



**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 130 September 2024

Where we meet:

The group meets at 6.30pm 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 6 pm.

Mindfulness.

Receiving a diagnosis of prostate cancer is a major life stress for most men and their loved ones. Suddenly, the things that matter most seem threatened and it is very normal to experience a wide range of feelings and emotions.

Sometimes you may feel more distressed than at other times. Your feelings might be more intense while waiting for test results, making treatment decisions or just before commencing treatment. Side effects from treatment may also cause stress and upset. After treatment, you may worry about the cancer returning.

What is mindfulness and how can it improve prostate cancer outcomes?

Mindfulness is a technique you can learn to help you to pay attention to your present experience in a nonjudgmental, curious and accepting way. It is something you can do as you go about your everyday activities, but it can be improved and made more effective with the right training. For example, you can practice mindfulness listening to recordings guiding your thoughts.

Mindfulness training involves learning about what mindfulness is, how it works and how to practise it. Skills that are learnt during training can then be practised during everyday experiences. For example, noticing the smell and taste of food when eating and paying attention to your experience while eating.

In one [research study](#), men living with prostate cancer described many benefits from mindfulness practise including a reduction in symptoms of anxiety and depression and worries associated with cancer returning. Men have also been highly satisfied with becoming more aware of their thoughts as well as finding ways to manage unhelpful or intrusive thoughts.

Some improvements men reported after mindfulness training included:

Increased emotional regulation - *"The reduction in stress has enabled me to establish a clearer and more honest relationship to my thoughts" and "I step back and observe and then adjust. I experience my feelings. Don't always act on them"*



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Increased self-awareness - *"I've become more aware and relaxed—able to deal with stress better. The breathing exercises have really helped" and "I've become more aware of my thoughts and feelings and am able to react to situations in a more positive way"*

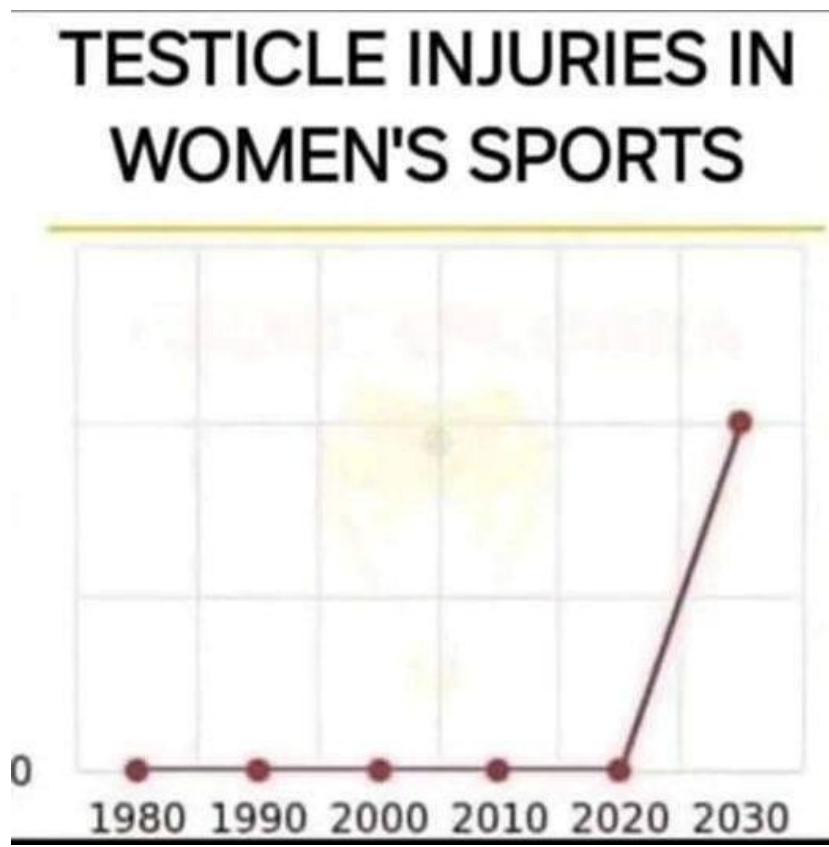
Greater patience and tolerance – *"I have more tolerance for people's quirks" and "I have become more patient and tolerant of myself"*

Positive health behaviour change – *"I now meditate more and try to keep a clear head and quit worrying a lot about what I can't change"*

Living more in the moment - *"I am living more so in the present moment with less anxiety, gratitude, intimacy w/ spouse" and "I am more mindful, more in the moment"*

Greater appreciation – *"I have more appreciation for people's goodness" and "I am thankful for every day"*

Relationship improvement – *"I am more relaxed, not as confrontational and I listen to other's points of view", "I'm nicer to my wife and tell her more I love her" and "I think before acting. If I'm upset, I'll address it sooner rather than later. I'll tell my wife more what I am thinking or feeling"*



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AGM

The groups agm was conducted at the last monthly meeting on September 13th. Office bearers elected are as listed below.

Group Leader – VACANT, Co-Group Leaders -- Kaz Pieniek (conditional) John Haberecht
Treasurer -- Len Weis, Secretary – VACANT, Special Events Officer – VACANT,
Speaker Acquisition Officer -- John Haberecht,
Membership Officer & Bunnings BBQ Co-Ordinator Neil Evans,
Newsletter Editor Michael Phillips, Media officer – VACANT,
Welfare officers -- John cowling & Fred Travis, Men's induction Officer -- Lindley Deslandes
Shirt Acquisition Officer -- Joy Ham, Social Events Officer -- Joy Ham

Office bearers who attended the meeting are pictured below.



Guest speakers

The guest speaker for September was group member John Haberecht who gave a presentation on palliative care. The guest speaker for October will be Jason Castle who will be representing the Prostate Cancer Foundation of Australia.

I asked the assistant at the hardware store: "What's best for greasy ovens?"
"She replied, "Ammonia cleaner."
"Oh sorry," I said, "I thought you worked here."



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Social events



Only six ladies attended the last morning tea on September 17. It is hoped to see an uptick in numbers after the school holidays. These events remain an important avenue for the ladies to share the common interest of having someone in their life with prostate cancer. The next ladies morning tea will be at Degani Capestone at 10 am on the 17th of Oct.

14 men attended the men's morning tea on September 19th. The group welcomed new member Glen and is an important way to introduce new members to the group in an informal setting. The next men's morning tea will be at the North Lakes sports club on the 19th of October. Anyone wishing to attend either of these events can contact Joy Ham on 0408795428



Caboolture Fishing Club:



Some of our group members attended a fund-raising event at the Caboolture River fishing and boating club during August. Pictured are group members Peter Ham and Larry Hamilton accepting a donation from the club of \$2050.00

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