

Partners & Family Group

Phone for Coffee and a Chat

Research shows that hearing from and sharing with others with similar experiences can be very helpful. A support group can provide the following gains:

- show you that you are not alone
- help develop new skills in coping with cancer and life
- permit you to 'open up' and discuss your situation and feelings
- give practical skills and advice – such as how prostate cancer affects your life
- provide new coping strategies – share your solutions and learn from others' experience
- offer a safe place to sound off about frustrations of living with cancer
- supply strategies for managing any side effects associated with prostate cancer

Talking to someone, either on the phone or in person, helps to cope with issues that husbands and wives face when diagnosed with prostate cancer.

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Gold Coast Prostate Cancer Support Groups



NEWSLETTER FOR FEBRUARY 2016

★ SUPPORT GROUPS ★

★ Tweed City★

★ Nerang ★

★ Central Gold Coast ★

★ Partners and Family ★



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The views expressed in this newsletter are not necessarily those of Cancer Council Queensland.

Prostate Tweed City

A Prostate health & Prostate cancer support group
Meet the **FIRST** Friday of each month at
Tweed City Shopping Centre Tweed Heads NSW 2485.
Doors open at 9.45am for 10am meeting

NEXT MEETING FEBRUARY 5TH

Good day every one.

Welcome to;

“Prostate Tweed City”

A Prostate health & Prostate cancer support group.

We meet at;

Tweed City Shopping Centre in the community room;
just down the walk way from Woolworths

Minjungbal Drive NSW 2485.

FIRST Friday of each month doors open at 9.30am meeting
starts 10 am NSW time

Phone 5599 7576 Ross E mail: rossco12@bigpond.com

ALL WELCOME:

This year 2016, we are looking to have ten minutes of
Prostate discussions and then we want to have more social
time.

Our group, before Christmas voted to have entertaining
Guest speakers. We have list of subjects that our member
thought would be of interest. One was solar electric power
and where will it be in ten years' time. Will we have electric
Cars by then?

And whole host of other subjects. Who makes the best
scones?

See you all on the 5th of Feb 2016.

Cheers Ross Davis convener.

Nerang Daytime Group

Meet the second Thursday of each month at
Nerang RSL Club
69 Nerang Street, Nerang (near Cinema)
10am for 10.30 am meeting

NEXT MEETING FEBRUARY 11th

Hi All. We hope you all had a good xmas and new
year, although we were saddened by the loss of Dave
Murnane. He will be missed, and our thoughts are
with Liz

I have had a request from a lady by the name of Sally
Sargeant to attend a meeting, and conduct a focus
group afterwards. She is an Assistant Professor at
Bond University, Gold Coast, and is researching what
is like for men with prostate cancer to make decisions
about their treatment and how much they feel
involved in this process.

The study has full approval form Bond University
Research Ethics Committee.

She is more than happy to come and speak about the
research in the meantime. I am hoping to get her to our
Feb meeting.

We hope to also to hear about any subjects you
would like guest speakers to talk about, so I can
organise them.

Hoping to see you all.

John & Kerry.

Central Gold Coast Group

Meet the third Wednesday of each month at
Kurrawa Surf Club
Old Burleigh Road, Broadbeach
6pm

NEXT MEETING FEBRUARY 17th

We have nothing to report as the Burleigh Waters
Group does not hold meetings in January. The first
meeting for 2016 will be on the 17th February.

The speaker we originally had planned for February
is unable to make our meeting so there will be ample
time for participants to discuss any Prostate Cancer
related items they want to share with the group. If time
permits we will also show a DVD on Prostate Cancer.