

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. 205 - November 2020

Editor: Mary Jones

GREAT NEWS!

We are planning a Christmas Get-Together



AND

Meetings will resume in 2021

Read below for more details

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Monthly Meetings – usually!

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 1st Tuesday of the month except in January.

Usual Location:

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

Time: 6:30pm till 8:30pm

Christmas Dinner at Dee Why RSL

We are pleased to announce that we are able to enjoy a dinner together on Tuesday 1 December, 6pm for 6:30pm, at Dee Why RSL, which is a Covid Safe Venue.

In previous years we have enjoyed Christmas in July there and this year we will celebrate the end of 2020 with a dinner in the Bistro.

It is up to each individual person to choose and pay for their own meal.

We are limited to 30 diners, so you must ring Norma on 9918 4929 or Mary on 0409 909 356 to register your intention to attend before Monday 30 November.

Temperatures will be checked on entry and details recorded, but if you are feeling unwell – **DO NOT COME**

Looking forward to seeing you after such a long break and knowing 2021 will be a better year.

Meetings in 2021

Your committee has been working hard to secure a venue for the commencement of meetings in 2021.

At the present time it is not looking likely that we will be able to return to our usual venue at The Palliative Care Cottage in the grounds of Mona Vale Hospital in the immediate future.

Our first meeting will therefore be on Tuesday 2 February at 6:30pm in the Narrabeen Baptist Church, 13 Grenfell Street, North Narrabeen, entry from Wakehurst Parkway.

There is plenty of parking available on site.

We are very appreciative of the church to accommodate us and allow us to use their auditorium for our meetings.

And so we hope to get back to some sort of normality with speakers and refreshments after the meeting, but we may not be able to enjoy Jo-Ann's famous quiches, but we are working on it!

Please mark the date in your diary and bring your partners/friends along.

We look forward to seeing you there.

A Book for All

Facing the Tiger: A Survivorship Guide for Men with Prostate Cancer and their Partners gives essential support to you and your loved ones. It provides practical strategies to manage stress and anxiety, improve health and wellbeing, and navigate the challenges of a complex array of medical options. It shares personal stories from Australian men and their partners in plain-speaking style, revealing the wisdom of others who have already walked the path.

Buy now as a PCFA member for 15% off, with all author royalties to the PCFA:

<https://onlinecommunity.pcfa.org.au/t5/PCFA-MEMBER-BENEFITS-PROGRAM/bg-p/BenefitsBlog>

I have read this book and it is not a medical book but a good read on how to face the challenge of a diagnosis of prostate cancer. Well worth buying.

Editor

Big Aussie Barbeque PCFA's main fundraiser in November

A brief note to share with you a Message from the Prime Minister encouraging Australians to host a Big Aussie Barbie this November.

In the video, the PM speaks about the loss of his father earlier this year, who had been diagnosed with prostate cancer, and delivers a powerful message of awareness that is worth sharing. We will make the video available on our Facebook page in coming days, but please do feel free to share this link widely with your own networks. If you haven't registered yet for Big Aussie Barbie, we could really use your support to help fund research and new programs.

Message from the Prime Minister: Big Aussie Barbie – Do it for those you love

<https://www.youtube.com/watch?v=q41OYsSs-Vg>

Simply go to bigaussiebarbie.com.au to register and [email our team](#) if you'd like an apron or bucket hat ahead of the day.

Prostate Cancer Nurses

What is a Prostate Cancer Specialist Nurse?

There are lots of nurses throughout Australia working in a variety of jobs helping those affected by prostate cancer. A Prostate Cancer Specialist Nurse is an experienced registered nurse who has received additional training to make them an expert nurse in prostate cancer care. The Prostate Cancer Specialist Nurse works within a clear framework to ensure you receive the same level of care from your nurse, no matter where you live.

How can the Prostate Cancer Specialist Nurse help?

The Prostate Cancer Specialist Nurses work with your doctors and others involved in your care. They provide care and support to men and their families in all areas of prostate cancer care – whether you are newly diagnosed or have already had some treatment.

They are able to help you by:

Providing you with an ongoing point of contact and support

Assisting you access services both in the hospital and in your community during and after treatment

Providing you with reliable information about your diagnosis and treatment plan

Providing you with information on dealing with the effects of treatment and how to get further help to deal with specific problems you may be having

Coordinating your care – wherever you are in your cancer journey

Helping you access a support group

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How will I be able to access Prostate Cancer Specialist Nurse?

You must be a patient of the hospital where the nurse is based to access this service

You can ask your hospital doctor to contact the nurse on your behalf

You can contact the service yourself

You can contact PCFA who can advise if the service is available in your area

This is a free service. It is available on weekdays during normal office hours - please note that some of our Prostate Cancer Specialist Nurses work part time and may not be available on specific days of the week. It is not an emergency service and you should contact your nearest emergency service for urgent issues.

Is a Prostate Cancer Specialist Nurse available to private patients?

There are nurses located in both public and private settings but you must be a patient of the hospital to be able to access the service.

If there is no Prostate Cancer Specialist Nurse in my area, where else can I get help?

Many hospital providers have nurses and social work services specifically to help those with cancer. Ask your doctor to put you in touch with your local services.

Health Direct Australia is a 24 hour health advice line staffed by Registered Nurses to provide health advice. This is free to call from a land line **1800 022 222**.

The Cancer Council provide a wide range of services to support those affected by cancer. Contact your local Cancer Council to find out what is available in your area **13 11 20**.

For further enquiries regarding the program please contact nursing@pcfa.org.au or **1800 22 00 99**.

Norma's November Quiz

1. In what year was the first-ever Wimbledon Championship held?
2. Hg is the chemical symbol of which element?
3. Which email service is owned by Microsoft?
4. Which country produces the most coffee in the world?
5. What is the painting 'La Gioconda' more usually known as?
6. About how many taste buds does the average human tongue have?
7. What colours are the Norwegian flag?

8. Where would you find the world's most ancient forest?
9. Globe and Jerusalem are types of what?
10. Ludwig Van Beethoven was born in 1770 in which city?
11. Which is the highest waterfall in the world?
12. What language has the most words?
13. What nationality was Marco Polo?
14. How many pairs of wings does a bee have?
15. What is the third sign of the Zodiac?

Answers to Norma's October Quiz

1. What was the name of Darwin's survey ship?
The Beagle
2. Which South American country name translates to "rich coast"? *Costa Rica*
3. Which part of France would you come from if you were a Breton? *Brittany*
4. Melissophobia is a fear of what? *Bees*
5. Which sea contains four ounces of salt to every pint of water? *The Dead Sea*
6. Which piece of music was used as the Monty Python theme? *Liberty Bell*
7. In which century was Beethoven born? *18th century*
8. The gemstone Sapphire is linked to which month of the year? *September*
9. How many finger holes are there in a bowling ball? *Three*
10. What was the name of Gene Autry's horse?
Champion
11. What city is the capital of Liechtenstein? *Vaduz*
12. What part of the body would you measure with a cephalic metre? *The human Head*
13. What is the only English anagram for the word pimentos? *Nepotism*
14. What is the main flavour of Aioli? *Garlic*
15. In morse code what letter is represented by one dash? *T*

Meetings in 2021

- | | |
|---------------------|-------------|
| Tuesday 2 February | Speaker TBA |
| Tuesday 2 March | Speaker TBA |
| Tuesday 6 April | Speaker TBA |
| Tuesday 4 May | Speaker TBA |
| Tuesday 1 June | |
| Tuesday 6 July | |
| Tuesday 3 August | |
| Tuesday 7 September | |
| Tuesday 5 October | |
| Tuesday 2 November | |
| Tuesday 7 December | |
- Mark these dates in your diary please*

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 organisations that may benefit from having one of the Ambassador speakers visit them please let a committee member 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.

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 appropriately qualified medical professionals. 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.

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:

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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

Useful websites:

www.pcfa.org.au Telephone: 02 9438 7000

See PCFA Newsletters online at:

www.pcfa.org.au/articleLive/pages/PCFA-Newsletters.html

Other useful links-

www.prostatehealth.org.au

www.cancercouncil.com.au

www.andrologyaustralia.org

www.acf.com.au

www.prostate-cancer-support-act.net

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