



CQ PROSTATE SUPPORT & AWARENESS GROUP

January 2016 Newsletter

Chair: Gary

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The first Meeting for 2016 of the CQ Prostate Support and Awareness Group was held at the Community Health Centre on Thursday, 21st January, with 23 members attending, 5 apologies and 2 guests. This is a great attendance especially as the January Meeting always seems to sneak up on us.

Guest Speaker:

Although we had originally planned to have a First Aid talk, **Kiran Guditi, Senior Physiotherapist with Cancer Care Service** at the Rockhampton Hospital was able to come along and give us a talk focussing on Pelvic Floor Exercises. Kiran emphasised that it takes time to strengthen the muscles and the exercises should be viewed as a lifelong routine. Part of his presentation was a short DVD of the use of an Ultrasound machine in locating and seeing these muscles in action. Very interesting! Many thanks to Judy Cornick for inviting Kiran to our meeting.

General Business, News and Updates

The minutes from the previous meeting were read and the Treasurer gave us the current Financial Report.

Following on from the Guest Speaker there was a lively discussion about the positive impact the purchase of an Ultrasound machine would be for the Rockhampton Hospital Cancer Care Unit. Those attending voted unanimously to support such a move and Gary is currently investigating and pricing this proposal. More information will be available at the next meeting.

Did you see where the **Linear Accelerators** were installed at the Hospital recently? Once calibrated and tested, they should be operational (hopefully) by May or June. With this in mind, Graeme Dougan also suggested that we look at donating or leasing a coffee/tea dispenser for the Unit.

Judy Cornick is now half way through her 3 years as the Special Care Nurse and we are mindful that the service (and Judy too!) is so worthwhile and valued by our group. There has been lots of good feedback to date, and this has to continue, to make a positive impact on the hospital and the Prostate Cancer patients.

Vic Edmestone volunteered to Shave for Prostate Cancer at the recent fundraiser at the Ridgeland Show Grounds. He lost his long locks and had close shave raising over \$500 for the cause. We look forward to seeing a new man at the next meeting!

FOR SALE: Following successful treatment and no longer needed, a prostate cancer survivor has about 200 pairs of "Depend Real Fit" absorbent underpants for sale. They are "Medium" size (waist 72 to 102) and weight (52 to 86kg). They come in packs of 8. Also Protection Pads, 12 to a pack, rating of 4 out of 7, fit inside absorbent underpants for extra absorbency protection. About 10 packs of 12 available. You can buy quantity required or take the lot. He asks for a "fair price" and will deliver them if necessary. Phone: 0412 458 792.

We extend a warm welcome to Boden Tighe, Cancer Support Coordinator for Central Queensland. Boden made a surprise visit to the meeting and hopes to be a present at more of them, perhaps also as a guest speaker.

Dates to Remember:

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| February 18 th Meeting Thursday | July 21 st Meeting Thursday |
| March 17 th Meeting Thursday | August 18 th Meeting Thursday |
| April 21 st Meeting Thursday | September 15 th Meeting Thursday |
| May 19 th Meeting Thursday | October 20 th AGM Thursday |
| June 16 th Meeting Thursday | November 17 th Meeting Thursday |

Next Meeting

Our next meeting is on **Thursday, 18th February** at the usual time and place. The topic will be First Aid.

We always look forward to seeing many of you as possible there.

Regards, Jenny

CAPRICORN COAST PROSTATE SUPPORT AND AWARENESS GROUP

A reminder to all members that the first meeting for 1916 will be on Monday February 29 where an interesting guest speaker has been arranged at the usual venue, the Yeppoon Hospital commencing at 7pm.

Jack & Kay

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