



Affiliated with Prostate Cancer Foundation
of Australia

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

Editor: Michael Phillips
0419779960
Michaelphillips1962
@outlook.com.au

Monthly Newsletter Issue 127 June 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.

I thought my new girlfriend might be the one. After looking through her knickers drawer and finding a nurse outfit, a French maid's outfit and a police uniform, I decided if she can't hold down a job, she's not for me.

Guest Speakers.

Our guest speaker for the month of June was Jenni Milton who is a prostate cancer specialist nurse at Greenslopes private hospital. Jenni's presentation was very well received and for anyone interested it can be downloaded via the following link.

<https://www.dropbox.com/scl/fi/vughtdnvzljiktro4w7d/Penile-Rehabilitation.pptx?rlkey=ouk57gkpuchdfi7orp5gtqr4s&st=nt2q5vyi&dl=0>



Moreton Bay Regional Prostate Cancer Support Group

www.prostatesupportgroup.org 0435 119 628
mbrpcsg@gmail.com ABN: 13 817 326 992





Affiliated with Prostate Cancer Foundation
of Australia

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

Editor: Michael Phillips
0419779960
Michaelphillips1962
@outlook.com.au

Social Events:

There will be no guest speaker for the next monthly meeting on Thursday the 11th of July. Instead, there will be a "Christmas in July" themed mix and mingle. Members are asked to bring a plate of food to share. There will be a raffle with tickets at \$2.00 or 3 for \$5.00. First prize will be a pair of Topaz earrings from Jade Jewellers who are located in Burpengary Plaza. 2nd and 3rd prize will be a hamper and 4th prize will be a \$50.00 fuel voucher.



The next lady's morning tea will be at Degani Capestone on Thursday the 18th of July at 10.00 am.

The men's morning tea will be at North Lakes sports club on Saturday the 20th of July at 10.00 am.

These morning teas are a chance for new members to get know the group in a relaxed setting.

There will be a lunch at Norths Services Club at Kallangur on Thursday the 22nd of August. If you would like to go RSVP by the 16th August to Joy Ham 3886 5511 or 0408 795 428 to make a booking.

"I had an accident opening a can of alphabet spaghetti this morning," said Murphy.
"Were you injured?" enquired Seamus.
"No, but it could have spelled disaster," concluded Murphy.

Moreton Bay Regional Prostate Cancer Support Group

www.prostatesupportgroup.org 0435 119 628
mbrpcsg@gmail.com ABN: 13 817 326 992





**Affiliated with Prostate Cancer Foundation
of Australia**

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

**Editor: Michael Phillips
0419779960
Michaelphillips1962
@outlook.com.au**

Group Activities

On June 12th a member of the group John Dowling attended the RBWH giving. John handed over a donation of \$7000 from our group which will go towards cancer research. Pictured below is John with a couple of the celebrity guests for the day former test fast bowlers Andy Bichel, Michael Kasprowitz and boxer Jeff Horn (front).



The group recently received a donation from 1-World Charity shop at Kallangur of \$965.85

Pictured is group leader Peter Ham presenting the manager of 1-World Charity with a certificate of appreciation. Members are encouraged to support the Kallangur store with donations of clothing or goods they no longer need.

Our group will be manning an information stall at the upcoming Redcliffe show on Friday the 28th to Sunday the 30th of June. Any members wishing to assist can contact Neil Evans on 0438 099 587.

There will be a fundraising sausage sizzle on the 7th of July at Bunnings at Rothwell. Once again call Neil if you would like to help out.

Moreton Bay Regional Prostate Cancer Support Group

www.prostatesupportgroup.org 0435 119 628
mbrpcsg@gmail.com ABN: 13 817 326 992





**Affiliated with Prostate Cancer Foundation
of Australia**

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

**Editor: Michael Phillips
0419779960
Michaelphillips1962
@outlook.com.au**

On Sunday the 23rd of June with a Group leader Peter Ham and Deputy Larry Hamilton attended the Redcliffe Hospital Auxiliary Reddy fun run to raise awareness of prostate cancer. There were over 500 runners and around \$22,000 was raised on the day.

Redcliffe hospital prostate cancer specialist nurse Tim Wright and urologist Dr. Nick Rukin were among the runners in the event.



PCFA National Call in Day

Australian men living with incontinence because of prostate cancer treatment were urged to access support via a national call-in day on Monday 17th to 23rd June.

The initiative marked the start of World Continence Week, with this year's theme 'Let's talk'.

Around 1.34 million Australian men are impacted by incontinence, which is a common side-effect of prostate cancer treatment.

“Over 25,000 men are newly diagnosed with prostate cancer each year and many of them will experience temporary or long-term incontinence as a result of their treatment,” says Prostate Cancer Foundation of Australia’s Head of Telenursing and Supportive Care Programs, Bernie Riley.

“The good news is that the options for the treatment and management of incontinence have improved remarkably over recent years.

She was urging men and their loved ones to connect with PCFA on the Monday and throughout the week to access expert information and support.”

The call-in day run from 9am to 6pm AEST, with Specialist Nurses available all day by phoning free call 1800 22 00 99.

Light travels faster than sound. That's the reason that some people appear bright before you hear them speak.



Moreton Bay Regional Prostate Cancer Support Group

www.prostatesupportgroup.org 0435 119 628
mbrpcsg@gmail.com ABN: 13 817 326 992

