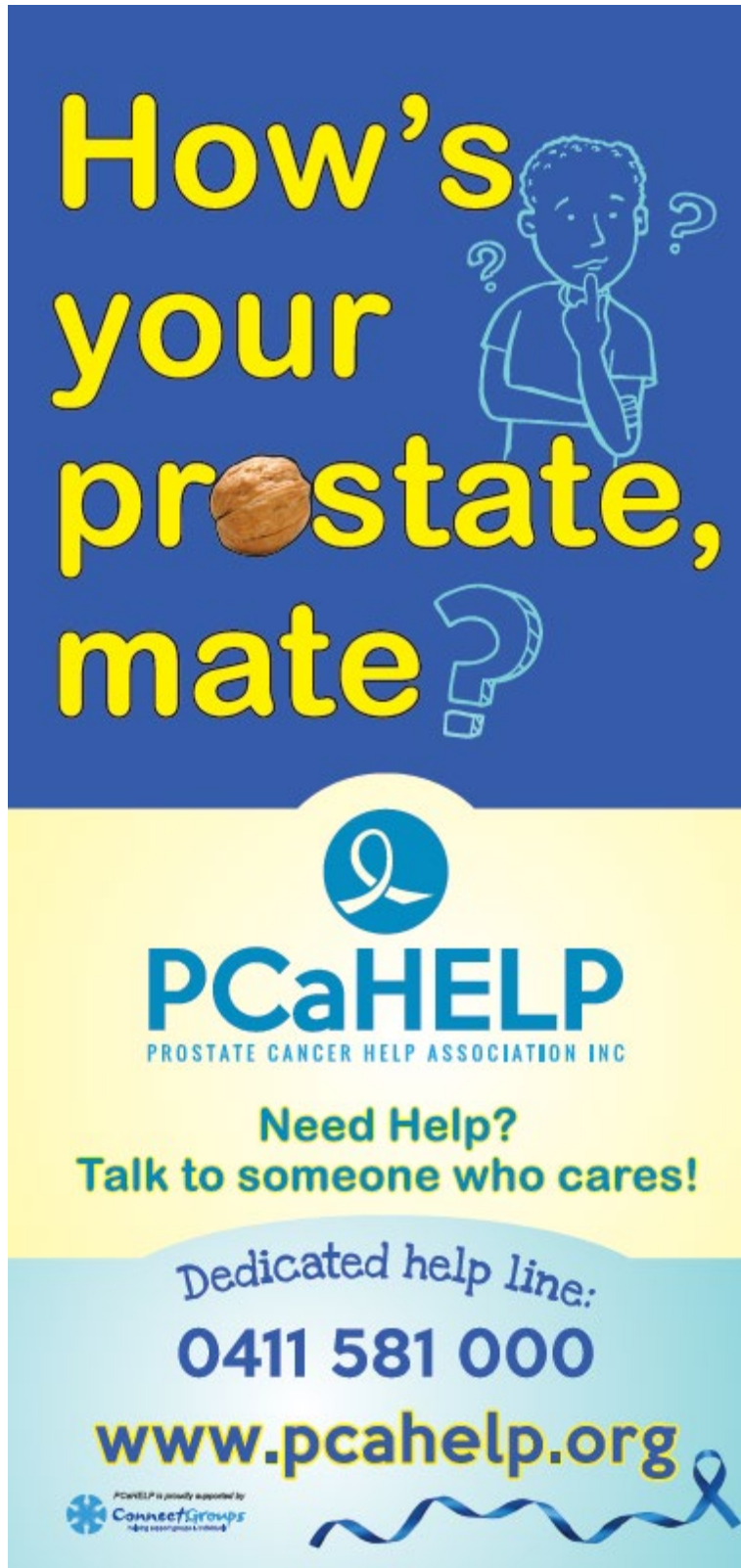


The Helpful Messenger

PCaHELP August 2026 Newsletter



**How's
your
prostate,
mate?**






PCaHELP
PROSTATE CANCER HELP ASSOCIATION INC

Need Help?
Talk to someone who cares!

Dedicated help line:
0411 581 000
www.pcahelp.org


PCaHELP is proudly supported by
ConnectGroups
Helping organisations & individuals



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This newsletter is jam packed with information that we hope you find useful

If you would prefer to be removed from our mailing list please don't hesitate to email admin@pcahelp.org with the word "Unsubscribe" in the subject line

*Published by:
Prostate Cancer Help
Association Inc.
PO Box 692 Hillarys WA 6923
Phone: 0411 581 000
Email: admin@pcahelp.org
Web: www.pcahelp.org*

PCaHELP ANNUAL CONFERENCE

You are invited to attend our Annual Conference to be held on Saturday 5th September 2026.

Guest speakers include Dr Steve McCombie, Urologist from Perth Urology Clinic, Mr Redgie Alvarez, Prostate Cancer Specialist nurse at GenesisCare, and Dr Serina Sia, Radiation Oncologist from GenesisCare, together with our prostate cancer survivors sharing their very personal stories.

HURRY – REGISTRATIONS CLOSE SOON



PCaHELP Annual Conference

Saturday, 5th September 2026 | 12.00 pm - 5.00 pm
Function Centre, Metro Hotel | 61 Canning Highway, South Perth WA 6151



Registrations: 11.30 am; FREE buffet lunch from 12.00 pm



Free parking is available on site and in Hovea Terrace and Banksia Terrace (height restrictions apply to undercover parking)

Event hosted by



PCaHELP

PROSTATE CANCER HELP ASSOCIATION INC

PCaHELP is a not-for-profit association run entirely by volunteers to provide information to men and their families affected by prostate cancer.



September is Prostate Cancer Awareness Month

We will include another great line-up of health experts, together with prostate cancer survivors who will be telling their very personal and inspiring stories.

The program is being finalised and will be sent to all registered participants. There will be opportunity for networking and for visiting our information tables during the lunch break.

Visit our website for the latest updates. Don't forget to share this free event with your friends and family!

Partners, family and friends are very welcome to attend.
Everyone is invited.

Limited spots. Registrations are essentials.

Book your spot early: www.pcahelp.org
or call 0411 581 000



Registrations close on Friday 28th August 2026.



Where: Function Centre
Metro Hotel
61 Canning Highway
South Perth WA 6151

When: Saturday 5th September 2026
Registrations commence at 11.30 am
Buffet lunch served at 12.00 pm
Conference sessions commence at 1.00 pm
Conference concludes at 5.00 pm

THIS IS A FREE EVENT

REGISTRATIONS ARE ESSENTIAL AND CLOSE ON FRIDAY 28th AUGUST 2026
(UNLESS SOLD OUT PRIOR AS PLACES ARE LIMITED)

For more information and to register go to: <https://www.pcahelp.org/pcahelp-annual-conference>

NEW GUIDELINES FOR THE EARLY DETECTION OF PROSTATE CANCER

Australia among the world's first countries to adopt a modern framework for prostate cancer early detection. Landmark national Guidelines harness 10 years of scientific progress to detect aggressive prostate cancer earlier while reducing unnecessary harm.



[CLICK HERE FOR THE FULL ONLINE INFORMATION PACK.](#)

[Download the PDF infographic on PSA testing](#)

[Download the Guideline summary document](#)

[Click here](#) to learn more about free PSA testing in Australia.

Australia has become one of the first countries in the world to adopt a modern, evidence-based framework for the early detection of prostate cancer, with the release today of the 2026 Clinical Practice Guidelines for the Early Detection of Prostate Cancer in Australia.

Replacing the 2016 Guidelines, the new recommendations reflect more than a decade of advances in scientific evidence, diagnostic technology, and clinical practice.

Developed by Prostate Cancer Foundation of Australia and approved by the National Health and Medical Research Council, they establish a new national framework for risk assessment, shared decision-making, PSA testing, and contemporary diagnostic pathways designed to detect clinically significant prostate cancer earlier while reducing unnecessary tests and treatment.

The Guidelines position Australia among the world's first countries to transition from an informal model of discretionary testing to a planned, evidence-based approach to opportunistic early detection, reflecting one of the most significant advances in prostate cancer policy in more than a decade.

The review was one of the most comprehensive ever undertaken in Australian men's health, bringing together leading clinicians, researchers, consumers and policy experts from across Australia and internationally.

Over two years, the Guideline Steering Committee convened by PCFA examined more than 27,000 scientific abstracts, evaluated more than 1,100 published research papers and considered more than 1,400 submissions received through three rounds of public consultation.

Comments from PCFA's Chief of Mission and Head of Research

Professor Jeff Dunn AO, Chair of the Guideline Steering Committee, said the new Guidelines represented a watershed moment in Australia's approach to prostate cancer.

"These Guidelines represent the culmination of years of scientific work, national collaboration, and rigorous evaluation of the evidence.

"Much has changed over the past decade. The evidence has matured, diagnostic technologies have advanced, and clinical practice has evolved substantially.

"For the first time, Australia now has a contemporary national framework that better balances the benefits of detecting aggressive prostate cancer early with the need to minimise unnecessary harms.

"Our ambition is simple: to ensure every Australian man has access to the very best evidence available, giving him the greatest possible opportunity to detect clinically significant prostate cancer early, receive timely treatment where required, and ultimately reduce his risk of dying from this disease."

Comments from Chair of the Guideline Expert Advisory Panel

Adjunct Professor Peter Heathcote, Chair of the Guideline Expert Advisory Panel, said advances in diagnosis had fundamentally changed the way clinicians investigate prostate cancer.

"Modern prostate cancer diagnosis is no longer based on a PSA blood test alone.

"Today's diagnostic pathway incorporates individual risk assessment, shared decision-making, multiparametric MRI before biopsy, targeted biopsy techniques, and active surveillance for men with low-risk disease.

"These advances allow clinicians to identify clinically significant cancers more accurately while reducing unnecessary biopsies, significantly reducing risks of overtreatment, and ensuring we protect men's quality of life while managing individual risks."

The Guidelines include updated recommendations across every stage of early detection, including risk assessment, PSA testing, use of multiparametric MRI before biopsy, active surveillance and care for priority populations.

They also strengthen recommendations for men with significant family history, inherited genetic risk and other groups at increased risk of developing clinically significant prostate cancer.

Comments from PCFA's Chief Executive Officer

Prostate Cancer Foundation of Australia Chief Executive Anne Savage said publication of the Guidelines marked the beginning of Australia's next challenge.

"Developing world-class Guidelines is only half the task. Now we must ensure they are implemented.

"Evidence only saves lives when it reaches the men who need it. Australian men need to understand their individual risk, know when to have the conversation with their GP, and be supported by clinicians with access to the latest evidence.

"These Guidelines provide Australia with an extraordinary opportunity to reduce deaths from our most commonly diagnosed cancer. Realising that opportunity will require coordinated

implementation, clinician education, consumer awareness, and ongoing investment in evidence-based care.

"If we get implementation right, future generations of Australian men will look back on these Guidelines as the moment Australia fundamentally changed its approach to prostate cancer early detection."

Prostate cancer is Australia's most commonly diagnosed cancer, with almost 29,000 Australian men expected to be diagnosed this year and almost 4,000 expected to die from the disease.

Around 300,000 Australian men are currently living after a diagnosis of prostate cancer. The new Guidelines identify early detection as a national health priority and provide the evidence-based framework to support earlier diagnosis while continuing to minimise unnecessary harms.

Key changes in the 2026 Guidelines include:

- A modern risk-based framework for prostate cancer early detection.
- Updated recommendations for men with significant family history and inherited genetic risk.
- Contemporary guidance supporting the routine use of multiparametric MRI before biopsy.
- Greater emphasis on shared decision-making between men and their clinicians.
- Updated recommendations supporting active surveillance for appropriate low-risk cancers.
- New guidance for high-risk men and priority populations.
- A framework designed to detect clinically significant prostate cancer earlier while continuing to minimise unnecessary harms.

About prostate cancer in Australia

- Nearly 29,000 Australian men are diagnosed each year.
- Nearly 4,000 Australian men die annually from prostate cancer.
- Around 300,000 Australian men are alive today following a prostate cancer diagnosis.
- Men with a family history face double the risk of diagnosis.
- Men living in regional and remote Australia experience poorer outcomes and a 24% increased risk of death compared to men in metropolitan areas.

How does Medicare cover PSA testing?

Medicare has specific rules about how often a PSA test is funded, based on your individual situation. As of the most recent update to these rules (November 2023):

- Routine PSA testing — most men can have one Medicare-funded PSA test every 23 months.
- High-risk monitoring — men with a first-degree relative (father or brother) who has had prostate cancer can access a Medicare-funded PSA test more frequently, every 11 months, reflecting their higher risk.
- Monitoring an existing diagnosis — men already diagnosed with prostate cancer, prostatitis, or a related condition can have their PSA monitored under a separate Medicare item, without the same time restriction.
- Follow-up testing after an elevated result — if an initial PSA result comes back above a certain threshold, Medicare also funds a follow-up test (a "free-to-total PSA" test) to help interpret that result further, within set frequency limits.

These rules were updated by the Australian Government in 2023 specifically so that testing schedules better match a person's individual risk level, rather than applying one rule to everyone.

PSA testing: when should you start?

A quick guide for Australian men based on the 2026 national guidelines

1. Know your risk

HIGHER RISK

You may be at least twice the usual risk if you have:

- a brother with prostate cancer
- a father diagnosed before age 65
- 2+ second-degree relatives who died from prostate cancer
- Black sub-Saharan ancestry
- a BRCA2 mutation

IF YOU ARE AT HIGHER RISK

Start testing every 2 years from 45.
Age 45–49: action level ≥ 1.0 $\mu\text{g/L}$
Age 50–69: action level ≥ 2.0 $\mu\text{g/L}$
Age 70+: action level ≥ 5.5 $\mu\text{g/L}$
At/above: repeat in 1–3 months; if confirmed, consider referral.

2. Discuss the possible benefits and harms with your GP before deciding to test

You can choose to test, opt out, or opt back in. These pathways apply if you choose testing.

3. Follow the pathway for your age

AGE 45–49

NOT AT HIGHER RISK

Routine testing is not recommended. If interested in your prostate health, an initial test may be offered.

INITIAL PSA TEST

PSA < 1.0 $\mu\text{g/L}$

No further testing until age 50.

PSA ≥ 1.0 $\mu\text{g/L}$

Repeat in 1–3 months. If confirmed, consider referral.

AGE 50–69

STANDARD PATHWAY

If you decide to test after an informed discussion:

PSA TEST EVERY 2 YEARS

PSA < 3.0 $\mu\text{g/L}$

Continue testing every 2 years.

PSA ≥ 3.0 $\mu\text{g/L}$

Repeat in 1–3 months. If confirmed, offer referral.

AGE 70+

CLINICAL ASSESSMENT

Consider life expectancy, other health conditions, values and preferences. Test only if life expectancy is over 7 years.

PSA TEST EVERY 2 YEARS

PSA < 5.5 $\mu\text{g/L}$

Further PSA testing may be discontinued.

PSA ≥ 5.5 $\mu\text{g/L}$

Repeat in 1–3 months. If confirmed, consider referral.

What happens next if your PSA stays high?

- 1 A repeat test confirms it.** Your PSA is still at or above the action level for your age.
- 2 You are referred.** Your GP talks with you about seeing a specialist for further checks.
- 3 You have a scan first.** An MRI of the prostate (mpMRI) is recommended before any biopsy.

Aboriginal and Torres Strait Islander men: the same age, risk and PSA recommendations apply.

Your GP can tailor the discussion to your individual circumstances and preferences.

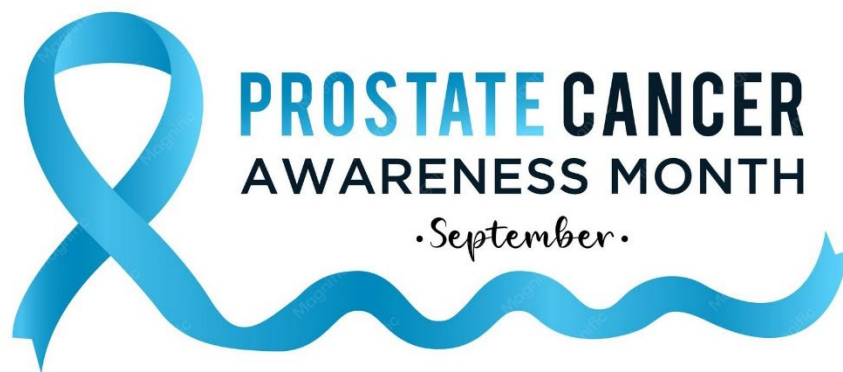
IMPORTANT This summary is for general information and does not replace medical advice. PSA levels are measured in $\mu\text{g/L}$. Recommendations apply to people with a prostate. Testing is generally offered only where life expectancy is greater than 7 years.

Source: 2026 Guidelines for the Early Detection of Prostate Cancer in Australia, recommendations 5.1–5.9 and 6.1.

[pcfa.org.au](https://www.pcfa.org.au) | 1800 22 00 99

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Prostate Cancer Awareness Month takes place every September and focuses on education, early detection, support for patients, and fundraising. It also allows us to use the colour blue to highlight men's cancers. Join us and paint the town **BLUE**.



How to Get Involved in Blue September

There are so many ways to participate – and none of them require a medical degree. Whether you're honouring someone you love or taking steps for your own health, your contribution matters:

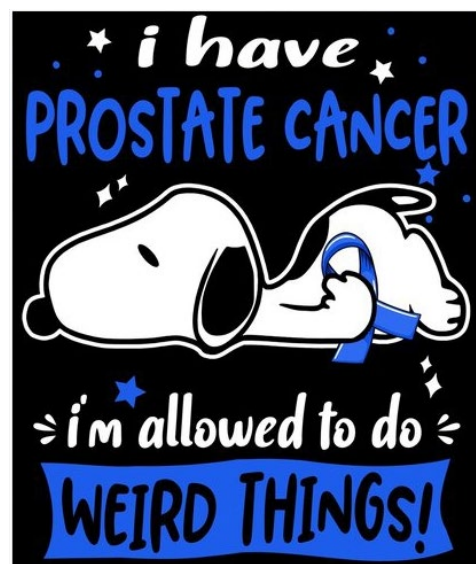
Wear a blue ribbon or wristband: Many come with space to write a loved one's name, turning a simple gesture into a personal tribute.

Host a "Go Blue" day: Encourage your workplace, school, or local club to dress in blue and start a conversation about men's health.

Organize a fundraiser: From blue-themed BBQs to trivia nights, these events raise awareness and funds for cancer support and research.

Share your story: If you or someone close has experienced cancer, speaking out can inspire others to act early or seek help.

Support your prostate cancer organizations: Donate to trusted charities focused on cancer prevention, treatment, and care.



LOW TESTOSTERONE LINKED TO CANCER RISK IN MEN

New research shows men with very low testosterone levels are at higher risk of both fatal and non-fatal cancer later in life.

But while the research found men with low testosterone were 18 per cent more likely to die of cancer years down the track, the results did not hold for prostate cancer.

Rather, prostate cancer appears more closely linked with low levels of sex hormone-binding globulin (SHBG), which is the main carrier protein for testosterone in the blood, and luteinising hormone, which signals the testes to make testosterone.

The findings emerged from the Androgens In Men Study (AIMS) – an international collaboration led by Professor Bu Yeap from UWA's Medical School – which is exploring links between sex hormones and health outcomes in men.



Professor Bu Yeap

Professor Yeap initiated the AIMS collaboration to build on work he began as part of UWA's long-running Health in Men Study, inviting colleagues from across Australia and internationally to pool data from multiple longitudinal studies.

For the testosterone and cancer study the AIMS team analysed long-term data for more than 26,000 men involved in 11 cohort studies from Australia, the United States and Europe.

Analyses of sex hormones in blood samples taken earlier in life were matched to cancer outcomes for the same men in the decades following the tests.

Sex hormones analysed included testosterone, dihydrotestosterone (DHT) and estradiol – all measured accurately using mass spectrometry. SHBG and luteinising hormone were also analysed.

The researchers wanted to know whether the concentration of these sex hormones in the blood was related to the risk of men being diagnosed with, or dying from, cancer into the future.

“What we saw was that if a man had low testosterone levels – in the lowest one-fifth compared to the highest one-fifth of the range – their subsequent risk of dying from cancer was higher, even after allowing for age and other health-related factors,” Professor Yeap says.

The normal range in young, healthy men is usually between 10 and 30 nanomoles per litre (nmol/L), with levels tending to be lower in older men. Levels can also be affected by modifiable factors including body mass index and physical activity, and by medical conditions such as diabetes.

“We saw that when baseline testosterone was below 8.6 nmol/L, subsequent cancer risk started increasing,” Professor Yeap says.

“This suggests low testosterone is an important biomarker, so it’s possible that looking at testosterone levels could help us identify men who might do poorly if they get cancer down the track.”

The study also sought to establish whether there was any link between natural testosterone levels and prostate cancer risk.

“Since reducing testosterone levels is a treatment for prostate cancer there’s always been a question of whether the amount of testosterone your own body makes relates to your risk of prostate cancer but based on our findings there’s no evidence they are related,” Professor Yeap says.

“We did find, however, that men with low levels of SHBG and luteinising hormone were at higher risk of prostate cancer.”

Professor Yeap cautions the findings are not a signal that men should start supplementing with testosterone to reduce their risk of cancer.

“While we’ve shown low levels are associated with increased risk, we haven’t got any evidence yet that actually giving men testosterone will reduce that risk,” he says.

“What we would say to men is if they are found for whatever reason to be low in testosterone, it’s important to go to the doctor for a full checkup. It may not show any sign of testicular disease, but it might show other health issues or risk factors they need to address.

“It could be a wake-up call and encouragement for men to engage in more healthy lifestyle behaviours, and to get regular, holistic checkups to stay on top of their health.”

Source: *Uniview Vol 56, Winter 2026* By Tamara Hunter



Aging is inevitable but
growing old is a choice.

Joseph Rain

quote fancy

TOUR OF COWARAMUP UPDATE

The planning for this year's Tour of Cowaramup is proceeding well. We already have a great team of riders, although we welcome more joining us. The more riders, the higher the visibility of prostate cancer awareness. We will be riding as Team PCaHELP, all wearing the same cycling jerseys highlighting that cycling is an excellent exercise to help us keep fit during and after treatment. In conjunction with Perth Integrated Events Team and the Perth Cycling Group we host social rides on Wednesday and Saturday mornings, which are an excellent way of training for the event. A great group of Prost members also ride on Friday mornings. Anyone is welcome to join these rides, although if you're hoping to ride in the Tour of Cowaramup you need to start training as soon as possible to ensure you can comfortably make the distance.

We are so pleased that a great group of volunteers are also signing up, including many from the Busselton Prostate Cancer Support Group already committed. The Busselton group is also busy helping with the logistics in arranging supplies and transport locally. A special thanks to John and Pat Butterly for their dedication to our cause. Of course the more volunteers to share the workload the better. Positions are still available. If you are interested please register your interest as soon as possible and don't forget to arrange your accommodation locally. There are some great options in Cowaramup, Margaret River and surrounding areas. Why not combine it with a holiday in our beautiful south west wine region, or just enjoy a weekend away.

We are very thankful for all of the sponsors that have committed to helping this year. Have a look at the top of our sponsor page (last page in this newsletter), and also on our website where you can click on their logo to find out more about these great companies. Please support them too.



In Support Of



PROSTATE CANCER HELP ASSOCIATION INC

PCaHELP is a not-for-profit association run entirely by volunteers to provide information to men and their families affected by prostate cancer and to help promote, educate, mentor and inform prostate cancer support groups.

Ph: **0411 581 000**
www.pcahelp.org



EVENT SPONSORS



TOUR OF COWARAMUP

Sunday, 18th October 2026
8 am start.

Event Village: Juniper Estate

WE NEED YOU – RIDERS, VOLUNTEERS & FANS!

RIDERS

Three distances to choose from:

- Gran: 125 km
- Medio: 91 km
- Piccolo: 63 km

A fully managed, traffic-controlled event on cycling routes through the stunning Margaret River region, starting and finishing at the beautiful Juniper Estate.

REGISTER TO RIDE

START YOUR OWN FUNDRAISER & GET PEOPLE BEHIND YOUR CAUSE:

FUNDRAISE HERE

KNOW SOMEONE WHO LOVES CYCLING? SHARE THIS FLYER WITH FAMILY & FRIENDS!

VOLUNTEERS

Be part of the crew that makes it happen. We need helping hands on the day: from rider support to event village duties.

BE A VOLUNTEER

COME AND CHEER!

Make a Sunday of it in Margaret River wine country, bring friends and family. Welcome the riders home at Juniper Estate and enjoy:

- ♥ **Wine tasting at Juniper Estate:** featuring wines from one of Margaret River's most celebrated producers.
- 🍷 **Lunch, food & drink sales** on the day.
- 🎟 **Raffle with great prizes** — you don't need to ride to win!

tour-of-cowaramup-2026.raiselysite.com

CAN'T PARTICIPATE? MAKE A DONATION INSTEAD:

DONATE HERE

Thank you!

If you are interested in riding, donating, fundraising, or volunteering please go to:

<https://www.pcahelp.org/tour-of-cowaramup-2026-ride-donate-or-fundraise-for-pcahelp>

Or Phone Ken Bezant on 0411 581 000 or email admin@pdcahelp.org

HELP US IMPROVE MENTAL HEALTH CARE FOR PEOPLE AFFECTED BY CANCER

Hello, my name is Dr Darren Haywood, and I am an academic at the University of Technology Sydney.

I am inviting people with lived experience of cancer to help shape a training workshop for psychologists and psychiatrists who support people affected by cancer.

We welcome participation from everyone. However, as most expressions of interest received so far have been from women, we are particularly keen to hear from people who identify as men who may be interested in taking part.

We know that cancer can have a significant impact on mental health and wellbeing. While mental health professionals receive extensive training, we want to ensure that this training reflects the real experiences, challenges and priorities of people who have been affected by cancer. We will be adapting and updating an existing workshop designed for general mental healthcare professionals and tailoring it for psycho-oncology professionals. Your insights can help us make this training more relevant, sensitive and effective.

To do this, we invite you to participate in a workshop (with other lived experience experts) or an interview to gain your thoughts, perspectives and ideas. Overall participation in this project may take no more than 2 hours of your time if participating in a workshop, or 1 hour of your time if participating in an interview, depending on your preferred level of involvement. I have asked you to participate because you may have had a cancer diagnosis.

To participate, you must be:

A person with a current or previous cancer diagnosis of any type who has received mental health care during or after their cancer diagnosis.

If you choose to participate in a workshop or interview, you will be asked to provide your perspectives and preferences regarding how the existing training for clinicians may be best tailored to cancer care.

1. You will complete a short survey.
2. You will be shown targeted sections of the existing training workshop and other resources, as well as draft adapted sections.
3. Periodically, questions will be posed to the workshop/interview participants regarding your thoughts, ideas and preferences regarding things like how sensitive and accurate the case examples are
 - a. If you have any other thoughts, ideas or perspectives that you would prefer not to share in the workshop, you may contact me after the workshop.

You will receive \$50 AUD for a 1-hour interview, or \$100 AUD for a 2-hour workshop, in gift cards as a reimbursement for your time.

This research has been funded by the Cancer Institute New South Wales, and by the University of Technology Sydney.

If you are interested in participating, please complete the expression of interest form linked below, which will also ask for your availabilities, and we will be in contact with you:

https://utsau.au1.qualtrics.com/jfe/form/SV_5mui1c1XPI777Uy

The workshops and interviews will be conducted online via Zoom at a time and day that best matches the variability and preferences of the participants.

You are under no obligation to participate in this project. This project is separate from the services you receive/provide at any organisation or institution.

Yours sincerely,

Dr Darren Haywood

Cancer Institute NSW Early Career Fellow

University of Technology Sydney

Email: Darren.haywood@uts.edu.au

NOTE:

This study has been approved by the University of Technology (APPROVAL NUMBER: HE-2026-0562), Sydney Human Research Ethics Committee. If you have any complaints or reservations about any aspect of your participation in this research which you cannot resolve with the researcher, you may contact the Ethics Committee through the Research Ethics Officer (ph: +61 2 9514 2478 Research.Ethics@uts.edu.au), and quote the UTS HREC reference number. Any complaint you make will be treated in confidence and investigated fully and you will be informed of the outcome.

PROSTATE CANCER AWARENESS COMMUNITY HEALTH TALK



Join us in Prostate Cancer Awareness Month and hear from Ken Bezant, the Chairperson of the Prostate Cancer Help Association Inc. (PCaHELP), to learn about prostate cancer.

Discover the risks, available treatment options, and support offered for men, their partners, and families to help them live better with prostate cancer.

Prostate cancer is the most diagnosed cancer in Australia, affecting 1 in 5 men during their lifetime. If detected and treated early, there is a very high survival rate, but many men are reluctant to prioritise their own health and know little about their risks of prostate cancer.

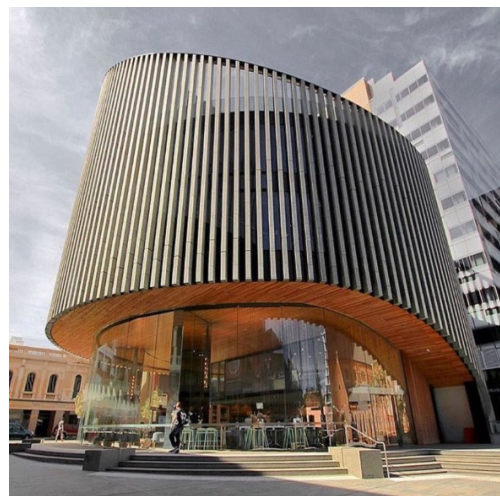
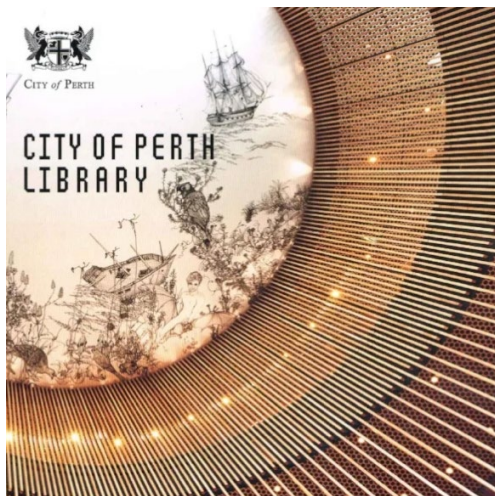
Ken has a lived experience of prostate cancer; first diagnosed and treated in 2013. He believes that if men are better informed and are proactive with their health, we could significantly reduce the current prostate cancer death rate and live happier, healthier lives. This talk will provide you

with the opportunity to ask questions and access resources that we hope will help you better understand this chronic disease and reduce your risk (or that of your loved ones).

Date: Thursday 10th September 2026
Time: 12.30 pm to 1.30 pm
Venue: City of Perth Library
573 Hay Street Perth WA 6000
Cost: Free, bookings required

To book a place please go to: <https://www.trybooking.com/DHCBM>

Please share this invitation with friends and family



SUPPORTER PROFILE



proud supporters of PCaHELP

**AUTO ELECTRICAL AND AIR CONDITIONING
REPAIRS AND PARTS**

Website:

<https://heavyrigidautoelectrical.com/>

Heavy Rigid Auto Electrics has been providing premium Auto Electrical services in Perth for over 15 years. As a small business, we offer a level of service that's second-to-none.

Located in Malaga, we are renowned for our technical expertise and precision automotive electrical fitouts and repairs. We provide Auto Electrical and Air Conditioning repairs to Passenger Vehicles, Emergency Services Vehicles and Trucks, Mining, Civil, Marine, and Farm Machinery.

We also stock a full range of parts and accessories, including LED Lamps, Emergency Lighting, Batteries, Starter Motors, and Alternators. For quality Auto Electrical Repairs, Installations, and Parts contact the experienced team at Heavy Rigid Auto Electrics.

CALENDAR OF EVENTS

We hope you will put these dates in your diary as we would love to see you there.

More information about each event will become available progressively on our website at:

<https://www.pcahelp.org/events>

Saturday	5 th	September	2026	PCaHELP Annual Conference
Sunday	18 th	October	2026	Tour of Cowaramup
Wednesday	11 th	November	2026	Have a Go Day
Saturday	14 th	November	2026	PCaHELP Seminar
Saturday	14 th	November	2026	PCaHELP Christmas Dinner
Saturday	5 th	December	2026	PCaHELP Annual General Meeting

LIKE US ON FACEBOOK



If you use Facebook please keep an eye on our Facebook page and like our posts. The more likes we get, the more people will know about us and what we do. We will always try and keep you up to date

<https://www.facebook.com/pcahelp.org/>

HOW CAN YOU HELP?

1. Spread the word – share this newsletter and tell people about PCaHELP and the events they host
2. Make a donation to PCaHELP at <https://donate4pcahelp.raiselysite.com/> – a few dollars makes a huge difference, especially if everyone gives
3. Volunteer to help at our events throughout the year, or even consider registering as a team member to assist our committee with special projects in 2026, and don't forget to support your local prostate cancer support group

THANKS TO THE FOLLOWING SPONSORS AND SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE



PCaHELP is a not-for-profit association run entirely by volunteers to provide information to men and their families affected by prostate cancer and to help promote, educate, mentor and inform prostate cancer support groups.