

# Prostate Cancer Support Group - Northern Beaches

Affiliated with the Prostate Cancer Foundation of Australia

Proudly sponsored by Hammond Care, Health and Hospitals Limited

*A program of support serving men of all ages, their families, carers and friends  
before, during and after diagnosis*

**Newsletter No. 175 - January 2018**

Editor: Mary Jones

**Our First Meeting for 2018 will be held on**

**Tuesday, 6 February 2018**

**Our Guest Speaker is Dr AmyTeh  
From the Radiation Oncology Centre  
Sydney Adventist Hospital**

Everyone is welcome, bring your partners along

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## Monthly Meetings

All people are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact us via the website.

### When:

Meetings of our support group are held on the 1<sup>st</sup> Tuesday of the month except in January.

### Usual Location:

The Cottage, Mona Vale Hospital, Coronation Street, Mona Vale.

Time: 6:30pm till 8:30pm

## Tuesday 6 February

Dr Amy Teh's topic for the evening will be "Prostate Radiotherapy: Tomotherapy and Brachytherapy". This should be a very interesting first meeting for 2018. Look forward to seeing everyone.

## December Meeting Report.

Norma and Eleanor provided a wonderful feast for our Christmas Social Evening that was enjoyed by all. What a wonderful way to finish 2017.

We now look forward to exciting news and developments in 2018. Our program of speakers will be announced next newsletter.

## JOINT ANNOUNCEMENT

Mr Jim Hughes AM, National Chairman of Prostate Cancer Foundation of Australia and its Chief Executive Officer Associate Professor Anthony Lowe announced today that they have jointly agreed that Anthony will step down from his positions as CEO and Company Secretary effective 31st January 2018.

Prostate Cancer Foundation of Australia has advanced substantially in its capacity as the peak national body for prostate cancer in Australia. It is also well recognised internationally. This recognition has been considerably advanced while Anthony Lowe has been CEO over the last six and a half years. During his term Anthony has made a significant contribution by providing intellectual support and scientific rigour to our mission with compelling advocacy on a wide

range of challenges and issues related to the effect of prostate cancer on men, their partners, families and the community.

Anthony leaves PCFA in a strong position to pursue other opportunities. We have jointly agreed that after Anthony's contributions of the last six and a half years the next growth phase of PCFA requires the development of new strategies and ideas to achieve the future objectives of PCFA. It also gives Anthony the opportunity to fully apply his talents to new endeavours.

Prostate Cancer Foundation of Australia will begin immediately the task of finding a suitable successor to Anthony. The intention is to have a candidate identified and in place as early as possible in the new year.

As there will be a two-month period of transition there will be ample opportunities to thank Anthony for his significant contribution to PCFA.

### **Important Announcement from PCFA Pharmaceutical Benefits Advisory Committee recommends Radium 223Ra dichloride.**

The Pharmaceutical Benefits Advisory Committee (PBAC) is the independent expert body appointed by the Australian Government to recommend new medicines for listing on the Pharmaceutical Benefits Scheme (PBS). Following PCFA's submission on behalf of the prostate cancer community, we are pleased to share the news that during the November meeting of the PBAC Radium 223 (Xofigo®) was recommended for listing as a treatment of castration resistant metastatic prostate cancer on a cost-minimisation basis with abiraterone. Bayer, the manufacturer of Xofigo®, will now begin working with the Department of Health to secure listing in 2018. This is a major step towards improving healthcare access for men with advanced prostate cancer and a positive outcome from the work done by PCFA and Affiliated Support Groups. PCFA would like to thank everyone involved in this process for their support.

Daniel Moore PCFA

### **Royal Motor Yacht Club**

A big thank you to Eleanor Swansbra for organizing a donation from the RMYC Timber Boat Division. At a recent Open Day funds were collected for the Prostate Cancer Foundation of Australia which has been gratefully received.

### **Home Help Program**

Cancer Council NSW is piloting a new financial assistance service dedicated to assisting people with house cleaning and gardening maintenance, called the **Home Help** program. This service is available as a one-off payment to the value of **\$350** for eligible clients until **30 June 2018**.

*Some of you may remember that we had a Home Help and Transport service running in the Hornsby and Ku-ring-Gai area a few years back. Please note that this program has since ceased and has been replaced by this new initiative.*

Please see below for more details:

Clients may receive home help services **in addition** to other financial assistance.

The client and/or social worker is responsible for *selecting and booking the cleaning or gardening service*.

A person is eligible for the Home Help program if they:

1. Have been diagnosed with cancer, or are caring for someone diagnosed with cancer.
2. Are a resident of NSW.
3. Have not received Home Help assistance from Cancer Council NSW before.
4. Understand that **Cancer Council NSW is not responsible for the quality of the work undertaken by the cleaning or gardening service**.

To access this assistance, the client must be referred to the Financial Assistance Program by a social worker or allied health professional. Those eligible for other services (e.g. MyAgedCare or NDIS) should be referred to these services first and apply where appropriate. When accessing the Home Help program, the client or social worker will need to submit the invoice/s promptly to Cancer Council NSW for payment. Multiple invoices must be sent in one batch if more than one service occurs.

At no time will cash be provided directly to the client, social worker or allied health professional for payment for house cleaning or gardening maintenance. Invoices are to be submitted directly to Cancer Council NSW for payment.

Cleaning and gardening service providers engaged under the Home Help Assistance program must quote their ABN on their invoices.

For more information about the Home Help Assistance program please email Alka Bisen at [alkab@nswcc.org.au](mailto:alkab@nswcc.org.au) (9334 1464) or Katie Towers at [katieta@nswcc.org.au](mailto:katieta@nswcc.org.au) (9334 1463).

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## ENRICH Program

A reminder that Cancer Council NSW is running two **Enriching Survivorship Programs** in the Northern Beaches and Lower North Shore area:

- ENRICHing Survivorship **Brookvale** commencing on Saturday the 17<sup>th</sup> of February, running from 10:00am-12:00pm on Saturdays.
  - ENRICHing Survivorship **Willoughby** commencing on Saturday the 10<sup>th</sup> of March, running from 10:00am – 12:00pm on Saturdays.
- This is a **free** community education program including practical information and open discussion for people who are cancer survivors, carers, family, friends and work colleagues. **This program is open to all community regardless of where treatment was completed.**

The ENRICHing Survivorship program is comprised of **eight, two hour, face to face, weekly sessions**. The program covers topics including nutrition information, involvement in physical activity and practical information and discussion about adjusting to life following cancer treatment. Carers, partners or family members are welcome, and encouraged, to attend. The ENRICHing Survivorship Program is made up of the following eight sessions:

- **Healthy Lifestyle (6 sessions)**
- **Yoga & Mindfulness (1 session)**
- **Living Well After Cancer (1 session)**

You will also have the opportunity to connect with others on a similar journey, and share tips, ideas and activities to help you live your life well.

## RESERVATIONS ARE ESSENTIAL

Phone: 1300 360 541

Email: [enrich@nswcc.org.au](mailto:enrich@nswcc.org.au)

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## Norma's February Quiz

1. What do we call a whole lot of crocodiles, a rest a bask or a log?
2. Name the war ships that were part of the First Fleet.
3. What do the letters W.I.R.E.S stand for?
4. What name do we give to the Eastern Mediterranean, Syria, Lebanon and Turkey, is it Near Orient, Asia Minor, or The Levant?
5. Who wrote "A Cat may look at a King"?
6. In the TV series Happy Days what was Fonzie's full name?
7. What was the name of Popeye's adopted son?
8. How many heads did Cerberus, the guard dog of the underworld have - 7, 5, or 3?

9. Which award did the Beatles receive in 1965?
10. What did Nellie the Elephant do, in the song?

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## Answers to Norma's November Quiz

1. Which English King was crowned on Christmas Day? *William The Conqueror*
2. Was A Wassail, a song, a drink, a dance or a celebration? *It was a bit of all of them or any one of them*
3. If we say a colony of Ants, what do we call a group of Turkeys? *A rafter or a gang*
4. Who wrote "A Christmas Carol"? *Charles Dickens*
5. Dr. Clement Clarke Moore wrote a very famous Christmas Eve Poem, what was it called? *The Night Before Christmas*
6. Who wrote the carol 'Joy to The World'? *Handel*
7. The city of David is another name for which famous biblical town? *Bethlehem*
8. What do Elvis Presley, Floyd Cramer, Anne Murray and Bing Crosby have in common? *They all recorded "I'll Be Home for Christmas"*
9. Name two of Santa's reindeer whose names begin with C. *Comet and Cupid*
10. In the song 'The Twelve Days of Christmas' my true love bought me what on day nine? *9 Ladies Dancing*
11. What is the birth sign of people born on Xmas Day? *Capricorn*
12. Can you name the two States in the US that have towns called CHRISTMAS? *Arizona and Florida*
13. The feast of the Holy name of Jesus on or around January 1<sup>st</sup> celebrates what happening to the baby? *His circumcision*
14. What shallow drinking vessel is said to have been modelled on the breast of Marie Antoinette? *The shallow Champagne Glass*
15. Deer meat is called what? *Venison*
16. Name the creature noted for feeding on mistletoe berries. *Mistle Thrush*
17. What did Dutch children hang by the fireside instead of the more traditional stocking? *A clog or shoe*
18. Which English King made the first Christmas Day Broadcast? *King George V*
19. When was the first New Year card sent 1767, 1867, or 1467? *1467*
20. Gasper, one of the Wise men took what as a present to Jesus? *Myhrr*

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## Publicity

One of the main aims of the NB Prostate Cancer Support Group is to reach out to men and their families and provide information and emotional support for those diagnosed with Prostate Cancer. PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

This year, we are hoping that with the support of the PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

If you know of any organisation that may benefit from having one of the Ambassador Speakers visit them please let one of the committee members know.

We are always seeking ways to reach the public and articles about our Group have appeared in Pittwater Online News and the 'What's on Pittwater' website provides information about our meetings.

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## Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the Group's Executive and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Executive or the editor. Any recommendations made in such materials may not be applicable in your particular case.

Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the Group's Executive is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.

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## Contact Us

### *Postal address*

Northern Beaches Prostate Cancer Support Group  
PO Box 324, Mona Vale, NSW 1660

### **Web site**

Our web site provides details about the activities of the group, meetings, contact persons and lots of other useful information:

[www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

### *Personal support*

If you would like support, advice or assistance contact any of the committee:

Treasurer - Alan Taylor Phone: 02 9981 2616

Library - Ron Jones Phone: 02 9997 2709

Programme Organiser -

Denise Taylor Phone: 02 9981 2616

Catering - Jo-Ann Steeves Phone: 02 9918 6575

Eleanor Swansbra Phone: 02 9918 6428

Norma Norman Phone: 02 9918 4929

Committee member, newsletter editor and web site manager:

Mary Jones Phone: 0409 909 356

Email: [info@prostate-cancer-support-nb.org](mailto:info@prostate-cancer-support-nb.org)

### Useful websites:

[www.pcfa.org.au](http://www.pcfa.org.au) Telephone: 02 9438 7000

See PCFA Newsletters online at:

[www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html](http://www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html)

Other useful links-

[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

[www.acf.com.au](http://www.acf.com.au)

[www.prostate-cancer-support-act.net](http://www.prostate-cancer-support-act.net)

[www.prostate-cancer-support-sydneynorth.org](http://www.prostate-cancer-support-sydneynorth.org)

If you are aware of news, products, publications, web sites, services or events that may be of interest to members of the group I'd be happy to be informed of them. If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. I'm happy to also add any of your friends to the email list.

Past issues of our newsletters can be viewed on our website: [www.prostate-cancer-support-nb.org](http://www.prostate-cancer-support-nb.org)

