



Affiliated with Prostate Cancer Foundation of Australia

And supported by Redcliffe Hospital, YMCA and Moreton Bay Regional Council.

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## Monthly Newsletter Issue 120 October 2023

### Where We Meet:

The group meets at 6pm on the 1st floor of the Mango Hill YMCA Community Centre. Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd THURSDAY of the month (Except January). Refreshments are provided from 6pm.

A husband and wife are looking out the kitchen window while doing the dishes. "Honey I am gonna have to speak to Bess about her boyfriend. Look there... It looks like he has spelled his name in the snow," the husband says. The wife replies, "John, I am sure you have done that too a time or two in your life. I don't think it is a big deal. The husband replies, "well, it's in her handwriting."

### New Members

We would like to welcome to the group several new members who have come on board in the past few months. The new members are:

- Peter Bourke, Glenn Bergin, Peter Hall, Ken Bradley, Hugh Thompson, Colin Scobie, Les Hannant and Les Roll.

Please make sure our new members are welcome and try and help them on their journey.

### Redcliffe Hospital Giving Day.



The recent Redcliffe Hospital giving day raised a total of \$208,303. Our support group donated \$8,000 to the hospital to be used to fund research. Pictured is our group leader Peter & Joy Ham presenting a giant cheque to a representative of Redcliffe Hospital at 99.7 FM, who promoted the fundraising day.



Moreton Bay Regional Prostate Cancer  
Support Group

[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com)

[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org)

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### Guest Speakers.

Our guest speaker for October was Candice Dean who is the site manager at ICON at North Lakes. She gave an excellent presentation of the type of treatments available for prostate cancer patients including Theranostics, which is a relatively new approach to cancer treatment. It is used to treat some patients who have not responded to other cancer treatments or who have complex metastases (where the cancer has spread to other sites outside the prostate).

Our speaker on 9<sup>th</sup> November will be Thomas Harris who is a Men’s Health Physiotherapist from Ramsay Health Care. Tom will speak about the importance of pelvic floor exercises and their role in pre and postoperative PC treatment management. He will also be offering advice on keeping fit and his role at Ramsay Health and Northwest Private in relation to health maintenance.



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## Social Events



A lunch will be held at the Sands Social Club at Sandgate on 1<sup>st</sup> November. RSVP to Joy Ham on 0408795248 or 38865511 by October 27 to arrange a booking.

The next Men's morning tea will be held on the 18<sup>th</sup> of November at 10am at the North lakes Sports Club. These events (as above) are an important venue for new members to be made welcome in an informal setting. The next Lady's morning tea will be on Thursday the 16<sup>th</sup> of November at 10 am at Degani Café Capestone.

Our Christmas picnic is on the 3<sup>rd</sup> December at Jamieson Park, Scarborough. Chicken and salad will be provided. You will need to bring your own drinks, a chair, cutlery, and plates. It is important to RSVP by the 1<sup>st</sup> December by calling Joy on 0408795248 or email [petejoyham53@bigpond.com](mailto:petejoyham53@bigpond.com).



"The computer says I need to upgrade my brain  
to be compatible with the new software."



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## **Men's Health Night**

The Burpengary East Men's Shed and Rotary club of Redcliffe Sunrise invite men and their partners to attend a talk by Doctor Jon-Paul Meyer. Doctor Meyer is a highly regarded Moreton Bay urologist. He was involved with setting up the Moreton Bay Prostate Cancer Support Group and has been proactive in promoting men's health.

The event will be held at the Burpengary Men's Shed in Maitland St Burpengary East. It will commence at 6 pm with a barbecue provided by the Men's shed. This will be followed by a talk by Dr Meyer at 7pm. There is no cost for the evening and members and their partners are invited to attend.

If you would like to attend, please RSVP by Monday the 13<sup>th</sup> November to Hugh Thompson on 0409 629 551 or contact Rodney Hansen who is the president of the Men's Shed.

More info on Dr Meyer can be found at <https://www.jpmeyerurology.com.au>

## **Welfare checks.**

One of our longest standing members Fred Travis has agreed to conduct welfare checks on members who have been out of contact for some time. This is a valuable contribution to the group and Fred brings a great deal of experience and understanding of the issues involved to the job.

## **Bunnings Barbecue.**

The group will be conducting a sausage sizzle at Bunnings Rothwell on 9<sup>th</sup> December. Any members of the group who would like to assist at this event will be most welcome. Please contact Neil Evans on 0438 099 587.

**I have a fear of speed bumps. I am slowly getting over it.**



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