



Affiliated with Prostate Cancer Foundation of Australia

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

Editor: Michael Phillips

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Monthly Newsletter Issue 123 February 2024

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.

Social Events:

Once again both our men's and ladies' morning tea gatherings have welcomed new members to the group. Dates for March are as follows:

The Ladies morning tea will be on the 21st of March at Degani Café Capestone and the Men's event will be on the 23rd of March at 10 am at North Lakes Sports Club. Pictured below are the February groups.



Ladies morning tea Degani



Men's Morning tea North lakes sports club



Moreton Bay Regional Prostate Cancer Support Group

mbrpcsg@gmail.com

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Guest Speakers.

Our guest speaker for the February meeting was Associate Professor David MacFarlane who is the co-ordinator of theranostic services for the ICON cancer centre at North Lakes. Professor MacFarlane spoke about a range of new technologies including the use of radio ligands. The meeting was also attended by Jason Castle who represented the Prostate Cancer Foundation of Australia.



Professor MacFarlane



Jason Castle PCFA

The guest speaker for the next meeting on March 14 will be Scott Green. Scott is a Community Development Officer with ADA (Aged and Disability Advocacy) Australia. He will introduce us to the Self Advocacy Toolkit, a valuable resource developed in collaboration with the Older Persons Advocacy Network (OPAN).

This toolkit empowers individuals with the skills, information, and resources necessary to advocate for improved aged care. It is now accessible on OPAN's website: <https://opan.org.au/toolkit/>. Additionally, we have a paper handout version available. Scott believes this presentation will be insightful and beneficial for our members, offering a fresh perspective on advocating for better aged care.



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Committee Contact Details.

Below is a list of email contacts if anyone needs to contact a committee member:

Group Leader – Peter Ham peterham50@hotmail.com

Vice Group Leader – Larry Hamilton larry.hamilton@internode.on.net

Treasurer – Len Weis – lweis@tpg.com.au

Membership/Bunnings BBQ's – Neil Evans ncevans@bigpond.net.au

Newsletter Editor – Michael Phillips – michaelphillips1962@outlook.com.au

Speaker Presenter – John Haberecht jhab@mac.com

Sound Equipment Officer – Lindley Deslandes ldesland@tpg.com.au

Social/Shirts/caps Officer – Joy Ham petejoyham53@bigpond.com

If any members would like to suggest articles for future newsletters, please contact me.

What is Meditation?

Meditation has been around for thousands of years. Early meditation was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is most often used to relax and lower stress.

Meditation is a type of mind-body complementary medicine. Meditation can help you relax deeply and calm your mind.

During meditation, you focus on one thing. You get rid of the stream of thoughts that may be crowding your mind and causing stress. This process can lead to better physical and emotional well-being.

Benefits of meditation

Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress by focusing on something that calms you. Meditation can help you learn to stay centered and keep inner peace.

These benefits don't end when your meditation session ends. Meditation can help take you more calmly through your day. And meditation may help you manage symptoms of some medical conditions.

Meditation and emotional and physical well-being

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.



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The emotional and physical benefits of meditation can include:

- Giving you a new way to look at things that cause stress.
- Building skills to manage your stress.
- Making you more self-aware.
- Focusing on the present.
- Reducing negative feelings.
- Helping you be more creative.
- Helping you be more patient.
- Lowering resting heart rate.
- Lowering resting blood pressure.
- Helping you sleep better.

Meditation and illness

Meditation also might help if you have a medical condition. This is most often true if you have a condition that stress makes worse.

Be sure to talk to your healthcare professional about the pros and cons of using meditation if you have any of these or other health conditions. Sometimes, meditation might worsen symptoms linked to some mental health conditions.

Meditation doesn't replace medical treatment. But it may help to add it to other treatments.



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