

# Get Involved

## BECOME A MEMBER

A strong membership base is important for enhancing our influence in advocacy and effectiveness. Our membership base provides the core support and elects the Board that gives the overall leadership and strategic direction to our organisation. Members join as either singles or couples and pay a modest annual membership fee.

Each year members have the opportunity to attend the Annual General Meeting and also to vote for our Board. They are kept informed of significant issues through the newsletters and the Annual Report.

## VOLUNTEER TO HELP

We welcome members and supporters getting involved as volunteers in our various activities and events, particularly those focused on awareness and fundraising. Often these involve assisting our sponsors or other community groups supporting the work of the Foundation.

# Keeping in Touch

## HELPLINE

We are committed to providing a personal response to questions and requests for information through the Helpline. This is monitored 24/7 by trained staff and volunteers who are willing to engage with the diverse range of enquiries that come through this service.

**0800 477 678**

## WEBSITES

Each of these contain a wealth of information on prostate and testicular cancers and our annual awareness and fundraising campaigns. They also have regular news feeds from the wider media, resources such as videos of the National Prostate Cancer Conferences and Patient Education Forums, links to more information and facilities for making donations and joining our membership.

[www.prostate.org.nz](http://www.prostate.org.nz)  
[www.testicular.org.nz](http://www.testicular.org.nz)  
[www.blueseptember.org.nz](http://www.blueseptember.org.nz)

# Welcome to the Prostate Cancer Foundation of NZ



## ATTEND A SUPPORT GROUP

Many men and their partners find real benefit and support from meeting together, or being networked with others while going through the prostate cancer journey. Groups typically meet every one or two months and have regular input from various speakers on relevant topics, as well as opportunity for providing peer support to those in the group.

## MAKE A DONATION

Please support the work of the Foundation by making donations. These can be made on line through the website, <https://prostate.org.nz/make-donation/> or sent direct to the Foundation Office. We can also provide details for making regular donations through automatic bank payments.

As a charity all donations are tax deductible.

## LEAVE A LASTING LEGACY

You can further advance the work of the Foundation by leaving a gift in your Will. It's simple to do, and any gift, big or small, will make a difference.

Leaving a gift in your Will to The Prostate Cancer Foundation of New Zealand Incorporated will help us to:

- Promote awareness around the importance of getting tested regularly to ensure early diagnosis and effective treatment
- Provide the best possible support to those who have been diagnosed with prostate cancer;
- Fund important prostate cancer research in New Zealand.
- Contact us at [info@prostate.org.nz](mailto:info@prostate.org.nz) for further information and a brochure.

## SOCIAL MEDIA

We actively use social media to engage with people on prostate cancer issues, posting on topics we believe to be of interest and relevance to them, raising public awareness and, profiling events and fundraising activities. The Foundation has a number of social profiles connected to Blue September and Testicular Cancer NZ, the links to which can be found on the respective websites.

## JOIN THE CONVERSATION

- [ProstateCancerFoundationofNewZealand](https://www.facebook.com/ProstateCancerFoundationofNewZealand)
- [prostatenz](https://twitter.com/prostatenz)
- [prostatecancernz](https://www.instagram.com/prostatecancernz)
- [Prostate Cancer Foundation NZ](https://www.linkedin.com/company/Prostate-Cancer-Foundation-NZ)



## NEWSLETTERS

These are compiled several times each year and distributed either on line or mailed as hard copy. They feature details of events and activities that support the Foundation, updates on research and survivor stories and are distributed widely across our supporter network.

## CONTACT US

Phone **0800 477 678** or **09 415 2405**  
Email [info@prostate.org.nz](mailto:info@prostate.org.nz)  
Websites  
[www.prostate.org.nz](http://www.prostate.org.nz)  
[www.testicular.org.nz](http://www.testicular.org.nz)  
[www.blueseptember.org.nz](http://www.blueseptember.org.nz)  
Postal  
**P O Box 301 313, Albany, Auckland 0752**  
Location  
**42 Tawa Drive, Building C, Albany, Auckland 0632**  
Registered NZ Charity No CC30635



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# Who We Are

## OUR VISION

Eliminating death and suffering from prostate cancer.

## OUR MISSION

We will achieve this by;

- Promoting awareness
- Providing support
- Funding research
- Advocating for patients.

The Prostate Cancer Foundation (PCFNZ) is the leading charity in New Zealand that focuses on both prostate and testicular cancers.

The Foundation is governed by a Board, employs a team of dedicated staff, and enlists the help of many volunteers to achieve its mission.

In other words, the PCFNZ exists to do whatever it can for men who have male-specific cancer, and for those close to them.

We are a membership-based organisation registered as an Incorporated Society with our actions and systems set out in a “Rules” document. We encourage our volunteers and supporters to join and become involved.

**Members** join and pay a modest annual subscription (as either individuals or couples) and are encouraged to be fully involved in our activities, including the election of the Board.

**A Board** of 10-12 volunteers (including co-opted members) governs PCFNZ. It develops strategies, policies, key relationships, training,

and provides oversight of the Foundation. Board members and the officers are elected biennially on a rotational basis and meet quarterly.

**Advisory Committees** – the Medical Advisory Committee is a referral group for dealing with medical issues. The Medical Research Committee review and make recommendations to the Board on applications being made for research grants.

**Support Group Coordinators** are key volunteers who are engaged to provide support to patients and their families in cities and towns around New Zealand. Some groups are also supported by a professional counsellor/facilitator contracted to the Foundation.

**Our staff** are based in the National Office in Auckland and take responsibility for the Foundation’s day-to-day operations.

**National Conference** Each year we hold the National Prostate Cancer Conference in May. This weekend event includes a training day for key volunteers and the Annual General Meeting (Saturday) and a public conference (Sunday). We encourage all members to attend.

# What We Do

## AWARENESS AND EDUCATION

Our major activities are all about raising public awareness and educating New Zealand men about prostate and testicular cancers. This is the major focus of the annual Blue September campaign however we also look for further opportunities throughout the year through media engagement, face-to-face group presentations, attendance at conferences and trade shows and special events.

Information about the testing, diagnostic and treatment options are made available through brochures and online platforms to

assist men in making informed decisions about prostate cancer.

Our annual National Prostate Cancer Conference is a public event and each year features speakers who present on current medical issues and innovations, patient support programmes and advocacy issues.

Patient Education Forums are held occasionally to provide in-depth information on current patient-related issues.

## PEER SUPPORT

Men and their families and whanau often want to speak with others who have gone through the prostate cancer journey. Our 0800 Helpline enables them to speak about their own situation and seek further information.

Our network of 30+ Support Groups through the country provides an opportunity to meet and network with others and also have input from medical and support professionals who are invited as guest speakers.

The Online Support Forum on our website provides opportunity for peer support and dialogue among prostate cancer patients and carers. Participants sign up to join and use this support service.

Our Welfare Fund is available to provide support for men and families who are facing hardship as a result of their encounter with prostate cancer. The grants can provide practical assistance (e.g. equipment) and emotional (e.g. counselling) support where needed.

## ADVOCACY

The Foundation is committed to advocating for changes that will lead to improvements in the diagnostic and treatment options available to prostate cancer patients. We continue to be involved in advocacy with Government, the medical profession, pharmaceutical suppliers, treatment providers and support services.

## RESEARCH

Each year funds are allocated for research and study grants that will extend professional development opportunities for medical professionals working with prostate cancer, and also for research that will lead to improvements in diagnostic and treatment procedures for New Zealand men.

# Our Sponsors & Supporters

As a charity, we rely 100% on the generosity of others for our income and support. We receive no funding from Government agencies. Our staff and volunteers are actively involved in fundraising events and activities and in making applications for funding grants.

We have an increasing number of donors who individually, and through their own networks, make donations or raise funds for our Foundation. While much of this happens in Blue September there are also many who support us throughout the year.

## FUNDRAISING EVENTS

We welcome the support of groups, clubs, businesses and individuals who run special events to raise funds for the Foundation (every little bit helps, and some events raise thousands of dollars). Resources and ambassadors are available to add to the effectiveness of the events and can be arranged through our Events Manager. If you are planning an event, get in touch in the early planning stages so we can support your efforts.

## SPONSORS

The Foundation enjoys the support of a dedicated family of sponsors who focus their activities on Blue September.



Other Supporters include;

