

September 2014 eBulletin

Dear Cancer Voices members,

Events

**[Exercise & Cancer Forum,](#)
**[15 Oct 2014, 6.30-8.30Pm](#) at
Regency Park TAFE****



'How to ensure structured exercise is safe and more accessible for cancer survivors'.

Download [flyer with full details here](#).

"How to ensure structured exercise is safe and more accessible for cancer survivors"

This forum will highlight both the benefits and risks around exercise for cancer survivors and begin to identify additional training needs for exercise trainers working with this client group.

Cancer survivors, fitness trainers, exercise physiologists, health professionals – please join in this interactive forum to discuss:

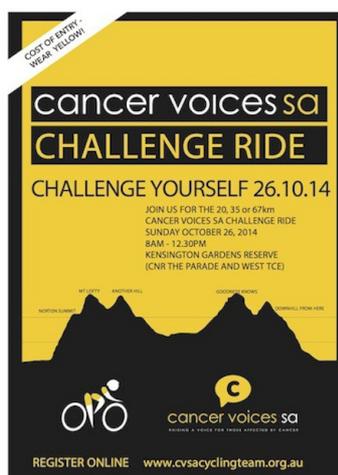
- the training or resources needed by fitness trainers working with cancer survivors.
- what do cancer survivors want and need by way of guidance and support from local gyms or personal trainers, to help us get active and stay active?
- what are the post-treatment exercise-and-cancer related issues and concerns of exercise physiologists and health professionals?

Speakers:

Exercise Physiologist - Morgan Atkinson,

Fitness professional - Carol Dowden, Cancer survivors - Rosemary

Come along, tell us your views and support this TAFE, Cancer Voices SA, sport & recreation initiative. [Read more...](#) RSVP jason_schild@yahoo.com.au or 0487 411 262



CVSA 2014 Challenge Ride, 26 October 8am

Challenge yourself and join us for the FREE 67km, 35km or 20km **Cancer Voices SA Challenge Ride** on Sunday 26th October starting at 8am from Kensington Gardens Oval (cnr The Parade and West Tce).

More details and to register online, [click here](#).

Download the A4 poster for this event [here](#).

Check out [photos](#) of previous challenge rides (2011-2013) or the inaugural 2011 Challenge Ride [video](#).



Tour Down Under Community Challenge Ride

Ride in Cancer Voices SA cycling team in the Tour Down Under 2015 Bupa Challenge Tour on Friday 23rd January 2015.

To Join Cancer Voices TDU Team [register on-line here](#)

Team Name: "Cancer Voices SA"

Team Captain: Enzo Scardigno **Team Code:** BCT023

Tour Down Under 2015 Community Challenge Ride [Route details:](#)

- Glenelg to Mount Barker – 151.7km
- Willunga to Mount Barker – 118.7km
- Mount Compass to Mount Barker – 77.5km
- Macclesfield to Mount Barker – 27km

More details at: <http://www.tourdownunder.com.au/bupa-challenge-tour.htm>

If you have already registered as an 'individual' rider but wish to join Cancer Voices team, email info@cancervoicessa.org.au with your BZ registration number. It's not too late to join!

Other meetings & events:

Adult Brain Cancer Support Association (ABCSA) monthly coffee morning held the last Saturday each month, 11am -12.30pm at Adelaide South West Community Centre, 171 Sturt Street, Adelaide. For more info: adultbraincancersa@gmail.com or [flyer with details here](#).

[The Hundred-Foot Journey Movie Afternoon- 2Nov14, 4.30Pm Trak Cinemas](#)

(*Life's greatest journey begins with the first step*); Sunday 2nd Nov 2014, 4pm (film commences 4.30pm), Trak Cinemas, 375 Grenhill Rd, Toorak Gardens. More details, [see flyer here](#).

Adult Brain Cancer Support Assoc, with part proceeds to NuroSurgical Research Foundation

Lymphoedema Support Group SA – for more info email lsgsa.adelaide@gmail.com

Southern Cancer Club – 1-3pm on 3rd Thursday each month at Christie Downs Community House.

2015 Survivorship Conference,
Fri 6- Sat 7th Feb 2015 at Adelaide Convention
Centre, Flinders Centre for Innovation in Cancer.
Registration is now open at www.survivorship2015.org



You can influence change in knowledge, action or understanding that contributes to the topic of cancer survivorship. Do more than just come to listen. Be encouraged, be creative; submit an abstract to present personal reflections, a poem, painting, a scientific report, case report, photo or other creative format expressing your message about survivorship. A limited number of 'free registration' spaces will be offered to consumers.

Cancer Voices SA events & action, May to September 2014:

[Life after cancer –stories building resilience](#) 'Cancer Insights' talks on 1 July 2014. This Flinders Centre for Innovation in Cancer evening was co-hosted by Cancer Voices SA.



All 3 excellent presentations are now available online (click on the links below).

- [Narrative matters: exploring cancer stories online](#), Marie Ennis-O'Connor, health blogger & e-patient advocate.
- [Use of expressive writing in cancer](#), Prof Tracey Wade, Flinders University
- [You can make a fresh start – a writer's perspective](#), David Chapple, SA Writers Centre
- A huge 'Thank You' to the speakers: Marie, Tracey & David, FCIC: Prof Bogda Koczwara, Dr Rebecca Keogh, and CVSA: Eric Browne for video recording & editing.

For more about CVSA activities <http://www.cancervoicessa.org.au/about-us/achievements/2014>

Get Involved:

[Helpline Support For Lung Cancer Patients - Pilot Survey](#)

Persons with a history of lung cancer are invited to pilot a survey and give feedback.

The research aims to compare the relative effectiveness of telephone delivered support to online (email and live chat) delivered support for patients diagnosed with lung cancer. The research will also look at experiences of persons diagnosed with lung cancer and how they may influence wellbeing, help-seeking behaviour and treatment opinions.

The survey will take approximately 30 minutes to complete, with a brief 1 page feedback sheet about the survey form itself.

If you are interested to do the survey or would like more information, please contact Shiho Rose on 0424 474 881 or shiho.rose@newcastle.edu.au

This study is being conducted through the University of Newcastle, in collaboration with the Australian Lung Foundation and Cancer Council NSW. [Read more...](#)

[Dealing With Prostate Cancer And The Role Of Hope. Study, Phone Interviews.](#)

How do you find lift and hope during your prostate cancer journey?

Researchers at the University Southern Queensland in the Centre for Health Sciences Research are studying how men with localised prostate cancer, or their partner, or as a couple, find lift and hope during their prostate cancer journey.

Phone interviews will be conducted. Rural and remote residents are particularly welcomed to participate.

Click here for more details - [flyer](#), [information sheet](#), consent form for [individuals](#) or [couples](#).

For more details: Associate Professor Laurie Lepherd Email: lepherd@usq.edu.au Phone: +61 7 4687 5820, Mobile: +61 4 1819 2517 [Read more...](#)

[Cancer Survivors Survey - Risk Perceptions, Medical Decisions Now](#)

People who have previously been diagnosed with cancer, you are invited to participate in a study investigating risk perception and medical decision making.

In this study, researchers will ask you to read some information about computed tomography (CT) scans, and answer some questions about cancer, radiation and CT scans to assess what you know and how you feel about them.

If you are interested, or want to know more about this study, please view the [Participant Information Statement](#) or contact Dr. Haryana Dhillon at haryana.dhillon@sydney.edu.au [Read more...](#)

Return to Work after Cancer

What information and support do people need to successfully return to work after cancer? What has made it difficult for you to 'return to work'? We'd like to hear from you! Contact info@cancervoicessa.org.au if you have experiences or advice to tell us. What are the particular challenges for certain groups of people that we should know about?

Find out 'what's up' via Cancer Voices [website](#), [eBulletins](#), emails,  [Facebook](#)  [Twitter](#)  [Flickr](#) (photos), [Scoop.it](#) and cycling  www.cvsacyclingteam.org.au

Cancer Voices, interstate and national level



Cancer Voices Australia <http://www.cancervoicesaustralia.org>

Activities - 27 groups joined the Australian Cancer Consumer Network; Access to cancer drugs, Travel insurance for people affected by cancer, submission to the Senate Inquiry into 'out of pocket healthcare costs' ..see [August 2014 – PDF version](#) or view online at <http://www.cancervoicesaustralia.org/news-updates/>



Cancer Voices NSW <http://www.cancervoices.org.au/>

See latest activities and news in the CVN [Newsletter Issue 56, September 2014](#), including Lymphoedema and medical cannabis advocacy.

New Publications or resources that may be of interest:



Australia's Health 2014 (from the [Australian Institute of Health & Welfare](#))

[Australia's Health 2014 – in brief](#): The good news, Could do better, Life Stages, Not faring so well, Behind the scenes, What lies ahead.

[Australia's Health 2014](#), a report providing analysis and statistical snapshots in the following areas: Understanding health and illness; The Australian health system; How healthy are we?; Leading types of ill health; Health behaviours and risks; Health through your life; Indigenous health; Preventing and treating ill health; Indicators of Australia's health.

[Australian hospital statistics 2012–13: private hospitals](#) (AIHW [media release](#), 26 Sep 2014)

[The rise of the e-patient](#) by Marie Ennis-OConnor (YouTube, Sept 2013)

Dying well: Grattan Institute report <http://grattan.edu.au/report/dying-well/> (Sep 2014)
We are not taking the opportunity to help people plan to die well. Australia compares unfavorably with countries such as New Zealand, the United States, Ireland and France according to this report. How can we do better? <http://theconversation.com/a-good-death-australians-need-support-to-die-at-home>

Cancer, Work and You

The Cancer Council NSW have held a recent series of webinars on the topic of Cancer, Work & You. View [archived resources here](#) on Legal issues in the workplace, How will I manage financially, Work & Life Balance.

Complementary Therapies (traditional or natural medicines)

[Complementary Therapies Position Statement](#) of the Clinical Oncology Society Australia (COSA) and Cancer Council Australia [Position Statement: Complementary and Alternative Therapies 2013](#).

Health in a Time of Change – Consumer Health Forum workshop held 18-19 August 2014 <https://www.chf.org.au/presentations-speeches.php> (attended by CVSA Exec Chris Christensen).

Best wishes for good health, wellbeing and an active mind and body
from Julie Marker, Acting Chair, on behalf of the [Cancer Voices SA Executive Team](#)

