & Community Outreach team at supportnetwork@pcfa.org.au



ABOVE: Run With Dad organiser Katie Woolf is making a big difference in Darwin with her successful prostate cancer fundraising. She's pictured with her partner Patrick Bellot and children Lewis, 3, and Bronte, 5. Read the full story on page 5 of this newsletter. (Pic by Michael Franchi/NT News)

**Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au**

Prostate Cancer Action Group

Next phase of communication

The Action Group aims to ensure that local prostate cancer support groups can continue sharing their information with other groups - online, as Ian Fisk reports.

THE Prostate Cancer Action Group held its AGM in October, and decided on a new group of officers for the coming year. Bob Wood, who had been standing in for David Merry, was elected chairman; John Thornton, who stepped up when Ray Power resigned due to poor health, is secretary; Gordon Frith, who volunteered after Robert Kitto also resigned due to poor health, is treasurer. Bob Wood presented the chairman's report and Gordon Frith the treasurer's report.

Burnside Rotary Club has generously offered the Action Group an opportunity to earn some funds by helping out at their regular BBQs at the Mile End Bunnings on the second Thursday every month. Two members assisted in September and October and will continue December.

The regular meeting after the AGM involved discussion for the group's 2017 program, which will target four country shows through autumn and spring. To start this, several members attended the Penola Show in late October.

Two Action Group members can be heard on the Rotary Club News Program, Radio for the Print Handicapped, at 7.30 pm November 2 on 1197AM or digital.

Rotarian John Thornton interviews Ian Fisk about personal information, PCFA information, Action Group details and the PCFA Ambassador Speaker Program. This and past programs will be available as podcasts on the 5RPH website.

As this is final issue of *Prostate Supporter*, Gordon Frith has volunteered to keep a regular newsletter going, with details to be advised, but basically convenors/contributors are invited to send input to Gordon at editor@pcagsa.org.au. This newsletter will only be available from our website as a download.

Support group members are also welcome to advise of future meeting details, to be put on their group's page. Little input has been received in the past, except from Jeff Roberts for the Adelaide-Mitcham page! Please send details to info@pcagsa.org.au

Thanks to PCFA and editor David Sly for producing *Prostate Supporter* for the past eight years. Hopefully there may be more SA and NT information in future editions of the PCFA National newsletter *Prostate News*.

All copies of *Prostate Supporter*, from February 2008, can still be downloaded from the Action Group website. It was

COMING EVENTS

- The Prostate Cancer Action Group SA holds its meetings at 5.30pm on the second Tuesday of each month – in the PCFA office at 144 South Tce, Adelaide. Entrance is from the rear door off the driveway.

- For more information, please visit the Action Group's website at www.pcagsa.org.au or phone acting chairman Bob Wood on 0448 454 314

a great relief to some when it started, as each group no longer had to produce its own newsletter, although John Shields has continued to produce a newsletter for the City of Onkaparinga Support Group (also available via the Action Group website).

Past copies of the Action Group newsletter produced by Trevor Hunt, and the former Adelaide Support Group newsletter are also still available on our website.

Survivors conference for Adelaide

THE third national Cancer Survivorship Conference will be held at the Adelaide Convention Centre on February 2 and 3 in 2017. The biennial event will be co-hosted by the Flinders Centre for Innovation in Cancer in partnership with the Clinical Oncology Society of Australia, enabling the conference to be closely aligned with the national directions for cancer control and

continues to expand its reach and relevance to a diverse range of cancer health professionals, policy makers and to all those affected by cancer.

The theme for Cancer Survivorship 2017 is "Pathways to better policy and practice" which focuses thinking on how to translate the growing evidence into day-to-day

applications. The conference will explore diverse perspectives from Australia, UK, US and Asia to identify how collaboration can accelerate progress, share learnings and promote best practice, and explore stories of survivors to consider what practicing good survivorship is all about. To learn more about the conference, visit the website www.survivorship2017.org

Major PCFA fundraising event



Loving the long lunch

THE Friday Long Lunch looks like becoming a cherished institution, which spells good news for PCFA as a major annual fundraising event for South Australia. This year's gala event, held on Friday August 5 in the Adelaide Oval's Magarey Room, registered another packed house of enthusiastic attendees to help raise awareness and valuable funds for prostate cancer.

Hosted by Channel 7's John Riddell, the fun-filled lunch event featured talks from football legends Michael Aish (another prostate cancer survivor, pictured right at the podium with leading Adelaide urologist Dr Peter Sutherland) and Rick Davies, as well as live entertainment and major auctions.

The Long Lunch was such a great success thanks to the generous contributions of major sponsors Saint Andrews Hospital, Adelaide Radiotherapy, Channel 7, Clinpath Laboratories, Device Technologies, and Dr Jones & Partners. Thanks also go to all the other generous sponsors, including Aramis Vineyards, Battle of Bosworth and Spring Seed Wines, Caudio Vineyards, Langmeil Winery, Gemtree Wines, Hardy's Wine, Kangarilla Road Winery, Longview Vineyard, Majella Wines, O'Leary Walker Wines, Peter Lehmann Wines, Pol Roger, Yalumba, Schweppes and Heineken Brewery.



Photographer Ian Fisk captured all the action at the 2016 Friday Long Lunch, from cheery volunteers to happy guests and speakers.



Westside Prostate Cancer Support Group

- Westside Prostate Cancer Support Group meets at 7.30pm on the last Wednesday of each month, at the Temple Uniting Worship Centre, 214 Military Rd, Henley Beach. For more information, contact Andrew Luciani (phone 8356 0887 or 0422 639 828; email andandcl@adam.com.au) or John Cox (phone 8356 8650 or 0419 955 606; email candjcox@adam.com.au)

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Adelaide-Mitcham Prostate Cancer Support Group

Experts explain SA progress

Adelaide-Mitcham Support Group has welcomed further excellent speakers to recent meetings, as Jeff Roberts and Ian Fisk report.

PRAB Takhar, Director of Molecular Imaging and Therapy Research Unit at South Australian Health Medical Research Institute, was guest speaker at the support group's July meeting, giving us an insight to local research developments in his talk "What is going on beneath North Terrace".

He talked about the Molecular Imaging and Therapy Research Unit (a cyclotron facility or nuclear bunker) as the "most secure vault in SA", housed 20 metres below ground level, covering 750 square metres. It houses a \$4 million cyclotron from GE Health Care that accelerates particles from their centre in a spiral path to relativistic speeds to allow them to overcome the strong nuclear force. The centre also has FDG-PET Radiopharmaceutical as an effective imaging technique, especially for aggressive tumours.

He also explained current diagnostic testing and imaging work being done in SA. Members were most impressed with the clarity of imaging now available and greatly appreciated an insight into nuclear medicine provided by Prab Takhar in his very interesting and informative presentation.

At the support group's August meeting, urologist Dr Kym Horsell talked about SA Prostate Cancer Clinical Outcomes



Recent guest speakers Prab Takhar (left) and Dr Kym Horsell (right). *Photos: Ian Fisk*

Collaborative, Australia's largest prostate cancer patient database. Dr Horsell explained the PCCOC as a multi-centre, multidisciplinary collaboration between men diagnosed with prostate cancer, clinicians involved in the treatment of prostate cancer and researchers. It is held in high regard by both national and international researchers as a repository of high quality data.

Several slides were shown demonstrating the changing profile of prostate cancer in South Australia, illustrating age at diagnosis, primary reason from referral, PSA level at diagnosis, method of diagnosis, Gleason Grade, risk categories, primary treatment, all treatments, prostate cancer survival and progression free survival.

Other slides showed graphs about the impact of radical prostatectomy on urinary function and bowel function, hormonal symptoms, impact of radical prostatectomy on sexual function, physical and mental wellbeing.

Data showed substantial changes in prostate cancer presentation and management over the past 16

COMING EVENTS

- The Adelaide-Mitcham Support Group held its final meeting for 2016 at the Colonel Light Gardens RSL Club on October 27.
- On Thursday November 24, the group's annual dinner will be held at The Southern (formerly Racquets), 1303 South Rd, St Marys at 6.15pm for 6.30pm. Details have been advised at the past two monthly meetings. If you have been absent from these, but would like to attend the dinner, please contact Jeff 8277 3424 or email thebanjeff@bigpond.com
- The first meeting for 2017 will be held on Thursday February 23 at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens from 7pm to 8.45pm.
- For more information, visit the Adelaide-Mitcham website at adelaide-mitchampcsg.org or phone Jeff Roberts 8277 3424, Ian Fisk 8296 3350 or Ralph Walker 0406 006 654.

years, improvements in prostate cancer survival and overall physical and mental wellbeing remains good.

The group's September meeting included a general discussion plus the showing of the video of oncologist Dr Francis Parnis's presentation recorded at the

August 12 PCFA Community Conversations Forum. The video (and many others) is available on the PCFA's onlinecommunity site (<http://onlinecommunity.pcfa.org.au/video-gallery>). There are also many videos on PCFA's YouTube channel (<https://www.youtube.com/user/pcfaweb>)

Northern Territory fundraising news

Big activity in the north

Karyn Foster and Janie Green report on impressive prostate cancer awareness activity happening in Darwin.

WHILE working in Darwin recently for PCFA, we helped out at Run With Dad, a fundraising event organized by Darwin Mix 104.9 announcer Katie Woolf for the past three years, and it keeps growing in stature. Many clubs and families dressed up for the event, which made it great fun, and it has raised over \$30,000 so far. There are now hopes to build this into a national fundraiser.

We had a small marquee with PCFA merchandise and resources at the run, working beside Ruby, the lovely prostate cancer specialist nurse from the Royal Darwin Hospital.

The Nightcliff Dragons Rugby League Club has performed very vigorous fundraising activities and presented PCFA with a cheque for more than \$7000. The young man featured in the photo holding the cheque, Jarred Rollo, designed the brilliant rugby shirts specifically to raise money for cancer funds after a death in his family.

The 2016 Distinguished Gentleman's Ride in Darwin had 119 registered riders this year and more participants on the day – effectively doubling the previous year's event. Convenor Daniel Leather says they also raised more than \$28,000, with 10 riders raising over \$1000 each. It placed Darwin second out of 500+ cities around the world for per capita fundraising, totalling nearly \$4 million internationally for the single day event, with \$800,000 from Australia.

Mary O'Brien from Stickers and Stuff provided hilarious headlamp moustache stickers that added a note of fun to the event, which promises to attract more sponsors in 2017.



ABOVE: The Nightcliff Dragons Rugby League Club presented PCFA with a \$7000 cheque.



LEFT: NT Administrator John Hardy OAM (left) and Alan Holland are enthusiastic supporters of the Distinguished Gentlemen's Ride in Darwin.

• Photos by Ivan Rachman: provided by NT News.

Prosper Darwin Prostate Cancer Support Group

- The Prosper Darwin Prostate Cancer Support Group meets on the second Monday of each month at the Harbour Room, Christ Church Cathedral, cnr Smith St and the Esplanade, Darwin, at 7.30pm. All guests and visitors are invited to attend – especially prostate cancer support group members who are visiting Darwin from other parts of Australia. For more details, please phone Don Lockley on 0401 116 851.

NT Rainbow Prostate Cancer Support Group

- The NT Rainbow Prostate Cancer Support Group is a group of men and partners who have been affected by prostate cancer. They are either dealing with a current diagnosis of cancer or are survivors of cancer. They meet on the last Wednesday of each month at NTAHC in Darwin from 5.30pm to discuss shared experiences, learn more about the disease and how to manage it. Every other month we go to dinner at the Cavanagh Hotel in Darwin. Please contact Peter Moore (0408 845 272) or Peter Kay (0439 778 769) for more details.

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PCFA awareness barbecues

Parliament sizzles for PCFA

TO kick off PCFA's customary barbecue season during September – which is a means of encouraging families and friends to start talking about prostate cancer in a more relaxed setting, especially around the poignant date of Father's Day – Karyn Foster of the SA-PCFA office managed to convince a very well positioned supporter to host a barbecue, in the courtyard behind Parliament House in Adelaide.

The host was Leader of the Opposition Steven Marshall, who invited his fellow parliamentarians and members of SA prostate cancer support groups to join him for a barbecue on the evening of Tuesday September 13. About 40 guests enjoyed the event, with Steven having a bit of fun and donning the PCFA Big Aussie Barbie apron when the food was being served.

However, he also addressed the serious issue of promoting greater community awareness about men testing for prostate cancer, and the need for more funds to support increased research.



PCFA support group members enjoyed access to a parliamentary barbecue hosted by Leader of the Opposition Steven Marshall (pictured left), who donned a PCFA Big Aussie Barbie apron and distributed the snags to the assembled prostate cancer supporters and parliamentarians.

Photos: IAN FISK



Riverland Prostate Cancer Support Group

- The Riverland Prostate Cancer Support Group conducts its meetings on the second Tuesday of alternate months at the Combined Services Club Rooms, Kealy St, Berri, from 7pm. The next support group meeting will be held on Tuesday, November 8. For more information about the Riverland support group, please phone Riverland support group convenor Allan Dand on 08 8582 1651, 0488 994 803, or email alglenn@iprimus.net.au

Murray Bridge Prostate Cancer Support Group

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings on the third Wednesday of every month, at 7.30pm in Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. For more information about the group, phone Murray Bridge support group secretary Max Klenke on 8532 1936.

Alice Springs Prostate Cancer Support Group

- The Alice Springs Prostate Cancer Support Group meets at the Alice Springs Golf Club on the first Thursday of each month, from 6pm until 7.30pm. Meals are available at the club immediately after each meeting. For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195 or email grantbut@hotmail.com

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Barossa Valley Prostate Cancer Support Group

Emphasising the great importance of partners

Valuable guest speakers drew out the importance of relationships and the struggles that partners face along our cancer journey, as group coordinator Don Piro reports.

THE Barossa Valley Support Group proudly hosted a recent community event with two very different guest speakers. Continence nurse Kath Gribble presented an engaging talk on “Tricks of the Trade – Good Bladder Habits for Everyone”, which included post-surgery treatment for incontinence and erectile dysfunction.

Kath talked with knowledge, humour and drew on her many years of experience to highlight issues she sees with her clients. Kath was asked many questions from the audience about how to respond to treatment side effects of treatment, how to care for themselves and how partners can help.

The event also featured prostate cancer researcher and nurse Kevin O’Shaughnessy talking about “Love, Hope and Faith for Men with Prostate Cancer and their Partners”.

Kevin reflected on his recent research about the impact prostate cancer has on relationships and he connected with some of Kath’s points about side effects affecting intimacy in a relationship.



Kevin identified the struggles men and their partners have dealing with this, highlighting how important partners are in responding to their men, while also recognising their own grief as the couple’s relationship changes so dramatically.

Kevin’s research identified a range of relationship issues that occur and the importance of communication – and faith – in helping the relationship

through these struggles.

Both talks were excellent; diverse but relating well to each topic. They were also well received by the large audience that came to hear them. Comments from guests included that it was a challenge to take in so much good information, though it was all really valuable.

Finally, in this final edition of Prostate Supporter, I would like to thank David Sly and



ABOVE: Guest speakers Kevin O’Shaughnessy and Kath Gribble. **LEFT:** Barry Searles and Don Piro at the Barossa Valley group’s recent community event.

- The Barossa Valley Prostate Cancer Support Group meets from 2-4pm on the third Tuesday of each month at the Vine Inn Hotel, Nuriootpa.

- Please contact group coordinator Don Piro by phoning 8562 3359 for any further information.

Karyn Foster for their tireless work in chasing articles, meeting deadlines, editing and preparing the newsletter to such a high quality.

Gawler Prostate Cancer Support Group

- THE Gawler Prostate Cancer Support and Awareness Group meets in the conference room at the Gawler Health Service facility, 21 Hutchinson Rd, Gawler East (phone 8521 2000) at 7pm on the first Tuesday of each month. For more information, phone coordinator Lynton Carle on 8524 4086.

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Limestone Coast Prostate Cancer Support Group

Reaping benefits from working beside locals

By taking the effort to be visible and active in the local community, support groups can attract significant support for prostate cancer awareness and PCFA initiatives through sizeable donations, as Limestone Coast group coordinator Richard Harry reports.

WHILE August was a cold and wet month in Mount Gambier, 15 members still attended our monthly meeting, where a DVD was shown on brachytherapy – and although this was produced in America, it clearly showed the principles involved in this procedure.

A bus was organised in conjunction with the Mount Gambier Cancer Support Group for group members to travel to Warrnambool and inspect the new radiation treatment centre and accommodation available in Warrnambool (a trip report is featured on Page 9 of this newsletter).

One of the local netball teams (The Saints) and the Netball Association combined to hold a barbecue and muffin stall alongside a Prostate Cancer information stand at one of their games. This resulted in a donation to our Support Group of \$850, and showed how a support group can integrated with the local community.

Sharon Fox from a local accounting firm spoke at the group's September meeting about the minefield of arranging for aged care. Sharon explained the four types of fees, means testing, steps involved in finding an aged care facility, and the criteria required for acceptance into a home. Because each person's financial position is different, it was suggested that people should seek professional help early. A helpful website to obtain further information is myagedcare.com.au

Yet again during September, MP Tony Pasin held a barbecue in front of his Mount Gambier office, and featured an information stand with eight support



ABOVE: MP Tony Pasin's barbecue to support prostate cancer awareness.

BELOW: Andrew Bates and Dr Kevin So.



group members and wives helping out. From this, PCFA will get \$1000.

Our October meeting date was changed to accommodate a visit from Dr Kevin So, a radiation oncologist working out of the Warrnambool Cancer Treatment Centre.

Kevin is involved in treating prostate cancer and he explained the difference between a radiation oncologist and a medical oncologist. We learned that

radiation treatment for cancer began in 1899, while chemotherapy was conceived during WW 11.

The different forms of radiation delivery were explained, along with different types of internal radiation treatment, and advances in the treatment of prostate cancer through using radiation treatment together with advanced imaging, treatment planning and dose delivery.

COMING EVENTS

- The Limestone Coast Prostate Cancer Support Group meets on the first Thursday of each month at the District Council of Grant offices, 324 Commercial St West, Mt Gambier, at 7.30pm. The guest speaker on November 17 (note the different date to usual) will be Dr Michael Chong.

- For more information about the Limestone Coast support group, phone coordinator Richard Harry on 08 8724 9057 or 0427 978 898, or email richardharry@bigpond.com

Naracoorte Men's Cancer Support Group

Keep support groups connected

Communicating with all support group members will now become a greater challenge, as Graham Hinze reports.

HAVING just received news that this will be the final *Prostate Supporter* newsletter, I have to ask what is PCFA up to? First we lost our state chapter and now we are going to lose our communication organ. Both have provided us with great contact between support groups, built great friendships and it was also good to read what other groups have done or what is coming up. Perhaps this presents an opportunity for an expanded version of *Prostate News* to now include a separate state supplement, although our Naracoorte

group has 15 members, of which only five are online, so I wonder how they are going to receive any information.

Perhaps a few support groups could create a gathering, to maintain our friendships and shared support.

I would like to thank Karyn Foster and David Sly for their dedicated work within PCFA and for the publication of *Prostate Supporter*. As a survivor for nine years, I appreciate what has happened in that time – especially considering that when I was diagnosed in August 2007,

I knew nothing about the prostate, found limited online information and there was no such thing as a support group in this part of SA.

Meanwhile, the Naracoorte Men's Cancer Support Group continues to meet on a monthly basis for a cuppa and chat. Even several recent cold and wet months have not stopped some of our more senior members from coming along. The next meeting features a speaker from the local Good Country Physiotherapy centre, speaking about exercise for older people. The group's November meeting will be its

• The Naracoorte Men's Cancer Support Group meets on the fourth Wednesday of the month at 10am in the Naracoorte Hotel. Further information can be obtained by phoning Martin Gull (0437 299 760) or Graham Hinze (0408 803 793).

Xmas lunch at the Naracoorte Hotel on Tuesday November 29 (a change from our normal date), and the hotel management deserve special thanks for continuing to provide the group with a free room for our meetings and supplying tea and coffee.

A visit to new Warrnambool facilities

FOLLOWING an invitation from the Limestone Coast Prostate Cancer Support group, two members of the Naracoorte Men's cancer support group joined a bus trip arranged by the Mt Gambier Cancer Support group to visit the newly constructed \$30 million South West Regional Cancer Centre in Warrnambool. For this venture, \$5 million was raised locally through "Peter's Project" with the balance coming from state and federal government.

The centre (pictured right) opened in July and has a CT scanner and two Radiotherapy rooms (one equipped with a Varian True Beam Linear Accelerator) and a chemotherapy room able to cater for 10 patients at a time. A large three-story car park is located next door.

Dr Kevin So, a radiation oncologist, and other staff members showed



the visitors around the building. Dr So currently visits Mount Gambier Hospital and it is hoped that the Limestone Coast doctors and visiting specialist will refer patients to Warrnambool for treatment. It would make travel times from Mount Gambier, Penola, Millicent or Naracoorte considerably shorter.

Just around the corner from the Warrnambool Hospital is Rotary House, a new 12-unit accommodation centre available for those having treatment and

requiring accommodation. This was built by the Rotary Clubs of Warrnambool but was also greatly assisted by donations from many other service clubs, businesses and private support throughout Western Victoria

It is important to note that this facility in Warrnambool takes nothing away from the wonderful services provided in Adelaide or Melbourne, but it certainly helps country people by saving considerable time and money in travel.

New PCFA community event

Event set to make a splash

A NEW fundraising and awareness event for SA is Paddle 4 Prostate, a fun day of paddling around Delfin Island at West Lakes. Anyone who has a paddle and a canoe, kayak, or paddle board can be involved, along with any members of a Life Saving Club, rowing crew or a Dragon Boat Team.

It's a family event organised by the City of Charles Sturt and PCFA with the great assistance of sponsors including

Westfield West Lakes, Adelaide Canoe Works, and Rowing SA. They have combined to help raise awareness about prostate cancer and assist the men – and their families – living with this cancer.

The paddling will take place at Oarsman Reserve, Military Road, West Lakes from 10am to noon on Sunday January 22, 2017. An entry fee of \$15 will allow you to be part of the big flotilla for this fun day – and you get a free Paddle 4 Prostate

baseball cap in return, along with the chance to win great prizes! It'll be a great family fun day in the sun on West Lakes, so register at www.trybooking.com (Ref: Paddle 4 Prostate. <https://www.trybooking.com/236400>).

For further information, phone the PCFA SA/NT office on 8231 6339 from Tuesday to Thursday, or leave messages on the answering machine from Friday to Monday.

Whyalla Support Group

• The Whyalla Prostate Cancer Support Group meets at 7.30pm on the first Tuesday of each month, from February to December, in Room 72 of the UniSA campus, Nicolson Ave, Whyalla Norrie. Contact Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for more details. Everybody is welcome to attend these meetings – indeed, the wives and partners of group members are an integral part of this group, because any cancer affects the whole family.

Men's Engagement Network

• The Men's Engagement Network is a Victor Harbor-based support group that meets fortnightly on Wednesdays between 6pm and 8pm at the Gospel Centre Meeting Room, George Main Rd, Victor Harbor (entry is from the council car park). For more details, contact group leader Lud Allen (0422 459 660, ludcounselling@gmail.com) or group secretary Bill Harris (08 8552 3004, deacbill@dodo.com.au).



University of
South Australia

PUBLIC EVENT

Prostate Cancer

Living well after treatment

Hear about available supports and research for men living with prostate cancer.

DETAILS
 When: Wednesday 23 November, 2016
 Time: 6.30–9.00pm (Doors open at 5.30pm)
 Where: Pavilion on the Park, Corner of South Tce and Peacock Rd
 A light supper will be provided.



Les Burdett OAM



Assoc Prof Caroline Miller

GUEST SPEAKERS
 Les Burdett OAM, Consumer and former Adelaide Cricket Oval Curator
 Associate Professor Caroline Miller, Researcher at the South Australian Health and Medical Research Institute


Chair
 Kym Horsell, Urologist

Panel members

- Cyril Dixon, True Nth Coordinator, Movember Foundation
- Anne Fowler, Clinical Services Manager, South Terrace Urology, Sexual Rehabilitation Support
- Henry McGregor, Physiotherapist, Adelaide Men's Health Physio, Incontinence Specialist
- Gill Miller, Health Professional Engagement and Partnership Development Officer, Cancer Council South Australia
- Sally Sara, Prostate Cancer Specialist Nurse, Southern Adelaide Local Health Network

BOOKINGS ESSENTIAL
 To register, visit www.prostate-cancer-life-after-treatment.eventbrite.com.au or phone (08) 8302 2609.

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City of Onkaparinga Prostate Cancer Support Group

Learning about rights for health service issues

When things go wrong with health services, there is a public department that people can turn to for help, advice and assistance, as John Shields reports.

GUEST speaker for the September meeting of the City of Onkaparinga Support Group was Christine Egan from Health and Community Services Complaints Commission. While there is a lot of information about this service on its website, Christine handed out some brochures for us to look at while she was explaining all of the available services through the office.

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 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 and, 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, especially to identify and act on the areas 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. It was a very valuable and informative talk, for which the support group thanked Christine.

BUNNINGS BARBECUE SUCCESS

THE SUPPORT group's annual barbecue at the Noarlunga Bunnings store, held this year on Saturday August 20, was yet again a financial success, and John Shields has written a letter of thanks to Milena Welchman for helping to organise the event.

The financial details are that the barbecue earned \$2070, with \$794 expenditure for food and drinks, leaving a profit of \$1276, which has been banked.

Once again, a big thank you is extended to everyone who helped make this outcome possible. The support group will now be preparing to have some more awareness days during the summer months.

LUNCHEON AT RITO'S

A FORTNIGHT after our usual support group meeting, some of the members meet

COMING EVENTS

- The City of Onkaparinga Prostate Cancer Support Group conducts its monthly meetings in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on the first Wednesday of each month, starting at 6.30pm.

- Special thanks go to our support group's generous sponsors: Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market and The City of Onkaparinga Council.

- For more information, visit the City of Onkaparinga Support Group website at www.pcsog.org, or phone Malcolm Ellis on 8326 5588, or John Shields on 8382 6671.

on Thursday at noon for a cuppa or stay for lunch over a chat at Rito's Continental Cafe on Beach Rd at Christies Beach.

There is no time limit to these informal events; some people stay for only a short while, but others are in no hurry to leave and like to linger for longer conversations. It's proving to be a popular gathering.

Port Pirie Prostate Cancer Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at BHAS Bowling Club, Halley St, Port Pirie. There is usually an excellent guest speaker, and late supper is provided for the 30-to-40 ladies and gentlemen attending each meeting. For further details about the group and its activities, please phone the Port Pirie support group coordinator Allan Manfield on 08 8632 1324.

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Subway support celebrates a new milestone



• It's time to raise a cheer! Subway Restaurants have hit the amazing fundraising total of \$300,000 donated to PCFA since the introduction of our unique money-boxes located near the cash registers. Congratulations and thanks go to all Subway management, staff and their very generous guests. Thanks also go to our wonderful volunteer drivers, coin collectors and bankers, including the World Police and Fire Games Club. The initiative is currently active in SA, WA and Victoria, with hopes that one day this may even extend to other interested states.

Writing with naked emotion

At 59, Peter Endersbee was diagnosed with prostate cancer and confronted the dilemma of whether to proceed with a radical prostatectomy and face possible impotence, or wait and see. His book explores this taxing emotional journey.

TAKING *a Punt* is Peter Endersbee's revealing memoir about living with prostate cancer, which has been published posthumously by Wakefield Press, and we are all the richer for having it.

Fondly remembered as a star teenage footballer for Sturt during the club's golden era – and especially for slotting two goals from checkside punts during the Double Blues' 1968 grand final win – Peter died in June after waging a difficult battle with aggressive prostate cancer, although it was an unrelated primary cancer in the brain that had caused seizures and triggered his death.

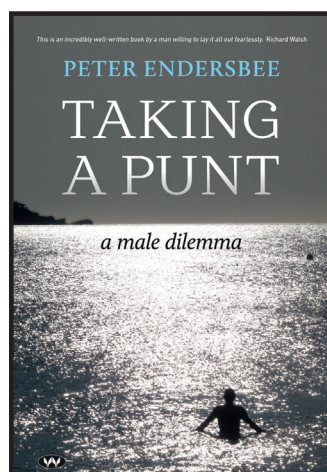
His searing words that ring with fierce honesty stand as a powerful legacy and rare insight into a mental anguish of a man dealing with prostate cancer. Ultimately, it's a story of great courage, because he lays bare

his fears. He hasn't censored or sanctified his thoughts. It's all there; the anger, the denial, the primary and primal thought that surrendering his sexual function by having an operation was of more concern than the cancer itself or its potentially fatal consequences. He recalls wanting to reverse his decision after the operation, and that he could have "taken my chances with death rather than sex".

Peter weaves a telling narrative that rolls like fiction but is cased in hard fact. And a lot of the facts deal with him wrestling with the stigma of impotency. It's blunt, frank, but reassuringly honest.

He's bold and confident from having been successful at many of the things he attempted in life – football, music, teaching, photography, and ultimately expressing himself in prose.

Upon leaving his Sydney home



after his prostate operation, to hole up at his former stamping ground in Port Elliot, he became vulnerable, angry and doubting, and he traces this long and winding journey with stark, confronting words.

There's brutality in his naked declarations, as he voices his frustrations, anxiety and confusion about his relationships with others – especially his

partner and family – and with himself. But ultimately there's tenderness and truth in his aching honesty.

As former AFL star player and coach David Parkin OAM wrote in an endorsement of the book, it "has provided an incredible insight into the physical, emotional and social impacts this insidious disease has on so many men".

Parkin recommends this memoir because it covers most of the arguments, decisions and outcomes related to prostate cancer, yet it has a personal slant that makes it a memorable and impressive account of one man's experience with prostate cancer.

• **PCFA SA will receive 10 per cent from sales of *Taking a Punt*. To purchase a copy, contact the PCFA-SA office on 8231 6339 and leave a message on the answering machine.**

Adelaide Hills Prostate Cancer Support Group

• The Adelaide Hills Prostate Cancer Support Group meets at 10am on the third Friday of each month, from February to November, at the Adelaide Hills Community Health Service on Wellington Rd at Mount Barker. For more details, contact group leaders Sue Tulloch or Emlyn Lewis by phoning 8393 1833.

**Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au**