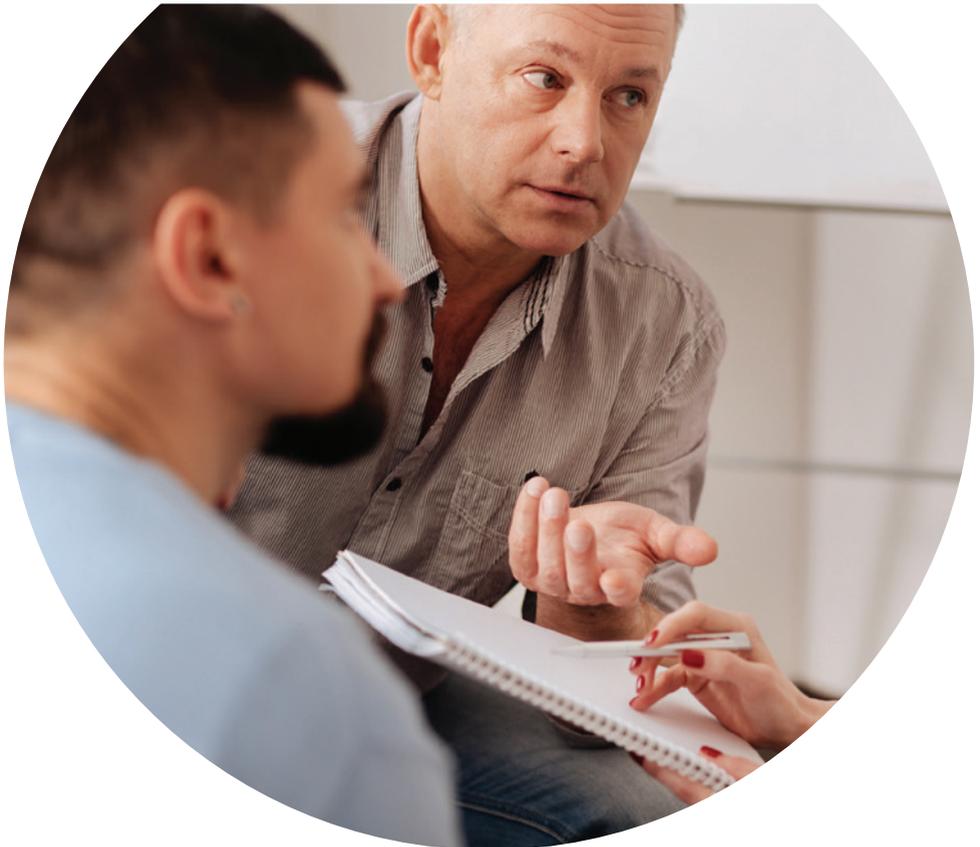
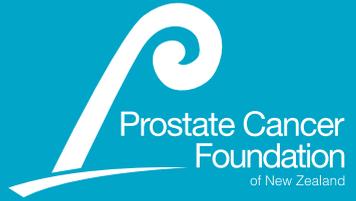


Support Groups for

People

Affected by

Prostate Cancer



What is a Support Group?

A support group is a group of men and women who have been affected by prostate cancer. They are often either dealing with a current diagnosis or treatment of cancer or are survivors of cancer. They meet on a regular basis to help each other, discuss shared experiences, and learn more about the disease and how to manage it.

WHY JOIN A SUPPORT GROUP?

Studies have shown that a diagnosis of cancer can be very stressful. Peer support from people with similar experiences has been found to be very effective in reducing this stress. Peer support is a system of giving and receiving help, founded on the principle of mutual respect and shared understanding of the cancer journey for people with prostate cancer. The opportunity to connect with peers with lived experience of cancer can be very powerful to reduce psychological stress.

**Peer support
can reduce the
psychological stress
associated with
prostate cancer
diagnosis.**

Some of the many reasons to join include:

- To avoid feeling isolated and alone
- To feel cared for – it's like being part of a family
- To meet others who are going through the same thing as you
- To talk it through so you feel less anxious about your cancer
- For encouragement, optimism and inspiration
- To receive and provide others with support
- To gain relief from feelings of fear and depression
- To be able to ask questions and discuss your concerns
- To learn more about prostate cancer through guest speakers, books, DVDs and newsletters.

Evidence suggests that support groups can improve quality of life for people with cancer and their carers.

Our support group network includes over 30 affiliated groups around New Zealand who meet locally to provide peer support.

HOW DO SUPPORT GROUPS OPERATE?

Our support groups are led by trained volunteers who have all been along the prostate cancer journey. Some are led by couples and some have the added services of contracted professional counsellor/facilitators.

There is also a Rainbow Blue group for gay men and their partners.

Our Support Group Coordinators are closely linked to the National Office for their support and ongoing training. They also have access to many resources to use and share in their groups.

We are always looking for opportunities to extend our support group network and welcome enquiries from those interested in being involved in starting a new group.

SUPPORT GROUP ACTIVITIES

Activities will vary from one support group to another, but often include the following:

- A range of guest speakers to help you learn more about various aspects of prostate cancer
- Social events
- Awareness and fundraising activities
- Access to resources and information about prostate cancer
- Regular meetings and discussion.

It's nice to have someone to confide in who you feel is in the same boat and who really knows what you're going through.

In New Zealand, around 3,000 men are diagnosed with prostate cancer each year and more than 600 men die of it – about the same number of women who die of breast cancer.

OTHER SUPPORT SERVICES

Patient Welfare Grants

Our Welfare Grants Fund is available to assist patients and families who are experiencing some hardship related to their treatment for prostate cancer. The grants are provided to assist with expenses relating to transport and accommodation, counselling and specialised services or equipment needed and are limited to \$500. The grants are not available for medical, pharmaceutical or treatment costs.

Applications forms are available from the National Office.

Online Support Forum

Peer support and dialogue is available on this forum located on our website. Participants sign up to join and use this support service.

0800 Helpline 0800 477 678

Support is available on the phone from trained staff to assist with information about prostate cancer diagnosis and treatment and other support related enquiries.

Patient Education Forums

Each year a series of Forums are held in various locations around New Zealand to provide more detailed information for patients and their families. Check the website for details. Videos of previous Forums are also available on the website.

National Prostate Cancer Conference

This Conference is held in July each year and is open to the public. Speakers give presentations on current medical issues and innovations, patient support programmes and advocacy issues. Check the website for details.

Raise awareness of Prostate Cancer amongst your friends and family.



HELP RAISE AWARENESS OF PROSTATE CANCER

Through your own experience and the knowledge you gain about prostate cancer through your support group, you can help raise awareness of prostate cancer amongst your friends and colleagues.

Support groups also provide the opportunity to get involved in awareness and fundraising activities in the local community.

SUPPORT GROUPS IN THE COMMUNITY

Support groups help raise awareness of prostate cancer in their local communities. Many groups invite guest speakers such as nurses, doctors, nutritionists, social workers, physiotherapists and pharmacists to provide people with more information.

Many members have received medical treatment and live happy lives post treatment.

Further Information

SUPPORT

PCFNZ has affiliated support groups throughout New Zealand for men and their families affected by prostate cancer.

TO VOLUNTEER

PCFNZ has a number of opportunities for people to assist with our work through support, fundraising and community education activities.

MAKE A DONATION

All donations of \$5 and over are tax deductible and enable PCFNZ to develop services for men and their families with prostate cancer.

Donations can be made on www.prostate.org.nz

Prostate Cancer Foundation of New Zealand (PCFNZ) is a broad-based community organisation and the peak national body for prostate cancer in New Zealand.

We are dedicated to reducing the impact on New Zealand men, their partners, families and the wider community.

PCFNZ's mission includes:

- Awareness
- Support
- Advocacy
- Research

CONTACT US

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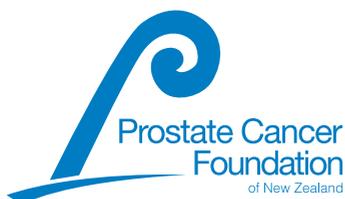
Websites
www.prostate.org.nz
www.testicular.org.nz
www.blueseptember.org.nz
www.cancernz.org.nz
www.healthyfood.co.nz

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