



CQ PROSTATE SUPPORT & AWARENESS GROUP

February 2016 Newsletter

Chair: Gary

Ph: 0427 779 411

Treasurer: Brian

Ph: 49285835

Secretary: Jenny

Ph: 49396656

The second Meeting for 2016 of the CQ Prostate Support and Awareness Group was held at the Community Health Centre on Thursday, 18th February, with 20 members attending and 5 apologies.

Guest Speaker:

We did not have a Guest Speaker as Gary (our Chair) had kindly offered to do a power-point presentation on **First Aid**. This was very interesting and highlighted to us all that First Aid is an assistance to be given until the experts arrive. We all can do something in an emergency. Such actions as recognizing an emergency, checking everywhere is safe, phoning for help and keeping others away from hazards are all valued. Gary also brought along 2 manikins for CPR. We all had a go and found that it is harder than you think! Thanks Gary for the great presentation!

General Business, News and Updates

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

The purchase of an **Ultrasound Machine** for the Rockhampton Hospital Cancer Care Unit is going ahead. The pricing, warranty and accessories was discussed and decided on, and the order has been placed. We are excited to see this project go ahead and hope it will be of great benefit to all. I am sure it will be a "Guest Speaker" at a future meeting!

As you know, Vic Edmiston did a "Shave for Prostate Cancer" in January and his final total raised is \$770! A magnificent effort and very much appreciated by the group. Thanks Vic!

We are again looking at sponsoring the **Calendar** put out by Keith Ireland and Rotary. This year we have decided to only advertise in September with a small advertisement on the page with our details.

I have also been trying to create an A4 sized poster for the group. This has been shown at the meetings and I think it is now ready for circulation. **The poster** has our name, meeting times, location of meeting and contact numbers on it. If anyone would like to have a copy to put on a noticeboard somewhere, please let me know. I can email a copy for you to print or alternatively, have some printed and they can be picked up at a meeting.

Relay for Life is on again, the dates being **14th -15th May**. Our group has always supported this event by blowing up balloons and taking part in the Survivors and Carers Walk. This year the venue has changed to Colts Rugby Union Oval, Tom Nutley Field. That's opposite the Kershaw Gardens. As it gets closer to the event we will know more about the layout for parking and amenities. The Rockhampton Relay is the third largest in Queensland.

News of Gordon and Fran Campbell is sounding promising. They have returned from Brisbane and hopefully Gordon is slowly coming good. Our thoughts and prayers have been with them during the last few months. We wish them both well!

Dates to Remember:

March

17th Meeting Thursday

April

21st Meeting Thursday

May

14-15th Relay for Life Saturday /Sunday

19th Meeting Thursday

June

16th Meeting Thursday

Our next meeting is on ***Thursday, 17th March***, at the usual time and place. Gary (Chair) and Lloyd Younger (our newly elected Vice-Chair) will both be absent so John Milne will kindly take the seat for us. We always look forward to seeing many of you as possible there.

Regards,

Jenny

CAPRICORN COAST PROSTATE SUPPORT AND AWARENESS GROUP

On Monday February 29 the first meeting for the year was held with an attendance of 15 and apologies from Gordon and Lyn Gifford, Suzy Watson and Margaret Whitman.

Our guest speaker was Jason Thompson, Officer In Charge of the Yeppoon Ambulance Service who enlightened us about the inner workings of Ambulance Work in the Yeppoon Area.

Many questions were asked and answered to the satisfaction of all.

The usual presentations were made and a welcome cuppa with nibblies enjoyed at the conclusion of the speakers talk.

We will be sorry to lose two supportive members, Darryll and Vicki Schurmann due to a transfer in work to Mackay and we wish them well.

A reminder that there will be no meetings in March or April due to the public holidays of Easter and Anzac Day falling on the last Monday of those months, the first time in 10 years.

JACK & KAY
Ph: 49336466