

THE UPDATE

Support Network, Health and Education Programs News

AUG 2014

GROWTH IN THE SUPPORT NETWORK

There has been significant activity within the Network over the past three months, including the establishment of a number of new support groups across Australia. Newly established groups include three new groups in the NSW/ACT region in Sydney, the Central Coast and Taree and one group in Perth, WA.

A continuing part of PCFA's support strategy is its focus on diversity. Throughout March, April and May, PCFA hosted two gay/bi-sexual men's health forums in Canberra and Lismore. Both had a focus on raising awareness about prostate cancer in these communities and exploring the establishment of support groups and other support options for gay/bi-sexual men dealing with prostate cancer. These forums were facilitated by Greg Millan, Men's Health Consultant. Work is now progressing in both these areas to work with local community agencies involved in gay/bi-sexual men's health and welfare to establish support for the gay/bi-sexual community. Work is also progressing in Tasmania, working with local organisations to explore support options for gay/bi men with prostate cancer.

PCFA would like to take this opportunity to acknowledge the excellent work of Greg Millan. He has worked collaboratively with PCFA over the past two years to establish gay/bi-sexual support groups across Australia. With Greg's help we have been able to establish gay/bi support groups in Sydney, Melbourne, Brisbane, Adelaide, Darwin and Perth.

In Western Australia and South Australia, exercise based activity groups, in collaboration with exercise physiologists, have recently affiliated with PCFA. The establishment of these innovative groups is an acknowledgement that men seek support in different ways and that standard face-to-face groups are not always favoured by men. Engaging in an activity allows



men to take some control over their health and can be an empowering experience for men dealing with prostate cancer.

Work is also continuing to establish specific groups for our culturally and linguistically diverse (CALD) communities across Australia. We now have three key resources, which will be published in five community languages - Italian, Greek, Vietnamese, Chinese and Arabic. These resources will be invaluable in assisting PCFA to work with communities across Australia to establish support for people dealing with prostate cancer.

PCFA has also been very busy in recent months with a range of awareness events in Melbourne on 25 March 2014 and more recently in Sydney on 26 May 2014. Both these events drew large crowds of over 200 people. A wide range of medical and allied health professionals presented at both of these events, presenting bio-psycho-social perspectives of what it means to be diagnosed with prostate cancer, diagnostic tools and subsequent management of the disease. Many people at these events expressed interest in the work of PCFA's Support Groups.

Marie-Claire Cheron-Sauer, Director Support Network



Prostate Cancer
Foundation of Australia

RESEARCH
AWARENESS
SUPPORT



Rural Education Roadshow

It's a busy time for PCFA's Rural Education Roadshow program as it continues to travel the country in 2014.

The Roadshow has been fortunate to continue visiting communities across Australia with sites visited this year including: Alice Springs NT, Port Macquarie NSW, Wagga Wagga NSW, Horsham VIC, Mt Isa QLD, Albury/Wodonga NSW/VIC and Wangaratta VIC.

With the program extending until the end of December 2014, stay tuned for more Roadshow information and dates on the PCFA website!

Thank you to all support group leaders who continue to support the Roadshow and help to advertise these sessions in your local areas.

Thanks also needs to go to all the support group members who have come along and supported the Roadshow program and helped by placing flyers up in businesses around the towns visited. Every bit of coverage helps!

Above: Dr Nader Awad presenting at the Port Macquarie Community Roadshow session

UNION FOR INTERNATIONAL CANCER CONTROL WORLD CANCER CONGRESS: 3-6 DECEMBER 2014, MELBOURNE

Held every two years, the World Cancer Conference (WCC) is the leading international conference on the latest implementation about cancer. Hosted by one of the most influential Union For International Cancer Conference (UICC) members, Cancer Council Australia, the 2014 edition will take place from 3-6 December 2014 in Melbourne.

The WCC gathers under one roof over 2,500 participants coming from 150 countries, from practitioners to advocates and influential players, providing a unique mix of expertise.

One of the key objectives of the 2014 World Cancer Congress will be to equip delegates with the tools needed to effectively apply knowledge, take action at all levels and address priorities efficiently. It is in this spirit that the event's theme has been chosen - Joining Forces - Accelerating Progress.



Above: The WCC will be held at the Melbourne Convention and Exhibition Centre

PCFA is proud to be participating in this year's WCC and is playing a key role with the launch of the public consultation of the PSA testing guidelines. These guidelines are being developed by a group of national medical experts together with PCFA and Cancer Council Australia.

A key part of the congress will be the Global Village. Gathering over 50 exhibitors, the Global Village will provide the ideal meeting hub for delegates to network, share ideas and participate in a wide range of activities scheduled throughout the whole duration of the Congress.

The final day of the congress is a consumer day on Saturday 6 December 2014. A special program is being developed by the UICC for this day and it will be a great opportunity for members of our network to connect with each other later this year.

THE BARBIE THAT IGNITES A NATION

The Big Aussie Barbie is back for 2014 and we need you to help us make it the most successful campaign PCFA has seen! We aim to raise \$1 million this year and have loads of exciting new dates for your diary to help us spread awareness and funds for this year's Big Aussie Barbie.



YOU ARE INVITED TO MATTHEW HAYDEN'S BIG AUSSIE BARBIE!

We would like to invite you to be a part of Matthew's Big Aussie Barbie on Friday 29 August 2014 from midday at Wynyard Park, Sydney. We will be turning Wynyard Park into an Aussie backyard with Matthew cooking up a feast on the barbie. You will also have the opportunity to have your photo taken in front an actual Big Aussie barbie - it's six metres high.

If you would like to attend please email: Kathryn.Jones@pcfa.org.au

LOOK OUT FOR US AND OUR BIG AUSSIE BARBIE GIVE-AWAYS!

We will be handing out barbie give-aways and spreading awareness of this year's Big Aussie Barbie campaign at the locations listed left.

You may also spot Matthew Hayden and the Big Aussie Barbie campaign adverts on the back of taxis, at bus stops, in MX newspaper and on the radio throughout the last two weeks of August and September.

Date	Site	City
Mon 18 Aug	Town Hall Station	Sydney
Tue 19 Aug	Central Station	Sydney
Tue 19 Aug	Metropolitan Fire Service	Adelaide
Wed 20 Aug	Wynyard Station	Sydney
Wed 20 Aug	North Sydney Station	Sydney
Tue 26 Aug	Manly Ferry Terminal	Sydney
Wed 27 Aug	Martin Place	Sydney
Thu 28 Aug	Central Park	Perth
Wed 3 Sep	Bourke Street	Melbourne
Thu 4 Sep	King George Square	Brisbane

To register your Big Aussie Barbie and find out more about the campaign visit www.bigaussiebarbie.com.au

SUPPORT & OUTREACH

Gay/Bisexual Men's Health Forums

Over the last couple months, PCFA delivered two Men's health forums for gay and bisexual men in Canberra and Lismore.

Greg Milan delivered the forums, which included a PCFA Ambassador Prostate Cancer Prevention talk, a general presentation on gay/bisexual men's health and wellbeing, and a community consultation on the health and wellbeing needs of local gay/bisexual men.

As these topics are not usually addressed in general support groups, the men found the sessions to be a very insightful and valuable educational experience.

It was also a great experience for everyone to be able to openly talk about issues that directly relate to their unique experiences with prostate cancer in a supportive space.

With support being a key objective, PCFA continues to grow and strengthen the support networks across the country.



CHAPTER TRAINING CONFERENCES

In 2014, four Chapter Training Conferences have already taken place with one final conference scheduled for later this year. From 29-30 March 2014, we had 62 delegates represent the NSW/ACT Chapter in Wagga-Wagga. This was our first Chapter Training Conference for 2014 and we certainly started off with a bang.

Adelaide saw the Central Chapter Training Conference come to town from 21-22 May 2014. Here we had 41 delegates representing 28 Support Groups. This was followed by the VIC/TAS Chapter Training Conference in Melbourne from 23 - 24 July 2014, where we had 39 delegates attending the day and half conference. Most recently, The WA Chapter Training Conference was held in Perth from 16-17 August 2014. The conference was a great success with a total of 40 delegates in attendance, representing every support group in WA.

The training component of the Chapter Training Conference provides delegates with the opportunity to participate in three workshops facilitated by SG&O's and local Cancer Council representatives. Throughout the Training Conferences we have also seen some wonderful and insightful guest speakers. The training and information gained from both the workshops and the guest speakers has provided the Support Group Leaders with valuable knowledge to share with their Group.

The remaining Chapter Training Conference for 2014 is:

QLD Chapter Training Conference
Brisbane, 2-3 October

Registration forms have been distributed, for further information please contact Katie Rowe (Katie.rowe@pcfa.org.au or 02 9438 7065)

The Long Ride 2014: The Ride to the Rock



This year's Long Ride will see hundreds of Long Riders - from all walks of life - start from different points around Australia and meet at a final destination after riding thousands of kilometres across the outback.

This year's spectacular destination is Uluru. Just picture hundreds of motorbikes at the rock at sunset.

This year, The Long Ride aims to continue to raise huge awareness of prostate cancer through all the regional areas they will be travelling through and much needed funds for PCFA's support, awareness and research programs.

Find out more and keep up to date on the Long Riders visit www.the-long-ride-tm--2013.com



Proudly Supporting
Prostate Cancer
Foundation of Australia



TEAM SAVE A MAN ROCKS THE SYDNEY CITY2SURF

On the 10 August 2014, PCFA hosted a VIP After party after the iconic City2Surf in Sydney. Over 80,000 people from around Australia pounded the pavement over the gruelling 14km to the finish line at Bondi Beach. Amongst those 80,000 were an incredible 125 fundraisers for PCFA. Collectively to date raising close to \$80,000!

The VIP After Party was a wide success and was a great opportunity for all the fundraisers to get together relax and share stories of their fundraising journey. On the day Balmain Sports Medicine provided three very talented sports remedial massage therapists who massaged the pain and stress away after the long and argues walk/jog/run.

WILL BOSMA RUNS THE DISTANCE FOR PCFA

Will Bosma, our longest and highest fundraiser for City2Surf also joined

the team again this year. "I am a prostate cancer survivor and I happened to see an entry form for the City2Surf and thought it would be a good goal to get back to full fitness and raise funds for PCFA. Since 2010 I have raised over \$28,000."

With his fundraising set at an astonishing \$10,000 no one could expect the amazing outcome that prevailed. To date this year Will has raised \$17,000.

Although Will was in the United States for work, on the day of City2Surf he still gathered 60 of his work colleagues together and ran the distance in San Diego. Such a truly inspiring man.

Entries are open for the 2015 City2Surf, so if you want to join Will Bosma and the rest of our team for next year's event, please contact cassandra.birch@pcfa.org.au

SUPPORT & OUTREACH

BIGGEST EVER BLOKES' LUNCHESES SET TO BE EVEN BIGGER IN 2014

Victoria was the first state to host Biggest Ever Blokes' lunches. In 2014 we will be seeing the lunches expand across the country with an additional three new lunches in the diary, taking the total up to 10. It's set to be a great year!

Dates for this year's Biggest Ever Blokes' Lunches so far:

29 August, 2014 - Latrobe Valley

5 September, 2014 - Wagga Wagga

12 September, 2014 - Pakenham

10 October, 2014 - Mildura



Check out www.bigaussiebarbie.com.au for details of the above events and how to get involved.

ADVOCACY UPDATE: XOFIGO

Over the past few months, PCFA has reached out to the prostate cancer community nationwide to participate in an advocacy campaign regarding prostate cancer drug Radium 223, brand name Xofigo.

Xofigo is a new radiation treatment for bone metastases for men with castration-resistant prostate cancer.

Xofigo is injected into the blood, making its way to the bone, and can selectively target cancer cells while

minimising damage to surrounding healthy cells. As advanced prostate cancer is the second most common cause of cancer deaths in Australian men, the availability to access this drug may provide a better quality of life for many men and their families.

This drug has been approved for use in the USA, but is not yet available in Australia. The prostate cancer community has been writing letters of support for Xofigo and sending them to their

local MPs as well as Australia's Medical Services Advisory Committee. The community response has been very positive, with individuals, friends and family members, and Support Groups taking the time to draft letters.

Together, PCFA hopes that we can make this drug accessible to men throughout Australia, and we acknowledge and thank everyone who has contributed to this campaign.



Celebrating our Volunteers

PCFA is privileged to have the support of many committed and passionate volunteers, who dedicate many hours of work to advance the mission of the organisation.

In this edition of the Update and to highlight Volunteers Month in May, we celebrate the work of Connie Cameron. She has been staff member and volunteer of PCFA since 1999.

Even now, as Connie speaks about her experiences, the tone of her voice over flows with drive and passion for PCFA.

"Fifteen years ago prostate cancer was a taboo subject and men didn't even know they had a prostate. Men would call up crying because they have no idea what to do," said Connie.

Connie's work included building the data base and raising funds for PCFA to grow. She worked with the then CEO Gina Growden, in a monumental telemarketing campaign that truly "boomed the foundation." This telemarketing campaign also built personal relationships with people all over the country. The success of this

campaign still ripples through PCFA's achievements today.

What ignited Connie's endless passion was the, "Friendships you make with the support groups - I really liked helping and talking with them. It is all about how we can help these men."

Connie's positive spirit and dedication has helped PCFA in its journey to be the peak national body for prostate cancer in Australia and in its work to assist people dealing with prostate cancer.



NSW/ACT Support Group Network News

Three new groups have become affiliated support groups in the chapter since the end of March. These include: an exercise group in the Strathfield area, a pre-operative group in the Central Coast and the Taree Group covering the Manning Valley district.

The establishment of the Taree PCSG involved some fantastic team work between the neighbouring Greater Lakes PCSG (Phil and Heather Webster, Phil Rodham and his wife), Newcastle PCSG (Gary Herrett and Brett Logan), the Cancer Council,

and the Cancer Coordinator, and Evan the NSW/ACT Support Group Coordinator.

The Taree Group held a community forum and addressed the role of the support group and the benefits of joining a group. With over 20 people the need for support and information in the Taree area was very clear.

Thanks to Phil and Heather Webster for all their dedication and work prior to this very successful community forum, as it would not have happened without them.

Tamworth Prostate Cancer Support Group donates to Inala House



Tamworth Prostate Cancer Support Group recently donated monogrammed bath towels, mats and handtowels valued at \$2,000 to Inala House Patient and Carer Accommodation in the grounds of the Tamworth Rural Referral Hospital, which is managed by Jane Sweeney from the Tamworth Cancer Council Team. Since opening in March 2013, Inala House has provided over 1550 nights accommodation to 188 patient and carers of the North West/New England area.

Jane says: "With Cancer Council having hands on management of Inala House; it has enabled us to really engage with our regional communities and give back practically to those who need it most. We have also been overwhelmed with support from local support groups wanting to donate goods to the house."

Inala House is often described by the people that stay there as a "home away from home" when going through a difficult time in their lives. Jane says: "I love the fact that I get to interact daily and really get to know the patients and carers who stay here at Inala House. They really appreciate that Cancer Council is here supporting them through their cancer journey."

Professional Development Grants

PCFA is providing Australian nurses with more opportunities to expand their skills and advance their knowledge in prostate cancer care through a variety of educational and conference grants.

We envisage that supporting nurses in their professional development will increase their knowledge and exposure to best practice management and support of men with prostate cancer – ultimately improving the quality of care provided to these men.

So far this year PCFA has supported five registered nurses to attend the Australasia and New Zealand Urological Nurses Annual Scientific meeting, which was held in Brisbane in March. Three nurses have been given the opportunity to advance

their knowledge and skills in the field of prostate cancer nursing, by receiving financial assistance from PCFA to enrol in a post-graduate prostate nursing care module provided through La Trobe University.

Five registered nurses also have the opportunity to attend the 2014 Australasia and New Zealand Urological and Prostate Cancer Trial Group scientific meeting, which will be held in July.

Also still open for applications are Cancer Nursing Society of Australia Conference and Asia-Pacific Prostate Cancer Conference Grant. For more information and details of how to apply please go to www.pcfa.org.au.

UROFAIR 2014: Singapore Nursing Symposium

In March this year I was invited by PCFA to attend the Singapore Cancer Society Nursing Symposium to present three papers on the development and role of the PCFA's Prostate Cancer Specialist Nursing Service.

The theme of the UROFAIR 2014 conference was 'Changing Paradigms in Urology' and the Nursing Symposium focused entirely on prostate cancer and supportive care.

Prostate cancer in Singapore is the third most commonly diagnosed cancer, with approximately 500-600 cases annually. The pilot of the Prostate Cancer Specialist Nursing Service has generated much interest. The organisers were keen for PCFA to present the model of the Prostate Cancer Specialist Nurse and also the role of the Prostate Cancer Specialist Nurse at practice level.

The Symposium was very well attended, with more than 175 nurses registered, and

I received many interested enquiries for resources and information.

In the days following the symposium I had the opportunity to meet many of the nurses again during field trips to three of the major Singaporean Hospitals for further discussions and shared experiences. I also attended two lively support group meetings of the Walnut Warriors and the Tan Tok Seng Hospital support group, who were very keen to learn of the supportive services and resources we have in Australia.

It was a wonderful experience and I am grateful to the Singapore Nurses and the support group members who provided such a warm welcome.

Lisa Ferri, Prostate Cancer Specialist Nurse, Hollywood Private Hospital, WA

EXPANSION OF PROSTATE CANCER SPECIALIST NURSING SERVICE

Fourteen additional Prostate Cancer Specialist Nurses will be located in sites around Australia from August 2014, bringing to 26 the total number of nurses providing help to men in metropolitan and regional centres nationally.

The site selection for this extended Prostate Cancer Specialist Nursing Service was recently completed. A total of 35 applications were received and these sites reviewed and shortlisted using criteria agreed with the Department of Health. In total, 17 sites were shortlisted and visited over a period of four weeks. Once the visits were finished, the 14 sites were selected and approved by the Department of Health.

Federal Minister for Health Peter Dutton has now announced the names and locations of the health service providers of these 14 sites. The new placements have been made possible by the allocation of \$7 million from last year's Federal Budget.

The 14 sites where Prostate Cancer Specialist Nurses will be hosted are: St John of God, Bunbury WA; Repatriation General Hospital, SA; Ballarat Health Services, VIC; Geelong Hospital, Barwon Health, VIC; Western Health Service, Footscray VIC; Mildura Base Hospital, VIC; The Bays Hospital, Mornington VIC; Macquarie University Hospital, NSW; St George Hospital, NSW; Port Macquarie Base Hospital, NSW; Orange Hospital, NSW; Cairns Hospital, QLD; Rockhampton Hospital, QLD and Greenslopes Private Hospital, QLD.

Meanwhile, we were delighted to be invited to 2014 Singapore Cancer society UROFAIR conference. Lisa Ferri attended on behalf of the team and reports on the meeting in this edition of The Update.

ENTERTAINMENT BOOKS AVAILABLE NOW

Make those luxurious dreams come true and support PCFA! Buy this year's Entertainment Book and \$13 will go to PCFA.

Big discounts for everything from fun family activities to great shopping and top resort stays!

You can buy the book at: www.prostate.org.au/articleLive/pages/Entertainment-Book.html





Western Australia Support Network News

WA held elections for Chapter Council in February 2014 and consequently has four new and three returning chapter councillors.

The team in WA is proud to welcome our newest affiliated support group - PROST - exercise group for prostate cancer. This group runs exercise sessions for men with prostate cancer on Tuesdays and Thursdays at a football club gym. The new leader, Ross Campbell, is supported by co-leader Jo Mileos. It's great to have them on board!

The Western Suburbs Support Group has had a leadership change over the past few months. The new leader is Ken Bezant supported by co-leader Danny Balloch. Also part of the new team helping are John Gibson and

Gill Wood. The transition has been very smooth and thanks to all of those involved.

GROUP LEADER TRAINING

The module 'Dealing with Controversy and Working with the Unexpected' was delivered to 13 group leaders in February 2014.

The WA Chapter Training Conference was recently held from 16-17 August 2014. A total of 40 delegates participated in the conference, representing all of the support groups in WA.

Three training modules on group facilitating were delivered and a variety of presenters spoke on a range of issues, all aimed at

providing delegates with the skills and knowledge required to assist in running a support group.

AMBASSADOR TRAINING

An ambassador workshop was held in WA in April 2014 with five new ambassadors being launched, two of whom were also WA State Board members.

A thank-you event was held for all our supporters, volunteers and sponsors at WA Government House Ballroom. Congratulations to Allan Sudholz and Margaret Amm (pictured above, with PCFA National Chairman David Sandoe OAM) who received an award for services above and beyond.

SNOWY BIKE RIDE



Peter Doyle, a member of the North Shore PCSG (NSW) and a dedicated cyclist, set himself a challenge to cycle from Wagga Wagga through the Murrumbidgee Valley to Canberra (a total of 260km) over four and a half days to raise money for prostate cancer research.

Peter received a warm send off from the delegates of the PCFA NSW/ACT Chapter Training Conference in Wagga Wagga on Sunday, 30 March 2014. During his time on the road, Peter travelled through Gundagai, Tumut and Wee Jasper, encountering a number of people along the way who generously gave not only their time but also donations, shelter, advice and nourishment.

Unfortunately, Peter's journey was cut short following the arrival of a storm. For safety reasons his journey was concluded in Yass, a mere 55km shy of his final destination, Canberra.

Peter has raised \$911 on this journey to date. He expects to undertake another ride for charity next year. Donations are still being accepted, and if you would like to sponsor Peter for his efforts, please visit <http://cycle.gofundraise.com.au/page/PDOYLE>



AMBASSADOR TRAINING IN PERTH

Over the weekend of 12-13 April, a training workshop for new Ambassadors in WA was held at PCFA's Perth office.

Five participants spent the weekend practicing their public speaking skills, learning how to motivate others through their own experience with prostate cancer, and networking with existing Ambassadors.

This was the first training session held in 2014, with events planned in all states and territories over the course of the year.

There are now 20 trained Ambassadors in WA, stretching from Geraldton down to Albany. These enthusiastic and passionate advocates of prostate cancer awareness have been tirelessly working to promote men's health in their state. Recently, Ambassadors

attended the Rotary District 9455 Conference, held at the Perth Convention Centre, and spent several days manning a stall to educate Rotarians about this disease. Other recent WA events include presentations at Men's Sheds, a homeless shelter, and various corporate events.

If you would like to host an Ambassador at your workplace or club, in WA or nationwide, please contact ambassadors@pcfa.org.au.

Ambassadors are available to speak in all states and territories on the importance of prostate cancer awareness and men's health.

Above: Event attendees (front row) Emilia Hay (PCFA), Jeff Leach, Howard Nelson, (back row) Craig Gibson, Ian Mawson, Grant Westthorp, Adrian Lester. (Not pictured) Katie Dundas (PCFA)

BLUE BOOTS FOR MEN'S HEALTH

PCFA is delighted to be partnering with Steel Blue on their exciting Blue Boot campaign.

Steel Blue is Australia's largest and leading safety footwear manufacturer.

Steel Blue's new safety boot, the Southern Cross, has been released in a special blue edition with \$10 from each pair sold donated support Prostate Cancer Foundation of Australia and beyondblue.

Lending a hand, or a boot, to raise awareness for these deserving charities is just one step closer to Steel Blue's goal in helping the health and wellbeing of all workers.

"Both Prostate Cancer Foundation of Australia and beyondblue play such a vital role within the Australian community and we are privileged to be working with them to help achieve their goals for men's health. At Steel Blue, we pride ourselves on continuously working towards raising awareness on health and safety in key industries, and promoting proper foot care and full body health," said Ross Fitzgerald, Steel Blue General Manager of Sales.

The Blue Boots campaign will not only raise vital funds for PCFA's research, awareness and support programs but it will bring our prostate cancer message to thousands of Australians. We hope it will act as a reminder to Australian men, particularly those aged 50 years and over, to talk to their doctor about being tested as part of their annual health check.

To purchase a pair of blue boots, visit www.steelblue.com.au and find a work-wear store near you.



Consumer Resources

PCFA is very pleased to be able to announce that we have now published our Advanced Prostate Cancer Pack. This contains useful information for all men who are living with advanced disease. It is currently in the process of being distributed in hard copies to all support groups and a large network of other key stakeholders which includes health professionals and cancer centres. The resource is also available via the PCFA website through the following link:

<http://www.prostate.org.au/articleLive/pages/Advanced-Prostate-Cancer-Pack.html>

We are progressing well with our work on resource packs for younger men, gay and bisexual men and also for partners and carers and will be looking to finalising these in the coming months. We have included in our mail out of advanced packs a pre order card so groups and other stakeholders can advise of their requirements for these resources.

PCFA Staff News

It's been a busy few months at PCFA with several staff changes taking place...

The PCFA Support Network Team regretfully announces that Charlotte Houghton, Project Administrative Officer/Executive Support - Support Network at the National Office, has left us after two years to fulfil some life-long travel goals. As this is written she is adventuring around South America. She is already immensely missed. Charlotte provided a high level of administrative support to staff and members of the support

network across Australia. We wish Charlotte well in her travels and future endeavours.

Charlotte has been replaced by Jillian Hutchinson. Jillian commenced work at the National Office in July 2014 and is settling into her role as Administrative Officer/Executive Support - Support Network. Jillian comes to PCFA with a background in both the not for profit and corporate

sector and we are pleased to have her on board.

In June 2014, we farewelled Matt Jones the Operations Administrative Assistant in the Support Network team and have a new staff member scheduled to take up this position in August 2014. Rachel Little will be joining PCFA in mid-August and we look forward to welcoming her to the Support Network team.

WELCOME MIFF PATE TO PCFA!

Hi, my name is Miff Pate and I joined PCFA as the Support Group and Outreach Coordinator (SG&O) for Queensland on 1 April, 2014. I am thrilled to have the opportunity to work at PCFA as an organisation which raises the profile of men's health and which values optimism, compassion and diversity. As a social worker, I am passionate about promoting social change and supporting people to achieve the best possible levels of

personal and social wellbeing, so the chance to work alongside the Support Network is something I really value.

Prior to PCFA, I was a Business Development Officer for the Department of Human Services for over 10 years, promoting Medicare initiatives to key stakeholders and health sector professionals throughout Queensland. Having previously studied psychology, in 2010 I decided

to hit the books again and headed back to university to study social work which provided me with wonderful experiences working in community mental health, trans-advocacy and raising awareness of missing persons. On a personal note, I am originally from Tasmania but sensibly moved up to Brisbane 14 years ago to enjoy the warm weather and see more live music, since bands of note rarely make it across the Bass Strait!