



COMMITTEE:

Bob Cook, Treasurer
Chris Ellis
Spiros Haldas,
Max Shub, Facilitator
Patrick Woodlock, Convenor
03 9459 0131
ProstateHeidelberg@gmail.com
PO Box 241 Ivanhoe Vic 3079

Annual subscription - \$10
Meeting - Gold Coin

DAY CALENDAR 2013

Meetings: 10:00am -12:30pm
Uniting Church Meeting Room
Seddon St, Ivanhoe
Wed 13th February

[David Gray](#)

[Nursing Prostate Cancer](#)

Wed 13th March

Wed 10th April

Wed 8th May

Wed 12th June

Wed 10th July

Wed 14th August

Wed 11th September

Wed 9th October

Wed 13th November

Wed 11th December

EVENING CALENDAR 2013

Meetings: 7:00pm -9:00pm
Uniting Church Meeting Room
Seddon St, Ivanhoe

[Wed 20th March](#)

[Prof. David Kissane](#)

Wed 17th April

Wed 15th May

Wed 19th June

Wed 17th July

Wed 21st August

Wed 18th September

Wed 16th October

Wed 20st November

Remember, the PCFA's Localised Prostate Cancer Patient Pack is available to newly diagnosed men from PCFA or contact Patrick Woodlock on 03 9459 0131.

Prostate Heidelberg provides information, education and support for those affected by prostate cancer. At the meetings, we

1. *Show respect to members and speakers;*
2. *Listen and allow people to speak;*
3. *Respect confidentiality;*
4. *Allow new ideas to be shared.*

DISCLAIMER

Information contained in this newsletter or discussed at meetings, should not take the place of proper medical advice from a qualified health professional. The services of a qualified health practitioner should be sought before applying the information to particular circumstances. This disclaimer is issued without prejudice.

The Prostate Heidelberg Cancer Support Group last met on 12th December 2012 at the Ivanhoe Uniting Church Meeting Room at 10:00 am with 18 members in attendance.

NEXT MEETING

Our next meeting is **10:00 am Wednesday 13th February 2013**. Partners or carers are welcome to all meetings

UPCOMING EVENTS and SPEAKERS CONFIRMED;

Wednesday 13th February 2013, David Gray, Prostate Cancer

Nurse at the Austin Olivia Newton-John Cancer & Wellness Centre. His position is funded by PCFA using the 2011 Movember monies.

Topic: **"Prostate Cancer Nursing"**

First Evening Meetings start Wednesday 20th March at the Ivanhoe Uniting Church meeting room (same venue as the day monthly meeting) **at 7:00 till 9:00pm.** Prof David Kissane will present on the topic **"Prostate Cancer - Its Effect on Couples and their Relationship."**

David Kissane, is an academic psychiatrist, psycho-oncology researcher and author. He is currently the Head of Psychiatry for Monash University in Australia, recently the Chairman of the Department of Psychiatry and Behavioural Sciences at Memorial Sloan-Kettering Cancer Centre in New York and previously the Foundation Chair of Palliative Medicine at the University of Melbourne.

VALE

Ken Loughnan passed away on Christmas Day 25th December 2012, aged 86 years. We express our condolences to his wife, Val, and his family.



GOLD COIN DONATION at EACH MEETING

The Steering Committee have decided to introduce a gold coin donation from Members to cover the costs of meetings.

ANNUAL SUBSCRIPTIONS 2013 - \$10 a calendar year

The annual subscription has increased by \$5 to \$10 each calendar year and is due as of 1st January 2013. The cost increase is to cover the group's administrative costs. Please pay at the meeting or post to

The Treasurer
Prostate Heidelberg
PO Box 241 Ivanhoe Vic 3079

Use the occasion to update contact details; specifically if you want your newsletter only by email (and not post) - or vice versa - please contact the Convenor on 03 9459 0131.

2012 IN REVIEW

Members and Attendances

The group had 11 meeting during the year. The average attendance at these was 19 members. We have 65 active members on our list.

Activities 2012

In July Prostate Heidelberg celebrated its 10th birthday. The celebration was sponsored by Tom Melican, the Mayor of Banyule City Council, who was also a guest speaker. Attending, along with members and their wives (or partners), were local urologists, staff from Austin Health and representatives from the PCFA.

A Steering Committee was established with the officers being Facilitator (Max Shub), Convenor (Patrick Woodlock), Treasurer / Welcoming (Bob Cook), Welcoming / Library (Chris Ellis), Library (Spiros Haldas). A lot of work was done during the year over 2012.

Speakers 2012

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| “New Research funded by PCFA” | Dr Miranda Xhilaga, National Manager, Research Programs, PCFA. |
| “Future of Support Groups” | Amanda Pomery, Support Group and Outreach Coordinator, PCFA |
| “Tissue Research” | Dr Renea Taylor, Research Fellow at the Centre for Urological Research, Monash Institute of Medical Research |
| “How to interpret PSA and the latest developments in Prostate markers” | Dr Ken Sikaris, Director of Chemical Pathology, Melbourne Pathology. |
| “Erectile Dysfunction & Erectile Restoration after Prostate Cancer” | Dr Darren Katz, specialist in erectile, continence and fertility restoration |

2012 Financials

On 1st January 2012, Prostate Heidelberg (PH) had \$5,338 in the bank. During 2012, PH received \$4,681 in subscriptions, grants and donations. In the same period, PH disbursed \$3,893, mainly on library and meeting costs, and a new laptop, a Digital video Recorder, the 10th Birthday Celebration and the Christmas Party, and administrative costs. On 31st December 2012, Prostate Heidelberg (PH) had \$6,125 in the bank.



2013 OBJECTIVES/BUDGET

2013 BUDGET

At 1st January 2013, Prostate Heidelberg (PH) had \$6,125 in the bank. Most of this balance brought forward is unspent monies from grants and donations received in 2011 and 2012.

During 2013, PH expects to receive \$3,120 in subscriptions, grants and donations, mainly from Bunnings Fathers Day Appeal, Victorian Department of Health Chronic Condition Grant, and Banyule City Council.

It is exciting that PH has this money, but a Budget is needed to spend it wisely and without waste. The PH's Steering Committee has developed a 2013 Budget that plans to expend \$6,936 strategically and according to the group's priorities.

At 31st December 2013, Prostate Heidelberg (PH) expects to have at least \$2,309 in the bank.

Library

The group need to continually keep the library current with the latest journals, books and media that support the members and people seeking support from the group.

Expand the support group's role

As a group, we are involved in 2 projects that are seeking to show that support groups can help men diagnosed with prostate cancer (and others on the journey with them) at time of diagnosis, and also throughout their journey.

Evening Meetings

It is not possible to support all potential people affected by prostate cancer with only monthly morning meetings. The group will look at expanding its audience by trialling evening meetings (this will start in March 2013), formally networking with other support groups meeting in the evenings, and running information sessions in evenings.

The web site - www.prostateheidelberg.info - and other IT expenses

The web site established in 2012 can introduce people to the group's ability to support them on the prostate cancer journey. A professional site must be maintained and refreshed.

Advertising and Promotion

It is important that the group lets people know who we are and when we meet. This will be especially true of the evening meeting each month.

2013 SPEAKERS

Max is finalising this year's speakers. If you have any suggestions of either speakers or topics, contact Max - 0413 777 342.

WORLD CANCER DAY 4 FEBRUARY 2013 - "CANCER - DID YOU KNOW?"

Union for International Cancer Control (UICC) is organising the World Cancer Day 2013 campaign for **4th february 2013**. The focus is on Target 5 of the World Cancer Declaration: **Dispel damaging myths and misconceptions about cancer**, under the tagline "Cancer - Did you know?"



UPCOMING EVENTS and SPEAKERS CONFIRMED

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Topic: **"Prostate Cancer Nursing"**

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CORRESPONDENCE

Prostate Heidelberg, PO Box 241 Ivanhoe Vic 3079

ProstateHeidelberg@gmail.com

www.ProstateHeidelberg.info

PCFA support group contact for Victoria and Tasmania is Amanda Pomery. Her email is amanda.pomery@pcfa.org.au.

USEFUL PROSTATE WEBSITES

Prostate Cancer Foundation of Australia www.pcfa.org.au;

Cancer Council Victoria www.cancervic.org.au; Helpline - 13 11 20

Beyond Blue: www.BeyondBlue.org.au; Helpline - 1300 22 4636

Continence Foundation of Australia www.continence.org.au;

Lions' Australian Prostate Cancer Collaboration www.prostatehealth.org.au;

National Cancer Institute: www.cancer.gov;

USA Prostate Cancer Foundation www.pcf.org

Steve Dunn's Cancer Guide www.cancerguide.org;

Life Extension www.lef.org;

Us TOO International Prostate Cancer Education and Support Network www.prostatepointers.org;

American Institute for Diseases of the Prostate www.prostateteam.com (Dr Charles "Snuffy" Myers);

Australian Advanced Prostate Cancer Support Groups website www.jimjimjimjim.com.