

**BAROSSA PROSTATE CANCER SUPPORT GROUP
CONVENOR - DON PIRO**

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Hi Everybody,

Well here we are beginning a New Year for 2010. I hope everybody had a peaceful and lovely family time over the Christmas and New Year break. The Barossa Prostate Cancer Support Group will commence our year on Wednesday 24 February, 2.00-4.00pm with a social gathering for members and partners at my place, 28 Kindler Ave, Nuriootpa. Please let me know if you are able to attend as I will provide some light refreshments.

As many of you know I have taken over the role of Convenor from Alan Hall who has been doing this role for many years and initially developed this group. Thank you to Alan for all of your help, you can have a well earned rest as a general member of the committee.

I would like to share a little information about myself so you know how I came to join your group.

My wife Jasmin and I came to the Barossa Valley in April 2007 after living down South of Adelaide in Morphett Vale for 35 years. I have been travelling with Bowel cancer for the past 5 years and had decided to retire to the Barossa Valley where both of our daughters and grandchildren are. It has been very rewarding here as we have joined in various activities in the community.

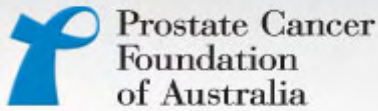
I am a Counsellor and have developed a part time practice here in the Valley. It is in my professional role that I became interested in working with Men's Health and have been involved in Men's groups in the past. On my own cancer journey I participated in the Men's Cancer Support groups with the Cancer Care Centre in Unley and liked to do something here in the Barossa. Alan and I met, became involved in a few activities, primarily, "An Evening with Graeme Goodings" last year and now I am continuing with the Support Group.

I plan to continue with the format that PCFA operate under but also open the support group to include other forms of cancer, so we may support others travelling with cancer in the Barossa if they wish to come. This may increase our membership as different people come along. PCFA have been very supportive of this action and will continue to fund this type of group and we will become the second such group like this in Australia under the PCFA banner.

I am also the Chairperson of the Barossa Area Fundraiser For Cancer Inc (BAFFC) and that group has been having discussions with nurses in the Palliative Care services who have indicated there may be a possibility of a new Breast Cancer Support Group. We may come alongside together in March to have a combined social coffee morning/afternoon type function to see what the community would like in the way of cancer support groups. So I will have more information later about this.

On a personal note, I have some personal bragging to share with you as I recently completed my 1st Tour Down Under Community ride of 111kms from Woodside to Goolwa. Maybe you saw the article in the Herald a couple of weeks ago. It was an exciting experience to be amongst over 8000 other riders with many highs and lows of hills, breakaways, winds, near misses and thinking why am I doing this and I will never do it again to now thinking I am up for more so you may see me around the valley doing more riding.

I had set myself a personal goal to achieve something special when I had good test results last year. I am a member of Cancer Voices which is an advocacy group for cancer survivors and they invited people to join their bike team particularly for the Tour Down Under ride and other events to help raise awareness of cancer in the community and I thought why not. I went out bought myself a bike and began training, it took awhile but I did it. Some general notices now:



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Other upcoming events and information:

- ***Confident Care in Palliative Care Forum, Mar 25th*** Alan, myself and another BAFFC member will talk at this Forum being organised by the Barossa General Practice Network at the Barossa Arts Convention Centre about living with Cancer and what Support information we have about our groups.
- ***Combined Support Group gathering -Coffee Afternoon with BAFFC***, Tue March 30, 2.00pm. Time and date to be confirmed.
- We have received an invitation to participate in the ***Relay for life (27 March) – Survivor's and Carer's lap*** that kicks off this event and also participate in the Candlelight ceremony in the evening. More info on this later.
- ***Kapunda Farm Fair 16 & 17 April***. We have been invited to participate in this event by having a stall similar to what members did last year at Paskeville. It is a fantastic way to reach out to men in the community and raise the awareness of Prostate cancer.
- The PCFA Central is developing a ***new logo for our Chapter*** and if you wish to make a comment on it you can give some feedback on the website; www.pcfacentralaustraliachapter.org which also includes all members of the support groups. I plan to update the Barossa information for 2010 soon.
- ***PCFA National Conference Gold Coast 6-8th August 2010*** and I am still finding out information about this event, Convenor's of each support group will be funded, partners will need to pay their own way.
- I had my ***first teleconference with the Chapter Council & other support groups*** today which was good to network and join in discussions about current issues for the Foundation in SA/NT
- John Shields from the Chapter Council is developing a ***Leadership Manual*** for new leaders & I have given feedback on that document which was received well.

This and the main PCFA website, www.prostate.org.au contain a lot of information about Prostate Cancer Research, the various programs, and activities of the Foundation and Support Groups around Australia that are happening. It is a great place to guide people to who may ask questions about Prostate Cancer and where they can obtain more detailed information as well as talking to those of us who have travelled on the cancer road.

That's all for now, even during the breaks things happen eh! Please put these dates and activities in your diaries. We would love to see you there.

I am also updating my contact information and if it is ok would like to also have ph nos and email addresses for those who have them. If so forward to me your email details, my address again is on top of the Newsletter. I plan to do these Newsletters hopefully quarterly and posted with the Prostate News that Trevor Miller sends out. Thank you to Trevor, Alan, Robert and others who have provided assistance in the past. Extra hands always make work easier.

I look forward to meeting you all soon and hear your stories of bragging and goals you have achieved on your cancer journey.

Don Piro
Convenor