

PROSTATENEWS

REDUCING THE IMPACT OF PROSTATE CANCER

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Thank you



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Welcome from the Chairman



Welcome to the latest edition of *Prostate News*, a publication dedicated to PCFA's supporters and

networks. We have come a long way since the emergence of Australia's first prostate cancer support groups over two decades ago, and this year we set our sights on new horizons.

We have much to achieve this year, building on the outcomes of 2019.

Our impact last year was measurable, including funding of more than \$5 million for research, engagement of hundreds of men in clinical trials and research projects, the delivery of 137 awareness talks, distribution of thousands of information packs, and the provision of care and support to 8000 new patients and their families thanks to 51 of our dedicated Prostate Cancer Specialist Nurses, located around Australia.

The proportion and severity of prostate cancer in the community is such that we are very appreciative to have support for PCFA from the Federal Government and community funding partners and plan to

continue growing our nursing network, with funding secured to appoint at least 34 new nurses over the next three years nationwide. We also plan to reinvigorate our approach to support and community outreach, and will bring you more news on this throughout the year.

Many of you will be aware that I began my governance in a Prostate Cancer Support Group, following my own diagnosis. These group members, Ambassadors, and Volunteers provide strength to our aims – connecting us with the community to share their experiences and reflecting our determination not just to beat this disease, but to offer every available support to those affected. This edition raises the profile of the vital work that they do, making a difference where they can.

I simply cannot thank them enough, together with the many loyal and committed partners who make our work possible, including researchers, business people, government representatives, and the thousands of everyday Australians who do what they can to raise awareness and funds in their local community.

PCFA is here to help all those affected by prostate cancer.

Mr Steve Callister
National Chairman

Message from the CEO



Thank you for joining us for the latest edition of *Prostate News*.

Over the past 24 years, thanks to you and others

like you, Prostate Cancer Foundation of Australia has generated tens of millions towards saving lives and helping men fight back when prostate cancer strikes. Together we have raised awareness and encouraged conversation, offering hope to men in their darkest hours.

Our mission now, more than ever, is not just to defeat prostate cancer, but to

restore hope in a future free from both physical and psychological pain.

As CEO, I am committed to walking alongside those affected to build capacity and eliminate prostate cancer as a life-threatening and limiting disease for our sons and grandsons.

In this edition you'll find out more about our achievements last year and our plans for this year, which reflect proudly on the strength and resilience of our community.

Thank you for supporting us.

Together we can beat prostate cancer.

Professor Jeff Dunn AO
CEO

Everyday Aussie men make breakthroughs possible

Each year we engage hundreds of Australian men in prostate cancer clinical trials run by researchers around the country. These cutting-edge medical investigations test the effectiveness and safety of new drugs and therapies and provide vital evidence to improve treatments and care, allowing many men to survive their disease, live longer, and prosper. Thank you to those of you who are helping create a better future for all Australians.

Promising results for precision medicine

Promising results from the PROfound trial have moved us one step closer to delivering precision medicine. This study is testing a drug called Olaparib (Lynparza) for late-stage prostate cancer patients. Initial results from the trial were recently presented at a European conference.

Olaparib targets cancer cells with specific gene alterations. It is already available in Australia for treating breast or ovarian cancers and is currently being tested with men who have metastatic prostate cancer that had become resistant to hormone therapy, and mutations in BRCA1 or BRCA2 genes.

For the first time this gold standard phase 3 trial has shown that Olaparib can be effective for those with late-stage prostate cancer.

It is hoped that a longer follow-up of the PROfound trial will provide the evidence needed for Olaparib to be approved for use in Australia for men with prostate cancer with BRCA gene alterations.



A/Prof Shahneen Sandhu (Peter MacCallum Cancer Centre, Melbourne) is an Australian investigator on the PROfound trial.

Radiotherapy can be effective with fewer doses

Radiotherapy treatment for prostate cancer is constantly being improved. Some of these improvements involve giving patients a higher dose of radiation over a shorter period of time with the aim of reducing the number of treatments they receive and freeing up healthcare resources.

A new Swedish trial called HYPO-RT-PC has compared standard radiotherapy with a new version of the treatment called ultra-hypofractionation. Also known as SBRT or SABR, this new treatment regime provides radiotherapy over

only one to two weeks. During the trial, it was provided to men with localised, intermediate-risk prostate cancer. Survival rates for men having the shorter radiotherapy treatment were as good as the standard regime, and the side effects from the two types of treatment showed little difference. While the new treatment did produce an increase in rates of urinary and bowel side effects at the end of treatment, these symptoms did not persist.

These results indicate that, for some men with localised prostate cancer, radiotherapy can be provided in fewer doses. This would be particularly useful in Australia where men living in regional areas often need to travel long distances to receive radiotherapy.



From local things, big things grow

Prostate Cancer Foundation of Australia (PCFA) has origins that can be traced back to local groups of Australian men and their partners who, recognising a gap in support, chose to act themselves and help one another throughout the experience.

Though significant progress has been made, prostate cancer remains a major Australian public health issue and PCFA's affiliated groups continue to support those affected even today, working with us to close those gaps in support for all Australians.

In this issue of *Prostate News*, we give thanks to all the people who volunteer their time to ensure local support groups are accessible and sustainable for their communities. We also thank those who donate to PCFA, allowing us to assist groups via evidence-based resources and campaigns, access to experienced staff and more.

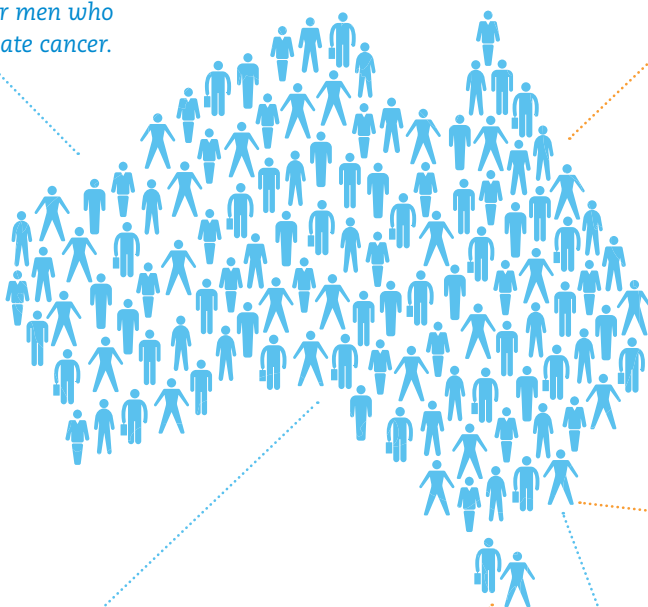
With your continued backing we can together ensure essential grass-roots action is fostered and grows. Check out some examples of the great accomplishments you made possible in 2019.



Your support makes a powerful difference to our Aussie men. Thanks to Prost! Exercise Group for developing a tailored exercise program for men who want to live well with prostate cancer.



Sunshine Coast PCSG hit a new record for attendance with over 100 members showing up for their monthly meetings. Thank you to all who participated.



Groups from across Rural & Regional NSW gathered for the Dubbo Conference and heard from expert speakers. Thank you for making these types of forums possible.



Southsiders PCSG raised awareness among shoppers at Riverton Shopping Centre speaking about prostate cancer and help available. Well done all!



Thank you to Wimmera PCSG for their awareness exhibit at Wimmera Field Days. MP Emma Kealy was one of the attendees.



Thank you to Limestone Coast PCSG and all the participants who joined the Pedal for Prostate initiative, among them, mayor Lynette Martin.



Fabulous effort from Devenport PCSG raising awareness during the Tasmanian Mural Festival.



A big shout out to Ken, Peter, Terry & Bill from the Ballarat PCSG who showed their enthusiasm in raising awareness about prostate cancer at a local bowls tournament.

Survivorship · Support · Solidarity

Thank you to all the Prostate Cancer Support Group leaders who joined us at our 2019 end-of-year Support Group Leaders' Meetings across the country.

The first of this series of state-based meetings was launched on Wednesday 27 November in Sydney with nearly 40 attendees. It was followed by meetings in Perth, Melbourne, Brisbane and Adelaide.

Prostate Cancer Support Groups are critically important to PCFA and to improving outcomes for men and their families. We were delighted to have this opportunity to strengthen our network and set a bold vision for the future.

During the meetings we had the opportunity to personally thank leaders for their service, learn from their experience, and draw from their insights to redouble our efforts in local communities across Australia.

To those who attended, a big thanks! We were impressed by your enthusiastic response to the invitation to participate and we were honoured with your presence.



Dates for your diary

We are very thankful for the support we received during 2019. Here are some different ways for you to get involved in early 2020. Keep an eye on our events calendar at pcfa.org.au to learn about PCFA's activities throughout the year.



World Cancer Day – February 4th, 2020

As a member of the Union for International Cancer Control (UICC), PCFA is again proud to support the World Cancer Day campaign, **'I Am and I Will'**. Follow us on social media on **Tuesday, February the 4th 2020** and share our message to join the campaign.



Fair Day, Sydney Gay & Lesbian Mardi Gras – February 16th, 2020

If you're heading to Fair Day as part of Sydney's Mardi Gras festival this year, be sure to visit us throughout the day. The event will kick off at 10:00am and once again will be held at Victoria Park in Camperdown.



Tune in for our next Ask the Experts Webcast – March 11th, 2020

Keep an eye on our website for more news on our next webcast – registration opens soon.



Member Spotlight: Dr Gary Morrison

Gary is a member of our National Support & Community Outreach Committee and co-convenor of the 'Shine a Light' support group for gay and bisexual men in New South Wales. As a prostate cancer survivor, Gary believes every person's journey is different when faced with cancer.

"Awareness, education and support is vital, not only at a personal level but also for those partners and families affected. In providing this support and information there is also a need for greater advocacy for appropriately funded and timely research to further improve diagnosis, treatment and awareness," he says.

Gary's career has taken him throughout the world including many years of work in the United States, where he worked for McDonnell Douglas Corporation (now Boeing), The Provincial Government in Vancouver, and the NHS in London.

Today, Gary works as an Advisor to the Australian Government, and runs his own health recruitment business with offices in Australia, the UK, and the USA. He holds qualifications in political science as well as business and arts. He has been one of our fiercest supporters and works tirelessly behind the scenes to advocate for change.

Anniversaries

Congratulations to Melmarsh PCSG in the celebration of their 10th anniversary and Dural & District PCSG for their 7th anniversary.

➤ Find your local support group: www.pcfa.org.au/support/find-a-support-group/

➤ Leading a group: www.pcfa.org.au/support/for-support-group-leaders-and-ambassadors/



PCFA calls for urgent action on survivorship

A 10-year study of Australian men affected by prostate cancer has found significant numbers of men have lower life satisfaction and experience long-term impairments to quality of life, prompting PCFA to call for urgent action by health service providers and policy makers.

The Australian-first study followed men for 10 years after a diagnosis of prostate cancer and was co-founded by PCFA's CEO, Professor Jeff Dunn AO.

Co-author Professor Suzanne Chambers AO, Dean of University of Technology Sydney's Faculty of Health and Chair of the Centre for Research Excellence in Prostate Cancer Survivorship, said more needed to be done to support Australian men with prostate cancer survivorship.

“Although men with prostate cancer are living longer, they are not necessarily living well, with symptom burden increasing and quality of life declining over time.

“While survival rates for prostate cancer are high, the diagnosis of prostate cancer is a major life stress that is often followed by challenging treatment-related symptoms and heightened distress.

“Supportive care programs need to be easily accessible to men in the years after treatment,” Professor Chambers said.

As most of our readers know, we recently released Australia's first Position Statement on Screening for Distress and Psychosocial Care for Men with Prostate Cancer with the Monograph: *A Psychosocial Care Model for Men with Prostate Cancer.*

“We need to improve community awareness of the daily struggles that accompany prostate cancer survivorship and ensure life-changing support services are routinely available,” says Professor Jeff Dunn AO, our CEO.

Our Position Statement recommends that clinicians and health professionals apply a new comprehensive Model of Care for men affected by prostate cancer, screening men for distress so that psychological and quality of life concerns can be identified and managed.

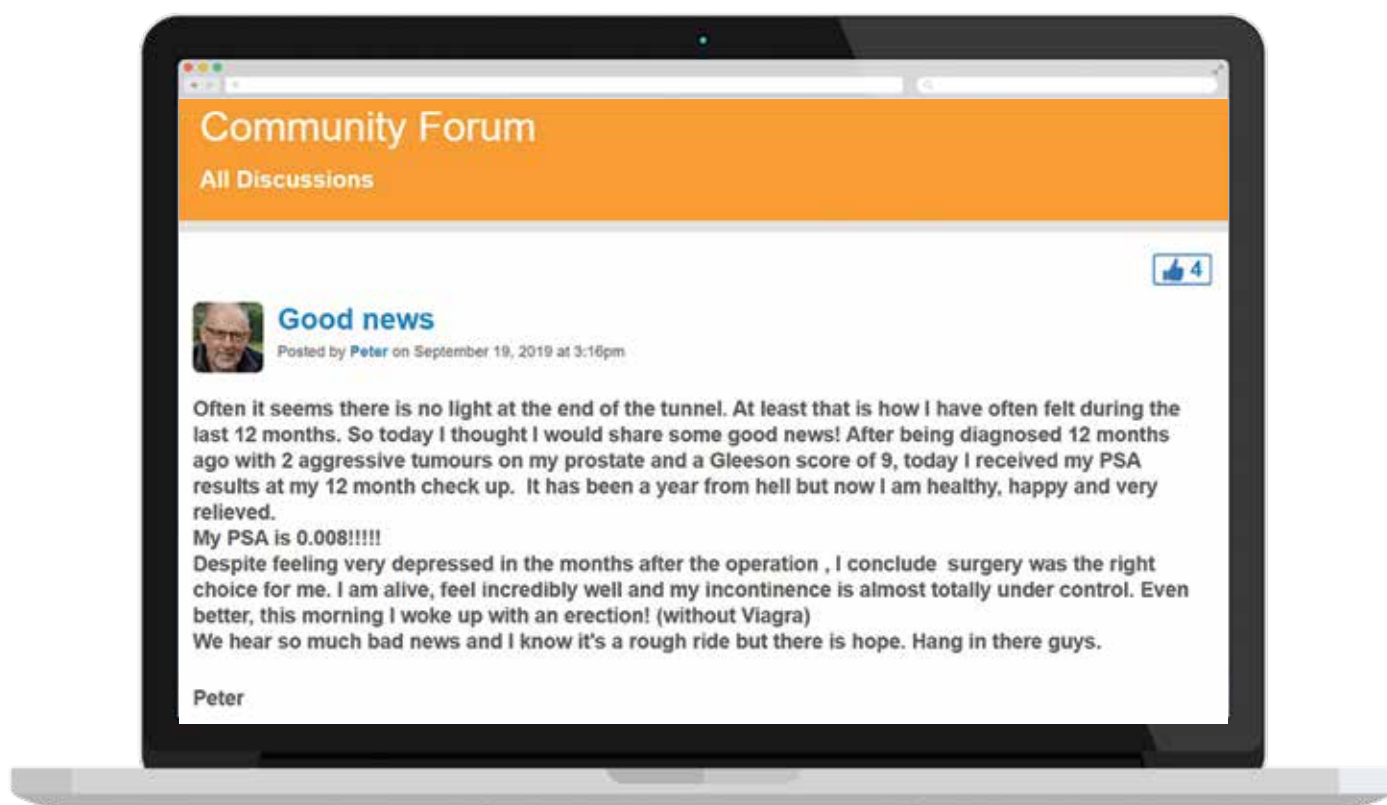
“My personal thanks to the many men who took part in this study, for their contribution to helping us save lives and improve survivorship,” Professor Dunn said.

➔ For more, go to www.pcfa.org.au/model-of-care/

PCFA's Online Community grows to 5000 members!

Have you joined our Online Community yet? We've just achieved a milestone 5000 members, reaching out to men from Cape York in Queensland to Bruny Island in Tasmania and all the way across the outback to Exmouth in WA – and everywhere in between. Join today and find out why it matters! Our thanks to those of you who keep the conversations going every day!

➔ onlinecommunity.pcfa.org.au





Nursing news

The 2019 – 2020 financial year is off to a very busy start for our Prostate Cancer Specialist Nurses (PCSNs). In the first 3 months (July - September) they supported 2,500 new patients and had 8,400 follow-up contacts with men already receiving support through the service.

New nurses join the team

The Prostate Cancer Specialist Nursing Program continues to grow, now boasting 52 nurses across 47 locations covering every Australian state and territory. We are excited to announce a new nursing position will be established at the Royal Brisbane and Women's Hospital thanks to the generous donors and supporters who participated in the 2019 *Dry July* campaign.

Thirty-four more Commonwealth-funded nurses will join the program from July 2020. Thank you to the Commonwealth Government, our community and private donors and our partner organisations such as *Dry July*, *It's a Bloke Thing Foundation*, *The Biggest Ever Blokes' Lunches* and the *Profield Foundation*. Your generous financial contributions are vital to making this program possible.

Awards and achievements

Congratulations to Cindy Ogluszko, PCSN at Western Health, who won two awards at the Research & Best Care Conference in Melbourne. The event celebrates initiatives that demonstrate coordinated, personalised and safe care for patients. Cindy was awarded 'Best Coordinated Care' for her presentation on 'implementing and evaluating a shared-care model of survivorship for prostate cancer patients in the west'. She also won best 'Right Care' presentation for her 'nurse-led prostate biopsy follow-up care program'.



Congratulations also to Meredith Studdert, PCSN at The Bays Hospital Mornington Peninsula

who was awarded the PACE Aged-Friendly Communities Award by the Mornington Shire. Meredith's nomination was inspired by her 'above and beyond' efforts to deliver care and support to prostate cancer patients and their families.

Well done Cindy and Meredith. All of us at PCFA are very proud of your achievements.

Farewells and welcomes

In October we said goodbye to two of our wonderful PCSN's who announced their retirements.

Kaye Pedretti established the Prostate Cancer Nursing Service at St John of God Hospital in Bunbury WA in 2014. She began her nursing career at the age of 18 and is proud to leave the profession as passionate about nursing as when she started.

Diane Pead announced her retirement after a 49-year nursing career. In 2014 she established the Prostate Cancer Nursing Service at the Mid-North Coast Cancer Institute in Port Macquarie. She says she will greatly miss the patients she has cared for and their families.



We extend a warm welcome to our newest PCSN, Gill Clark-Davidson, who has taken on the Bunbury

prostate cancer nursing position. Gill will be based full-time at St John of God Hospital.

Standing as one with Men of League Foundation

It's not only on the field that rugby league players demonstrate their teamwork and mateship.

Back in 2002, the National Rugby League (NRL) established the Men of League Foundation with the aim of using these qualities to serve those who needed them most.

The driving force behind this initiative was league legend Ron Coote, who by chance found his ex-teammate Doug McRitchie diagnosed with prostate cancer and suffering alone in his hospital bed.

Today, Men of League Foundation has over 35 groups across Australia that provide grants and support to ex-players and fans who are doing it tough.

We are pleased to announce that Men of League Foundation has teamed up with PCFA to provide awareness resources to help the NRL community. A series of Big Aussie Barbies will allow both organisations to raise awareness and much needed funds.

Stephen Lowndes, CEO of Men of League Foundation, said: *"Prostate cancer is a cause close to our hearts as it was the trigger for our founders to lead the establishment of a network that provides a wide range of wellbeing support."*

Through this partnership we will improve the awareness and management of prostate cancer amongst the rugby league community. *Thank you for partnering with us!*



Ron Coote and Sam Burgess

Creating a stronger and healthier mining sector

The Hon. Jim Lloyd, former member for the federal seat of Robertson on the NSW Central Coast, knows from personal experience what it is like to be diagnosed with prostate cancer. A follow-up blood test after a routine PSA test at his G.P.'s clinic in 2002 confirmed his worst fears.

Thankfully, Jim made a complete recovery from prostate cancer. Eight months after his surgery he says life had returned to normal and he felt fitter than before the operation. He knows he has the PSA test and early detection to thank for that.

After retiring from politics in 2007, Jim wanted to continue making a difference in the community. He joined PCFA recently as an Adviser, where he is using his passion for supporting men with prostate cancer to help build our partnership with the Minerals Council of Australia (MCA) and create a stronger and healthier mining sector.

There are more than 200,000 men currently working in the mining, oil and gas sector, with 1 in 7 likely to develop prostate cancer by the age of 85.

MCA is encouraging its members to host a Big Aussie Barbie or a Toolbox Talk at their worksites around the country supported by a trained speaker from PCFA.

We are very thankful to Jim, MCA and the hundreds of people and corporate groups who have supported our work with Aussie men by hosting Big Aussie Barbies for more than 10 years.



The Hon. Jim Lloyd – PCFA Adviser



Gearing up for prostate cancer

September 2019 saw intrepid explorers hit the road for the second annual Prostate Cancer Rally – Outback 4WD Adventure to raise money for prostate cancer research.



Ross Alexander – Convenor
& PCFA NSW Board Member

Following the success of the first Adventure, event founder Ross Alexander and event director Peter Fehon created a memorable 7-day drive that saw 4WDs explore the bitumen, dirt and gravel roads of the great Australian outback.

Along the way participants visited iconic outback towns

and National Parks, and enjoyed sensational country food and hospitality. It was a great opportunity to see parts of Australia that most people will never see.

The 2019 Outback 4WD Adventure raised \$118,000 for PCFA. All funds will be invested in life-saving prostate cancer research.

Thank you to the organisers, sponsors, participants and supporters for an outstanding fundraising result!

Ross Alexander, PCFA NSW & ACT Board Member, has been participating in charity car rallies since 1986. He says a personal experience of prostate cancer inspired him to create the Outback 4WD Adventure.

“After being diagnosed with it, I decided to support the research work of Prostate Cancer Foundation of Australia, as I believe that my survival is the result of the advances in medical research and science.”

Ross is excited by the potential of current research being undertaken as part of a partnership between PCFA and the Australian and New Zealand Urogenital and Prostate Cancer Trials Group (ANZUP). Initial results show Australia’s first nuclear medicine treatment for men with advanced prostate cancer could be a real game changer for treatment of this disease.

The **Prostate Cancer Rally – Outback 4WD Adventure** is set to return in 2020, and is expected to be even bigger and better. Peter Fehon of Charity Car Events will once again be on board to help create a unique and memorable adventure.

The 7-day itinerary will depart from Bourke on 22 August 2020 and pass through Tibooburra, Innamincka, Birdsville, Simpson Desert, Birdsville Track, Marree and Wilpena before finishing in the picturesque Barossa Valley.

For 2020 event details and bookings go to www.prostatecancerrally.com.au



The ground-breaking prostate cancer research you are making possible

PCFA’s Research Office is proud to announce the successful recipients of three new grants for prostate cancer projects. This research would not be possible without generous donations from the Australian public and partner organisations such as *It’s a Bloke Thing Foundation* and the *Biggest Ever Blokes’ Lunch* initiative. **Thank you all!**

Priority Research Area 1

Research that uses existing Australian biological samples from men with prostate cancer to better predict prostate cancer’s progression.



Using new epigenetic information to better predict which men are most likely to develop aggressive prostate cancer.

Professor Melissa Southey, Monash University, VIC

Some families are more susceptible to prostate cancer than others. This can happen due to DNA changes that are passed down through the generations. Professor Southey’s group have identified several inherited DNA modifications occurring in families with higher rates of prostate cancer. They will combine this information with risk prediction models and testing strategies to improve prostate cancer risk prediction for all men.



Finding new genetic risk factors for prostate cancer.

Associate Professor Renea Taylor, Monash University, VIC

This project aims to identify men likely to have aggressive prostate cancer based on changes in their DNA (their gene profile). Associate Professor Taylor will study inherited cancer-causing genes in men with prostate cancer to better predict prostate cancer severity. This research will also improve the effectiveness of genetic screening to aid early detection and identify the appropriate treatment(s) when prostate cancer occurs.

Priority Research Area 5

Research that advances knowledge and understanding of the impact of prostate cancer on men’s lives and the lives of their partners and their families.



Multimodal pre-habilitation in couples affected by prostate cancer.

Associate Professor Catherine Paterson, University of Canberra, ACT

New evidence suggests that improving the physical and psychological health of people diagnosed with cancer can improve their recovery and quality of life once treatment begins. A key finding is that providing these interventions (referred to as pre-habilitation) before treatment is crucial. This project will examine the effects of pre-habilitation on men who have chosen surgery for localised prostate cancer as well as their partners. The project’s findings will provide vital information for a definitive large-scale clinical trial.

PCFA would like to thank *It’s a Bloke Thing Foundation*, *The Biggest Ever Bloke’s Lunch* initiative and the generous Australian public for the vital contribution you have made to life-changing – and potentially life-saving – cancer research.



A helping hand for prostate cancer patients

Your kind-hearted support is helping men like Ken Peat (pictured above) and their families cope with the challenges of living with prostate cancer.

Echuca grandfather, Ken Peat, didn't have a history of prostate cancer in his family and had always been fit and healthy.

Then, a couple of years ago, as part of his annual check-up, Ken's doctor decided to test his PSA levels. A biopsy soon revealed he had prostate cancer.

A cancer diagnosis is confronting and worrying for anyone. It can have a profound impact on a patient's mental health. Ken says he tried to stay positive by focusing on the good things in his life.

"I told myself to just get over it. I've got a lovely family, I've had a wonderful life. I couldn't wish for a better partner," he said.

Ken had a prostatectomy last year, which left him with a number of uncomfortable side effects. He says learning to cope with them has been a challenge.

"Since the operation, I've had issues with the bladder. I was doing those pelvic floor exercises, but I was still leaking, and I'd have to wear the pads, and that was driving me nuts," Ken said.

Thanks to generous PCFA supporters like you, men like Ken have access to support from a Prostate Cancer Specialist Nurse (PCSN) as they learn to live well with the impacts of prostate cancer and treatment.

Ken was introduced to his PCSN Serena Morley (pictured above), by another prostate cancer patient. For him, the patient-nurse relationship has been crucial to overcoming his biggest challenges and managing his side effects. Serena provided life-changing comfort and understanding when he needed it most.

"I get on well with her. She's easy to talk to and she goes in to bat for you. She lets you know what's available and what facilities are open for us," Ken said.

Ken knows he has the PSA test and an early diagnosis to thank for his successful treatment.

"I've always had regular check-ups. People religiously get their cars serviced, and then for some inexplicable reason, they don't worry about themselves – I can never understand," he says.

Your support for PCFA helps spread awareness, so more men understand the importance of regular checks, as Ken does.

After his treatment Ken also received peer support through a PCFA Support Group, which he says was a great help on his recovery journey. He was able to meet with other men to share experiences and information in a safe environment.

Your compassionate support for PCFA makes a powerful difference to men like Ken. You help fund specialist nursing support and programs that reduce the physical and psychological distress prostate cancer can cause.

Thank you for everything you make possible.



QLD

Calendar Boys

Prostate cancer is a very personal issue for Darren Patrick, Principal at **Professionals Sandgate** Real Estate. His father Stuart died of the disease in 2012.

“It has affected a number of families both in our office and amongst the tradies that work with us as well, so this is a cause close to our hearts,” Darren said.

Our heartfelt thanks go out to the Brisbane tradies associated with Professionals Sandgate who organised and posed for a special 2020 calendar to raise funds for PCFA.

Thank you guys for going the extra mile for those living with prostate cancer!



The calendar models

Turning blue for men’s health

As we welcome the ATOM Community Engagement Fund (**ACE Fund**) as a new major partner of our prostate cancer community, we would like to thank them and **Nogard Australia** for helping us raise awareness and funds through their Blue Crew campaign. By wearing and using Nogard PCFA products at work and in the community, participants remind and encourage Australian men to keep men’s health issues at the front of their minds.

Funds raised through this initiative go directly into projects that support men living with prostate cancer and their families.

Mr Jason Johnson, CEO of ATOM and Trustee of the ACE Fund, is pleased to announce their involvement as a major corporate partner to support the work of PCFA.

“We hope to assist PCFA’s efforts in finding a cure, promoting awareness and supporting men affected by prostate cancer and their families,” Mr Johnson said.

Nogard Australia also offers custom *Join the Blue Crew* work gear for teams across the country, whether they work onsite or in the workshop. Products available include hi-vis work shirts, blue earplugs, safety glasses, gloves and more.



The Blue Crew products

WA

Central Park Plunge

Last September, 16 brave souls abseiled down the Central Park Building on St Georges Terrace in Perth in support of prostate cancer – a fundraising initiative not for the faint-hearted. In the lead-up to their epic descent, the team held fundraising raffles, lunches and rallied lots of friends and family to support the cause. This inspiring group of thrill seekers managed to raise more than \$22,000 for prostate cancer awareness, treatment and research. An outstanding effort! A huge thank you to everyone involved.



The 2019 Central Park Plunge participants supporting Prostate Cancer (photo courtesy of Darren @ Roman International Photography)

GR Engineering fires up the barbie

A big shout out to Terence Le Milliere and the team at GR Engineering Services for hosting another successful *Big Aussie Barbie* during Prostate Cancer Awareness Month. Raising an impressive \$5,000, it is clear to see that this corporate group isn’t afraid to dig deep to support a very important cause. Thank you everyone!



GR Engineering staff cooking up a storm at the Big Aussie Barbie 2019 (photo courtesy of Terence Le Milliere)

NSW/VIC

MotoGP fans rev up for prostate cancer

2019 marked PCFA's third consecutive year as the official charity of the Pramac Generac Australian Motorcycle Grand Prix held at Phillip Island last October. A fantastic \$58,000 was raised over the 3-day event.

For the CEO of the Australian Grand Prix Corporation (AGPC), Andrew Westacott, the cause was an important one for MotoGP™ fans.

"We are proud to continue our support and work alongside PCFA for a third year. It's a great opportunity to promote prostate cancer awareness and encourage men to talk to their GP about their risks and family history," he said.

One lucky bloke from Canberra was the winner of our 1st raffle prize – a Honda CBR500RA motorbike signed by legend Wayne Gardner AM generously provided by AGPC and Honda.

A big shout out to all the volunteers, especially Chris and Gail Dunne OAM and *The Long Ride* team, who helped to fundraise throughout the 3-day event and everyone who purchased raffle tickets or merchandise and made donations. Thank you for your support!

We hope to see you again next year.



Volunteers at MotoGP – Phillip Island, October 2019

VIC/TAS

Kokoda for a Cure

Father and son duo Rob and Matt Tuckett along with brothers Bill and Tom Blake took on the challenge of hiking the 96km Kokoda trail to raise awareness and funds for a cause close to their hearts. Not only did they successfully complete the hike, they also smashed their fundraising target, raising over \$25,000. Congratulations on a fabulous effort from the *Kokoda for a Cure* team and their supporters. Thank you.



Tom, Matt, Rob and Bill in training.

Bottoms up for better treatment and care

Brian Britt knows all too well the effect prostate cancer has on men diagnosed with it as well as their loved ones. Fuelled by a passionate belief that men with the disease deserve better, Brian set out to raise awareness and funds for PCFA. He rallied his local community in the north west region of Tasmania and has raised over \$32,000 through a number of fundraising activities.

His *Bottoms Up* fundraiser event, co-organised with his daughter-in-law Melissa Britt, raised an incredible \$17,000. We sincerely thank Brian for his passion to create change and help other men and families affected by prostate cancer.



Melissa Britt (co-organiser), Peter Fisher (auctioneer), Brian Britt and Bill Lee (MC), Bottoms Up fundraising event, Burnie TAS

Kane Constructions gets cooking

Last September Kane Constructions once again encouraged their on-site teams to fire up their barbies and get involved in PCFA's *Big Aussie Barbie* campaign. The company's Directors threw their support behind the event, promising to match all funds raised, dollar for dollar.

Events were held across 12 sites and individual donors and subcontractors all chipped in to help raise more than \$15,000 – their biggest donation in six years of participating in the campaign. Congratulations Kane Constructions on starting important conversations and raising vital funds for prostate cancer awareness and research.



Emeile Dawkins, Work Health & Safety Coordinator at Site BBQ – University of Melbourne Bio21 Stage 2C Advanced Microscopy Facility

Partnerships

Alongside individual giving, corporate and philanthropic support continues to amplify our impact in the fight against prostate cancer. The voice of the 200,000 Australian men living with prostate cancer is stronger thanks to the visionary organisations that stand with us.



PCFA would like to thank our newest Major Partner, **TENA**, for joining us during September 2019. Together, our organisations will focus on one of the top issues affecting quality of life for men living beyond prostate cancer: incontinence. TENA has the goal of providing ‘armour’ incontinence products for Aussie men.

In October 2019, CBA staff and business partners once again cycled and walked to raise vital research funds through their **Can4Cancer initiative**. Matt Comyn, Chief Executive Officer of CBA, presented PCFA with a donation from the funds raised by his team at the start of the 21km Sydney walk, which he personally took part in this year.

GAZMAN ran its annual **Get Into Our Pants** promotion during **September 2019**. \$5 from every pair of trousers sold was donated to PCFA. The 2019 campaign was a particularly special and emotional one for the team as it was their first without much-loved founder, Garry Austin, who sadly passed away in January following a short battle with prostate cancer.

PCFA partnered with **Tabcorp** to raise funds and awareness during the 2019 footy finals, through the **Tap Initiative**. This cheeky campaign encouraged players to celebrate winning moments during play by tapping each other on the behind. For each tap, \$100 was donated to PCFA. The initiative was a great media earner during September, International Prostate Cancer Awareness month.

PCFA would also like to thank all our philanthropic supporters who committed to new projects. **Special thanks go to supporters who abstained during Dry July in 2019** and successfully raised the funds needed for a new Prostate Cancer Specialist Nurse to be located at the Royal Brisbane and Women’s Hospital.

Looking ahead, **Gandel Philanthropy** is also teaming up with PCFA during 2020 to deliver a project called **Stronger Survivors**, which will create better pathways of support for Australian men and their families affected by prostate cancer.

Join the **Pirtek Fishing Challenge** on 15 March 2020. The world’s largest one-day fishing competition takes place across the country and entry is only \$25. PCFA has been an official charity partner of the event for the challenge’s entire 12 year history.



Register at pirtekfishingchallenge.com.au

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