

PROSTATENEWS

REDUCING THE IMPACT OF PROSTATE CANCER

ISSUE 69 / MARCH 2018



Community Conversations

Your Invitation to a Free Forum to
Discuss the Latest Research and
Management of Prostate Cancer

Friday, 25 May 2018
10.00am – 3.30pm
Peter MacCallum Cancer Centre,
VCCC Building, Melbourne

REGISTER TODAY AT
pcfa.org.au/
communityconversations
or call 1800 00 22 98 (freecall)


**Community
Conversations**

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For more information on PCFA, please visit www.pcfa.org.au

Welcome from the Chairman



PCFA continues to expand our services to Australian men and their families affected by prostate cancer.

2017 was a year of many developments in all areas of research which you can read in this issue. In 2018, an investment of \$5 million will be dedicated to key research initiatives. We will also strategically review our on-going research to continue to ensure that funding is awarded to researchers who after strict analysis by PCFA's Research Committee will carry out research in areas of greatest need and best possible outcomes for men and their families living with prostate cancer.

Our support programs are also growing, particularly online where many of our stakeholders want to access information immediately. Do visit our website pcfa.org.au as there is a wealth of important information there for men and their families.

Continuing on support, the Prostate Cancer Specialist Nursing Service has grown from strength to strength with additional nurses throughout Australia, bringing the total number to 45. Our specialist nurses not only provide care for men diagnosed and their families but also provide important information and co-ordinate their care through multi-disciplined teams post diagnosis. Two of our nurses share their stories in this issue of Prostate News.

PCFA's analysis indicates there is a need for 110 nurses throughout Australia, which will not be possible without your help. We thank you for your tireless support.

Best wishes,
Jim Hughes AM
National Chairman

Message from the Deputy Chairman



Following on from the Chairman's comments, last year was a very big year for PCFA and I am pleased to say that 2018 will be even bigger.

The ability of PCFA to remain and grow as the peak organisation in Australia for the provision of research, awareness and support related to prostate cancer relies significantly on our ability to raise the required funds.

In this issue, we feature many of our fundraising events including our Big Aussie Barbie. Thank you to everybody who is assisting us by running these events. It makes a significant and positive difference.

On behalf of PCFA and the men and their families, I would ask for your continued support of our services.

Steve Callister,
National Deputy Chairman

National Board

National Chairman

Jim Hughes AM

National Deputy Chairman

Steve Callister (Marketing & Fundraising)

Chris Hall (Finance & Operations)

Professor Mark Frydenberg AM
(Awareness & Education)

Associate Professor Tony Walker
(National Support & Community Outreach)

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Emeritus Professor Bruce Armstrong AM
(Research Advisory)

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Geoff Underwood (VIC/TAS)

Bill Munro (WA)

Distinguished Professor
Judith Clements AC (QLD)

Michael Brock (SA/NT)

Associate Professor Andrew Kneebone



Perth's northern suburbs get a prostate cancer specialist nurse

PCFA and GenesisCare are delighted to announce the placement of a Prostate Cancer Specialist Nurse as part of a new prostate care service for men in the northern suburbs of Perth. This new specialist service brings together under one roof a team of urologists, medical oncologists, radiation oncologists, radiologists, pathologists and allied health professionals.

Integral to the new centre is Prostate Cancer Specialist Nurse Julie Sykes whose position is a first for Perth's northern suburbs and jointly funded by PCFA and GenesisCare.

Julie is a registered nurse with a special interest in prostate cancer. She has worked in both the UK and Australia in senior cancer care nursing positions including urology cancer nurse coordinator and uro-oncology nurse practitioner, and has been responsible for the delivery of several nurse led diagnostic and cancer survivorship services.

With best practice and improved patient care outcomes close to Julie's heart,

she has developed many initiatives to promote evidence based standards and policy within the nursing discipline during her career. Julie also has an extensive publication and presentation profile on prostate cancer nursing and research.

Julie is past president of the Australia and New Zealand Urological Nursing Society, and was a program director at PCFA where she was responsible for the development and implementation of PCFA's Prostate Cancer Specialist Nursing Service. This valuable service to men and their families now hosts 45 nurses across Australia. Julie's leadership at PCFA also enabled her to contribute to many of PCFA's other initiatives aimed at reducing the impact of prostate cancer on Australian men, their partners and families.

Now living back in Perth, Julie is looking forward to being involved in the direct delivery of care to patients and their families, and to working with the community to raise awareness of prostate cancer and to develop programs to help those affected by the disease.

With prostate cancer the most commonly diagnosed cancer in men and responsible for close to 3,300 deaths each year in Australia, the Prostate Care Centre focuses on providing men with the latest treatment advances to ensure the best possible outcomes.

The Prostate Care Centre is located on level 2 at Shenton House, 57 Shenton Avenue (opposite Joondalup Health Campus), and is available free of charge to all men diagnosed with prostate cancer living in the Joondalup or Wanneroo Shires or attending Shenton House for treatment. More information can be obtained by contacting Julie Sykes, Prostate Cancer Specialist Nurse, via email: julie.sykes@genesiscare.com.au

GenesisCare 

'Being diagnosed with prostate cancer can be a devastating blow to men and their families. Understanding the diagnosis, treatment options and processes can also be difficult to navigate for many. My role is to work with the patient, his family, and the medical team in a supportive capacity right from the moment of diagnosis to ensure that the diagnosis, treatment options and treatment plan are understood, and that all aspects of care and access to services are appropriately coordinated.'

– Julie Sykes, Prostate Cancer Specialist Nurse



Supporters care for cancer patients

The Central Queensland Prostate Cancer Support and Awareness Group has again shown its generosity and focus of giving back to the local community who support its fundraising activities.

Following a conversation between John Milne, a long-standing member of the Support Group and a weekly hospital volunteer at Genesis CancerCare, and Katherine Rankin, one of the administrators based there, they were aware that patients arriving for early morning treatments had to stand outside until the doors were unlocked.

This led to the installation of a new seat outside the entrance to CancerCare Services recently. The Central Queensland Prostate Cancer Support and Awareness

Group purchased the wood and participants of the Gracemere Men's Shed built the seat. Thanks also to Eden Keliher and the Rockhampton Hospital Building Energy Management System team for their help in the installation of the seat.

This was truly a combined effort and a great result in providing a much more comfortable waiting place for our cancer patients and their carers.



John Milne (left) and Brian Capell (right) from the Central Queensland Prostate Cancer Support and Awareness Group, with Prostate Cancer Specialist Nurse Judy Cornick, Col Matthews from the Gracemere Men's Shed and Katherine Rankin from Genesis CancerCare

Community Conversations

Community Conversations is back for 2018! After a well-received forum in Brisbane, PCFA will be heading to Melbourne on Friday 25 May to discuss the latest research and management of prostate cancer.



Join us at this free event for a unique opportunity to hear from leading clinicians, researchers and health professionals and share the journey with other men, partners and families impacted by prostate cancer.

DATE

Friday 25 May 2018

TIME

10.00am – 3.30pm

VENUE

Peter MacCallum Cancer Centre
VCCC Building, Melbourne

FREE to attend so bookings are essential, with lunch and refreshments provided.

Hosted by broadcaster Julie McCrossin, this interactive forum will include:

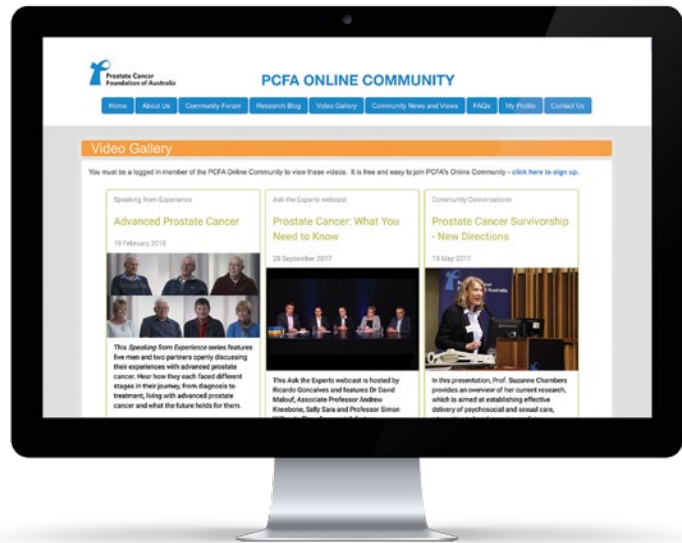
- A straightforward overview of the current treatment options for patients
- The latest developments from PCFA funded research, leading the way to improve management of prostate cancer
- Exercise recommendations that may assist to manage the treatment, side effects and the ongoing impact of prostate cancer
- Recommendations on how to manage sexual issues after receiving treatment
- Q&A session with health professionals on managing the day-to-day challenges of living with prostate cancer
- Personal stories shared by those who have also experienced prostate cancer

To book and for further information go to pcfa.org.au/communityconversations or Freecall on 1800 00 22 98



Online Community – Video Gallery

PCFA's Online Community has gone from strength to strength, with membership reaching over two thousand members last December. Content of the Video Gallery has also grown with new videos now available.



One video series features men and partners openly discussing their journey with advanced prostate cancer. Steve Cavill has shared with us what it was like to participate in the series.

How does it feel to share your cancer journey?

I was quite happy to share my experience with people because one of my concerns, not that it applies to me, is overtreatment. I hear so many stories of guys who have had their prostate removed only to find out a couple of months later that it has spread to their bones. Then not only do they have metastatic cancer but the side effects of surgery as well. Don't panic, prostate cancer is slow growing and you've got time.

How did you come to be a PCFA Network Member?

When I was first diagnosed I came across PCFA's website, and not long after that I became involved with the North Shore Prostate Cancer Support Group. I also participate in the Advanced Prostate Support Group, which is a national phone in group, run by Jim Marshall and the advanced cancer forum JimJimJimJim.com

What was it like on the day of filming?

It was a lot more 'television studio' than I expected, but in retrospect I should have known there would be cameras, lighting and a sound recordist! But the staff were incredible, the guy who asked the questions really made you comfortable to tell your story.

The second patient video series, Advanced Prostate Cancer has now been released and can be found at onlinecommunity.pcfa.org.au/video-gallery



Steve Cavill on set sharing his advanced prostate cancer experience

Sharing the experience: support groups for people affected by prostate cancer

PCFA is proud to have a national network of affiliated support groups in each state and territory of Australia consisting of men and women who have a passion for assisting others affected by prostate cancer.

Joining a support group may help you and provide the opportunity for you to help others.

"I had read a lot of literature... but once you get the reassurance and comradery of a group of people there to support each other... it's really something special."

– Support Group Member

Learn more:

<http://www.pcfa.org.au/support/support-groups-for-people-affected-by-prostate-cancer/>

Find a group:

<http://www.pcfa.org.au/support/find-a-support-group/>

Lead a group:

<http://www.pcfa.org.au/support/for-support-group-leaders-and-ambassadors/>



The Nepean Blue Mountains Prostate Cancer Support Group (PCSG) donated \$2000 to contribute to research. Malcolm Freame, Chief Operating Officer of PCFA (left), David Wilkinson, President of Nepean Blue Mountains PCSG and Evan Kallipolitis (right), Community Engagement PCFA.



Awareness Presentations

Highlight the importance of prostate cancer awareness and help those in your local community or workplace, by booking an Ambassador speaker for Men's Health Week in June 2018. A huge range of organisations and groups have hosted Ambassadors for Men's Health Week, including Rotary and Lions Clubs, universities, airlines, and culturally diverse organisations.

This June, PCFA will be partnering with Commonwealth Bank of Australia on a series of talks, and have also made PCFA's information resources available online to all staff. We look forward to working with Commonwealth Bank and other partners across Men's Health Week and hope to make it the most successful yet.

To learn more about booking an Ambassador speaker for Men's Health Week, please contact ambassadors@pcfa.org.au or 1800 22 00 99. We can also arrange for interpreters to co-present with Ambassadors to deliver messages in languages other than English.



PCFA Ambassador David Golding delivers an Ambassador presentation to the Older Men: New Ideas (OMNI) discussion group in Chatswood, NSW

Calendar Reminders

National Palliative Care Week
20 – 26 May

For further information please visit
www.palliativecare.org.au

National Volunteer Week
21 – 27 May

For further information please visit
www.volunteeringaustralia.org/nvw

International Men's Health Week
11 – 17 June 2018

For further information please visit
www.pcfa.org.au/mhw18

NAIDOC Week
8 – 15 July

For further information please visit
www.naidoc.org.au

Save the Date

Ask the Experts Webcast

Wednesday, 13 June 2018

7 – 8pm (AEST)

Expect to see more details
on PCFA's website in May

PCFA's Ask the Experts webcast
series is sponsored by



Big Aussie Barbie

Thank you to all our Big Aussie Barbie hosts who have been cooking up a storm over summer.

Hundreds of barbies have been held by Prostate Cancer Support Groups as well as Rotary, Lions, Sports and Bowls clubs across Australia at venues like Bunnings, Mitre10, UBET outlets, Men's Sheds, childcare and aged care centres, schools, churches, beaches and workplaces. Your amazing BBQs are getting us closer to achieving \$1,000,000 for prostate cancer.

There's still plenty of time in autumn to host a Barbie and enjoy the balmy evenings. If you purchase one of our Big Aussie Barbie aprons to help raise awareness, we will include a set of blue Big Aussie Barbie tongs for FREE!

Sign up today at www.bigaussiebarbie.com.au



Biggest Ever Blokes' Lunches

PCFA recently hosted the annual meeting of the Biggest Ever Blokes' Lunch (BEBL) committee members to discuss the 2017 events and share ideas and experiences amongst the group. Special congratulations to the Casey Cardinia BEBL who were awarded the "Community Event of the Year" by the Shire of Cardinia which is a great testament to the success of the event.

In 2018 our Biggest Ever Blokes' Lunches are expanding throughout the country with a new event now launched in Noosa and new locations soon to be announced thanks to the Apex Australia national initiative. The 2018 dates are available on pcfa.org.au/get-involved/events/



Biggest Ever Blokes' Lunch committee members with PCFA State Manager – VIC/TAS, John Strachan

The top ten prostate cancer research stories from 2017

2017 has been a year of many developments in all areas of prostate cancer research. At PCFA, we have examined these outcomes and selected our top 10 prostate cancer research stories of 2017.

1. FDA grants priority review status for apalutamide based on good results from the SPARTAN trial

Apalutamide is a new drug for men with advanced prostate cancer whose Prostatic Specific Antigen (PSA) is rising despite androgen deprivation therapy (ADT), but who don't have metastatic tumours detected by scans. The SPARTAN trial tested whether apalutamide could delay the appearance of metastatic tumours once ADT had failed to keep PSA levels low. Men who received the drug took significantly longer to progress to metastatic cancer than those who did not. Based on the results from a Phase 3 of this SPARTAN clinical trial, the US Food and Drug Administration (FDA) has approved use of the new drug apalutamide. Availability of this drug in Australia will require approval from the Australian Therapeutic Goods Administration, and hopefully subsidising by our pharmaceutical benefits scheme.

2. Trial testing of PROSTVAC therapeutic vaccine stopped due to poor results

This phase 3 randomised controlled trial tested the PROSTVAC therapeutic vaccine. The vaccine was designed to treat men with metastatic castration resistant prostate cancer. The trial asked whether treatment with PROSTVAC could improve survival time in men with no or few symptoms. It found no increase in survival of the patients who had PROSTVAC compared to those who did not.

In new trials, PROSTVAC is now being tested in combination with drugs called checkpoint blockade inhibitors. The company developing PROSTVAC hopes that the combined approach will be more effective than using PROSTVAC alone.

3. Adding Abiraterone to hormone therapy improves survival in hormone-sensitive advanced prostate cancer

Abiraterone is used by men with metastatic prostate cancer after ADT or after chemotherapy in Australia. Two ground-breaking trials have shown that Abiraterone can be combined with ADT to treat men with locally advanced prostate cancer and newly-diagnosed metastatic disease.

4. Long-term data from the PIVOT trial compared surgery to observation for low-risk prostate cancer

The PIVOT trial randomly assigned men with localised prostate cancer to either surgery or "observation". These new long-term data looked at outcomes from 12-19 years after the trial started. The PIVOT concluded that "among men with localised prostate cancer, detected during the early era of PSA testing, prostate surgery did not significantly reduce all-cause or prostate-specific mortality, as compared with observation, through at least 12 years of follow-up".

Sign up on our Online Community at onlinecommunity.pcfa.org.au to read our dedicated research blog for a detailed analysis of this study.

5. US study shows that nerves can drive prostate cancer development

Researchers at the Albert Einstein College of Medicine, US, studied prostate tumours growing in mice to work out how new blood vessels feeding prostate tumours were being made. They found that nerve fibres were producing a hormone called noradrenalin. Noradrenalin changed how the blood vessel cells were using sugar as energy. These changes made it possible for new blood vessels to grow. When noradrenalin was removed, the growth of the new blood vessels stopped.

Our new understanding of how prostate tumours grow tells us that using drugs (such as beta-blockers) to inhibit noradrenalin is a potential new therapy for prostate cancer.

6. Two genomics studies have set the scene to develop a personalised medicine approach for prostate cancer

Canadian researchers have sequenced and compared the DNA from hundreds of localised prostate tumours. They developed a set of biomarkers defined 40 properties of prostate cancer DNA that together could be used to predict, with quite high accuracy, which patients would suffer relapse.

A second study, conducted in collaboration with Australian researchers led by Dr Renea Taylor showed that localised tumours with BRCA2 gene mutations are uniquely aggressive due to multiple changes in their DNA. A personalised medicine approach could use DNA sequencing of localised prostate tumours to identify patients with these changes, directing them to more appropriate therapy.

7. Hypofractionated radiation therapy improved cancer control without severe side effects in men with intermediate-risk, localised prostate cancer

This radiation therapy regimen uses only one month of daily treatments, but with a higher dose of radiation per treatment. Previous clinical trials indicated a reduced risk of cancer recurrence with the shorter hypofractionated course. Data combined from three clinical trials compared the conventional to hypofractionated radiation therapy. Authors recommended the hypofractionated regimen for men with intermediate-risk localised prostate cancer, but not those at higher risk of bladder and urinary conditions.

8. The PROMIS trial showed that MRI can greatly improve the accuracy of prostate cancer diagnosis

The PROMIS trial asked whether multiparametric MRI (mpMRI) scans could be used to decide which men with high PSA could safely avoid biopsy. PROMIS found that:

- If you really did have prostate cancer, you can be fairly sure (93%) that the mpMRI will pick it up.
- If you have a negative mpMRI test, you can have good confidence that you really are free of prostate cancer, so you are less likely to need a biopsy.
- But if you have a positive test, there is a significant chance that this could be a false positive, so a biopsy will still be necessary.

9. Discovery of a mechanism that triggers prostate cancer spreading to bones

The key discovery was a protein called MAOA that was responsible for a cascade of molecular signals. These signals enhanced the activity of bone cells called osteoclasts, leading to bone tissue being degraded. By producing MAOA, cancer cells could break down the bone around them, allowing the cancer to colonise and grow in the bone region.

Drugs that inhibit the action of the MAOA protein delayed cancer spreading to the bones and increased the survival time of the mice. This newly-discovered mechanism has therefore uncovered a class of drugs that could potentially reduce the spread of prostate cancer in humans.

10. FDA approves first cancer treatment for any solid tumour with a specific genetic feature, including prostate cancer

Keytruda (pembrolizumab) is a new immunotherapy drug that helps the body's own immune system to kill cancer cells. Keytruda was approved for use by patients who have tumours carrying a genetic defect that makes them susceptible to the drug. This herald the start of precision medicine. Keytruda alone has not been successful for prostate cancer but this approval paves the way for the use of Keytruda by prostate cancer patients if future trials show that it's effective as part of a combined therapy.

Volunteers with metastatic prostate cancer are needed for a survey study

Men with metastatic prostate cancer are invited to participate in a study, involving a 20-minute online survey. This study is run by Community and Patient Preference Research (CaPPRe) and PCFA. The aim of this research is to understand the values, needs and expectations of men with metastatic prostate cancer.

If you are interested in participating in this study, please use this URL to access the survey site online: <http://bit.do/PC-research>

For more information, please contact Wendy Winnall at wendy.winnall@pcf.org.au or (03) 9948 2073, or email CaPPRe at info@cappre.com.au

More men like Geoff need a Prostate Cancer Specialist Nurse

Prostate cancer is tough – it’s even tougher when you’re on the land.



Geoff, a sheep grazer from regional Australia, has been fighting prostate cancer for eight years.

When he was diagnosed, he had a difficult choice to make: Neglect his farm and livelihood to travel hundreds of kilometres for cancer treatment – or delay getting help and risk his life?

“I needed life-saving surgery, but I had 6,000 sheep to shear, The hospital is hours away and I knew I would be out of action for weeks. I didn’t have time to take care of my health.” – Geoff

It’s a common story amongst men, especially in regional Australia. Many country men put off seeing their doctor because they have to travel long distances and they don’t prioritise their health. When they present later, they’re more likely to be diagnosed with advanced disease.

For Geoff, the farm has always come first and his health has been neglected.

“Us men feel like we’re the strong one of the family and we’re there to support our wife and children. So telling your wife you have a problem and you’re not bulletproof at all was difficult and she was very upset – she was very worried about me and our future.”

Geoff’s wife Sharon convinced him to visit his doctor and his tests showed a very high PSA level and an enlarged prostate. Geoff was diagnosed with advanced prostate cancer.

Geoff and Sharon were frightened and felt there was no one they could turn to for help. Not having access to a specialist nurse, they had no choice but to go it alone.

Geoff had surgery to remove the cancerous prostate and at first the operation was successful. But a follow-up scan showed the cancer had spread and he required radiation treatment. Recovery was tough and he was forced to reduce his workload.

Geoff isn’t alone – he is one of five men in his local area living with prostate cancer. Each one of them shares the same worries and fears for their property, family and future generations.

Prostate Cancer Specialist Nurse Christine knows how tough life on the land is

As a Prostate Cancer Specialist Nurse in regional NSW, Christine knows how tough life on the land is and the unique challenges a prostate cancer diagnosis can bring.

Specialist nurses like Christine are there for men like Geoff every step of the way from diagnosis, to treatment and follow up care. She understands the fear, grief and isolation so often felt by men out on the land. She’s there to listen and provide informed advice to patients and their families when it’s needed most.



“Many diagnosed men don’t tell anyone they have prostate cancer and aren’t aware of the treatment options available to them. Once they have more information, they’re more positive, confident and tend to have better outcomes from their treatment.” Christine says.

Out in the country, distance to health services is a huge issue. Sometimes this means working with local community support services to arrange transport for patients. Isolation and service issues are extremely common – many men in the country aren’t online and rely on more traditional ways of communicating, such as phone calls and visits in person.

Specialist nurses like Christine play a valuable role in coordinating patients’ care each and every day, bolstering the wellbeing of men on their cancer journey and making sure they get the best possible outcomes.

PCFA provides this vital prostate cancer specialist nursing service free of charge. But, of course, it isn’t free.

We rely on the generosity of our supporters to ensure men like Geoff have the expert care they need so they don’t have to face prostate cancer alone. To help, visit pcfa.org.au/ruralnurses



To find out more about our Prostate Cancer Specialist Nurses, including where they are located, visit: pcfa.org.au/support/prostate-cancer-specialist-nurses

Australian companies supporting PCFA

Subway Restaurant customers have now donated almost \$500,000 to PCFA via our blue money boxes at the checkout in South Australia, Western Australia and metropolitan Victoria. PCFA is hugely grateful to customers and the Subway team for their continued support, along with over 40 PCFA volunteers who work together to ensure money is collected.

PCFA's supporters were offered a unique opportunity to become a "billionaire" and help reduce the impact of prostate cancer on Australian men, their partners and families through Play For Purpose charity lottery recently. The opportunity which arose through PCFA's partnership with UBET gave supporters a chance to win prizes including \$500,000 in gold bullion – all while helping to support our cause.

Our major partner, Tyrepower provided for a series of Community Service Announcements which ran on Melbourne

metropolitan radio over the summer – helping PCFA to raise awareness of prostate cancer issues and attract supporters for our Big Aussie Barbie.

PCFA was also delighted to welcome two new corporate supporters over the last quarter. The Morgans Foundation is the philanthropic arm of Australia's largest full-service retail stockbroking and wealth management firm and they will support PCFA through a combination of donations

and staff fundraising over the next three years. TermSteel is a new business specialising in supply and installation of termite exclusion systems for protection of buildings and have committed to supporting PCFA over the next five years by donating a portion of their product sales.

PCFA would like to thank all of our business partners for their continued support, especially our dedicated Major Partners:



CommonwealthBank



Business Leaders changing the game for Aussie men with Prostate Cancer

Lendlease Building and PwC welcomed business leaders to an exclusive cocktail function at Barangaroo, Sydney in support of PCFA during February.

Guest speaker Alan Joyce AC, Chief Executive Officer, Qantas Group candidly spoke of his personal experience with prostate cancer and his business insights in a Q & A session that was hosted by Channel 9's Karl Stefanovic who was MC for the evening.

The event was about issuing an invitation to corporate Australia to join PCFA in helping to drive revolutionary prostate cancer research and change the game for Australian men.

Thanks to the generosity of those who attended on the night, PCFA raised over \$100,000 which will support a ground-breaking nuclear medicine treatment trial for men with advanced prostate cancer, the TheraP Trial. Of course, should PCFA and their partners be successful in the

objective of this clinical trial which is to prove that this cutting-edge treatment is both safe and effective, many thousands of men stand to benefit over the years ahead.

PCFA would like to thank Dale Connor, Chief Executive Officer, Lendlease Building and Joseph Carrozzi, Managing Partner, Sydney PwC for their generosity in hosting the event and sharing this game-changing opportunity with their business networks.



FUNDRAISING AROUND THE COUNTRY

QLD

We have seen wonderful events including golf days held at Caloundra and Woodford Golf Clubs plus yearlong fundraising events conducted by Southport Women's Golf Committee, Carbrook Golf Club "Pink Bags", Versace Timbers and Seachange Social Club.



Viv Ashton & Steph Butler wheeling the "barrow of wine" for one of the raffles conducted by Southport Women's Golf Committee



Hans Jabbink & Peter Anematt from Carbrook Golf Club "Pink Bags" present cheque to PCFA State Manager – QLD, Peter Duffy



Winners are grinners at Versace Timbers Golf Day

Bookfest Noosa – 4 to 6 May

Rotary Noosa Daybreak are again holding their Bookfest Noosa. One of the biggest book sales held on the Sunshine Coast, there are hundreds of books to browse through and funds will be donated to PCFA. From 9am to 5pm over three days, books will be on sale at the Noosa Leisure Centre, in Wallace Drive, Noosaville.

Goodwill Bridge Swing – 25 to 26 May

We are calling on courageous supporters to "take the leap" for prostate cancer. Enjoy the thrill of swinging from Brisbane's iconic Goodwill Bridge, while raising vital funds to support men and their families affected by prostate cancer. Places are LIMITED to 30 and filling fast.



Noosa Biggest Ever Blokes' Lunch – 17 July

Noosa Prostate Association will hold their inaugural Noosa Biggest Ever Blokes' Lunch at the Noosa Tigers AFL Club. Enjoy a day of amazing food & drinks, raffles, auctions and entertainment from the talents of Sam Kekovich and Steve Haddan.

NSW/ACT

Epping Boys High School

Thank you to all the students, teachers, parents and friends of Epping Boys High School who once again raised funds for prostate cancer across a number of multicultural and business days in 2017.

Gerard Malouf and Partners lose weight and help prostate cancer

Gerard Malouf and Partners in Parramatta recently ran a charity weight loss challenge. Our thanks to Tony Chow, Marina Clayton, Alexander Hairs, Andrew George and Vrege Kolokossian who lost nearly 35 kilos combined, and raised money for prostate cancer by asking people to sponsor them by kilo.



Balmain Sports Medicine Charity Golf Day

In its 7th year, Balmain Sports Medicine recently welcomed 70 golfers for their annual charity golf day raising money and awareness for PCFA. Thank you to Craig, James and all the team at Balmain Sports Medicine as well as the 13 hole sponsors and the golfers for a fantastic result.



For more information about upcoming events visit www.pcfa.org.au/get-involved/events/

VIC/TAS

Jacobs & Lowe Day

Special thanks to Balnarring Bowls & Social Club, who dedicated their Jacobs & Lowe Day to PCFA. Well done to Maxine, Suzie, Evan and major sponsor John Hanna from Jacobs & Lowe for your outstanding support.



El Disaster ride-Mallee Run

The 2017 El Disaster ride-Mallee Run also presented their event donation. A great result, with the event also spreading the prostate cancer message throughout regional Victoria. Well done Peter and the team, with special thanks to major sponsor Euan from Harley Central.



Postie Bike Tours of Central Victoria – 22 to 26 April

The Rotary Club of Daylesford has come up with a novel way of supporting PCFA. Their “Goldfields Rush” tours of Central Victoria, on the back of a postie bike are a fantastic way to see Victoria, all the while supporting prostate cancer. Get on board for the next tour – Daylesford to Mount Bulla Challenge from 22 to 26 April.



For more information about upcoming events visit www.pcfau.org.au/get-involved/events/

SA/NT

It's a Bloke Thing Darwin

February saw the inaugural Qantaslink It's A Bloke Thing Prostate Cancer Luncheon held in Darwin's International Airport Terminal. Nearly 400 business guests were treated to an array of food, beverages, auctions and live entertainment throughout the afternoon including guest speaker, Qantas Group CEO Alan Joyce AC and entertainers James Blundell and Chelsea Bashmam.

Raising significant funds to support the placement of a Prostate Cancer Specialist Nurse in the Northern Territory, the event was facilitated by the It's A Bloke Thing Foundation and Darwin committee members Katie Woolf, Michael Bridge, Rob Longuet, Jill Morris and Hannah McClure.



Paddle 4 Prostate

More fun in the sun was had at Paddle 4 Prostate sponsored by City of Charles Sturt and CMI Toyota. Over 200 people paddled around Delfin Island on canoes, kayaks, paddleboards and surf lifesaving boats. \$20K was raised by sponsors and individual fundraisers, with an additional \$4K from Jen LeRay and Deb Grant-Clarke who completed a marathon 24-hour paddle on West Lakes.



Pink and Blue Swim/Walk

2018 started with a splash for the SA & NT PCFA team. The West Beach Surf Life Saving Club held the Pink and Blue Swim/Walk, sponsored by the West End Community Fund. Over 800 people swam or walked or ran along West Beach raising an incredible \$50K for breast and prostate cancer.

WA

Classic Cars & Coffee – Throughout 2018

WA's newest car show Classic Cars & Coffee continues to grow from strength to strength attracting 400-500 cars per month. The event takes place at Car Park 3 – University of Western Australia and raises funds for PCFA in support of Australian men and their families impacted by a prostate cancer diagnosis.



HBF Run for a Reason – 27 May

Dust off those running shoes and sign up for this year's HBF Run for a Reason in support of Prostate Cancer Foundation of Australia. Register for the 4km, 12km or Half Marathon event and receive your own Prostate Cancer Foundation singlet and cap.



**“PUTTING SOME
POWER INTO THE
FIGHT AGAINST
PROSTATE CANCER.”**

