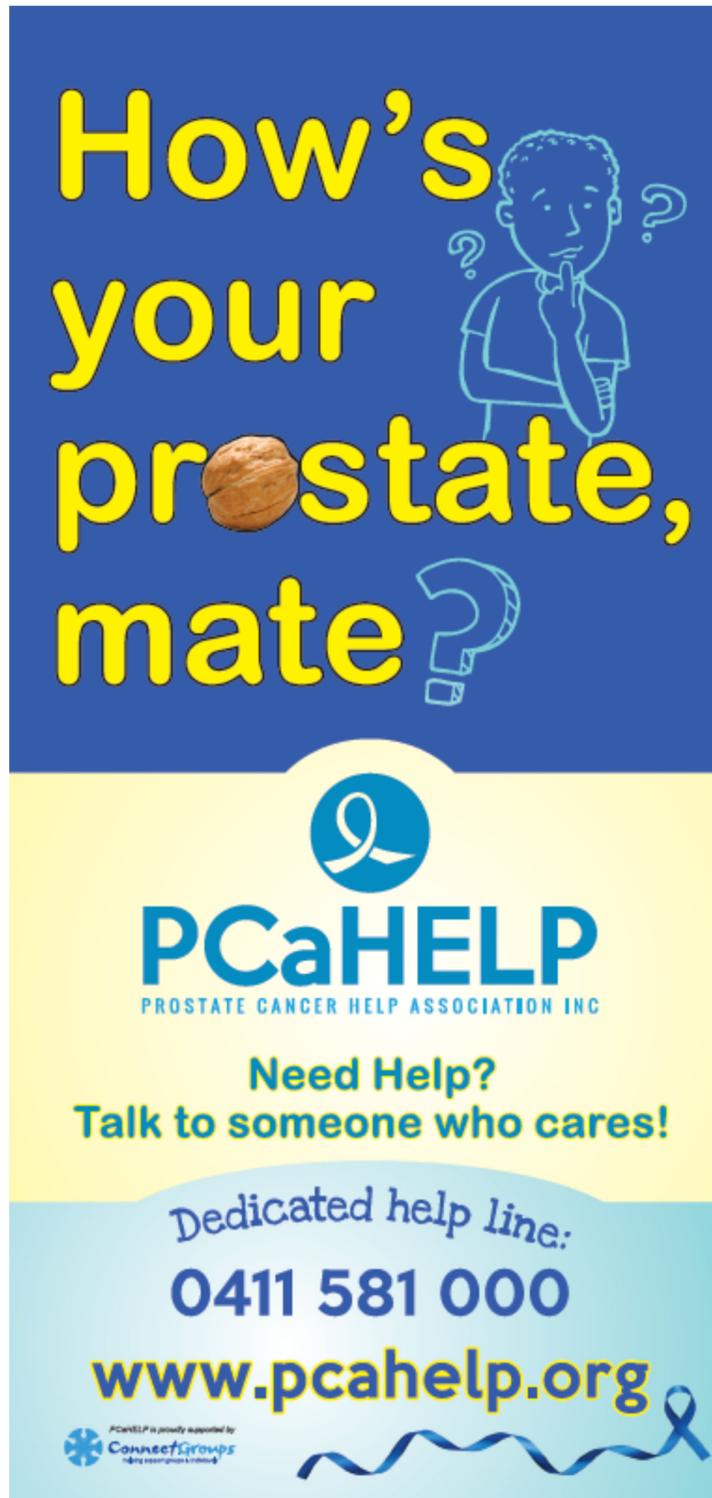


The Helpful Messenger

PCaHELP January 2026 Newsletter

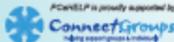


**How's
your
prostate,
mate?**


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
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Helping everyone & everyone

IN THIS ISSUE:

1. Happy New Year
2. Invitation to Join Wise Friends
3. Digital Prehabilitation Program For People With Prostate Cancer
4. World-First Findings Give New Hope to Advanced Prostate Cancer Patients
5. Solaris Repair Café – Volunteers Needed
6. PCaHELP Christmas Dinner Function
7. Tour of Cowaramup 2026
8. Calendar of Events 2026
9. Like Us On Facebook
10. How Can You Help?
11. Thanks To Our Supporters

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

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Inc.*

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Web: www.pcahelp.org

HAPPY NEW YEAR



Wishing you strength when facing challenges and joy in the simple things in life.

Don't forget to keep an eye on the PCaHELP website for coming events in 2026.

INVITATION TO JOIN WISE FRIENDS

Connect with like-minded people on a social network built just for seniors.

Find meaningful connections, reliable health resources, and innovative wellness solutions tailored for seniors.

As we journey through life's various stages, we often seek those who resonate with our passions, challenges, and dreams. Finding someone who shares a favourite childhood song, understands the nuances of a long-forgotten hobby, or appreciates the joy of watching sunsets from a porch is invigorating. At Wise Friends, you'll find individuals who, just like you, seek connections beyond the superficial. Engage in heartfelt conversations, reminisce about golden memories, or explore new horizons together. From book clubs to gardening enthusiasts, and travel buddies to art lovers, there's a community waiting just for you.



Wise Friends

The following invitation from our friend Ian Wee explains the program further:

Wise Friends

Empowering Seniors. Building Community. Delivering Value

Welcome to Wise Friends: a safe, friendly, seniors only platform designed to help you stay connected, informed, and supported. Whether you're looking to make new friends, enjoy great discounts, learn something new, or simply feel part of a community again, Wise Friends is here for you.

Many of you will know of me through my long term support and association with PCaHELP previously via the Tour de Gracetown and now the Tour of Cowaramup. In recent years, my association with PCaHELP also includes helping people with Cognition and in many associated ways also keeping those above 50 safe and relevant for a long time.

Wise Friends to me makes sense as it provides for all of the support that you need and also creating the networks that will only strengthen and build PCaHELP. I have obtained permission for PCaHELP to be also listed in their diary to assist men with Prostate Cancer and we are also expanding our Cycling Group with the Perth Cycling Group to host one via Wise Friends as well.

Please read through the information below and I sincerely hope you will join me in this program as I am already a member myself.

Why Join Wise Friends?

- **Safe Social Connections:** Chat with like-minded seniors, join interest groups, share stories, and make real friendships in a secure environment.
- **Helpful Information You Can Trust:** Access curated articles, health and wellbeing tips, lifestyle guidance, and practical advice created specifically for people aged 50+.
- **Fantastic Discounts & Member Savings:** Get exclusive deals from well-known Australian brands, helping you save money on shopping, health, lifestyle, travel, fitness and more.
- **Monthly Events & Social Gatherings:** Join our social club meetups, make new friends, and enjoy fun, relaxed outings throughout the year.
- **Easy to Use:** Designed with seniors in mind; simple, friendly, and supported. If you can browse the internet, you can use Wise Friends.
- **Free to Join:** Becoming a member costs nothing. You get immediate access to community groups, trusted resources, and exclusive offers.

How to Join

Simply click below and create your free account. It takes less than 2 minutes.

Please place the referral code as: PIET so we know where you have come from this complimentary referral

Sign up for FREE today: <https://members.wisefriends.co/register/>

Join Wise Friends and be part of a warm, welcoming community where you can connect, learn, save and thrive: all in one place. We look forward to welcoming you inside!

Contact Details

Email: info@wisefriends.co Website: www.wisefriends.co

Kind regards

Ian Wee

Wise Friends Ambassador

ianwee@perthintegrated.com

INVITATION TO PARTICIPATE - DIGITAL PREHABILITATION PROGRAM FOR PEOPLE WITH PROSTATE CANCER

Flinders University in collaboration with Cancer Council South Australia, is conducting a **research study** to co-design and evaluate a **digital prehabilitation program** for **people with prostate cancer**.

What is prehabilitation?

Prehabilitation is support offered between diagnosis and the commencement of treatments to optimise physical and psychological readiness, improve recovery, and enhance long-term survivorship. The digital prehabilitation program will include content on exercise, nutrition, pelvic floor training, sexual health and intimacy, partner support, and strategies to sustain engagement from prehabilitation through rehabilitation.

Who can take part?

We invite individuals diagnosed with prostate cancer and their partners or support persons to participate in this study. Partners play a vital role in supporting wellbeing and motivation, and their involvement is highly valued. If you do not have a partner, you are welcome to invite a family member, friend, or another support person to participate with you. You may choose to participate in one of the study activities below:

- **Co-design workshops (90-120 minutes)** online via Microsoft Teams to share your experiences and ideas to shape the program.
- **Pilot Trial (5 Modules)** to test the digital program and provide feedback on your experience. This trial includes only individuals diagnosed with prostate cancer who do not participate in co-design workshops.

You may be eligible to participate if you:

- Are aged 18 years or older
- Have a newly diagnosed prostate cancer confirmed by pathology and radiology
- Have planned to begin treatment or have completed prostate cancer treatments
- Comfortable with written and spoken English
- Have internet access via smartphone, tablet, or computer

To take part:

Simply click the link <https://researchsurvey.flinders.edu.au/surveys/?s=CXN8PE3KYJ7PM748> or scan the QR Code:



You will be guided to the Participant Information Sheet (PIS) and a short eligibility survey.

Participation is voluntary, and you may withdraw at any time without affecting your care.

A flyer about the study is also attached. For more information, don't hesitate to contact Dr Juliana Christina and the research team at prostate.prehab.study@flinders.edu.au.

Thank you for considering this invitation. Your contribution will help us develop a practical, evidence-based program to support people with prostate cancer and their partners.

On behalf of the research team,
sincerely

Dr Juliana Christina

Research Fellow

Cancer Survivorship Program,

Caring Future Institute, Flinders University.

juliana.christina@flinders.edu.au

WORLD-FIRST FINDINGS GIVE NEW HOPE TO ADVANCED PROSTATE CANCER PATIENTS

Source: <https://www.pcfa.org.au/news-media/news/world-first-findings-give-new-hope-to-advanced-prostate-cancer-patients/>

22 December 2025

World-first findings give new hope to advanced prostate cancer patients

A world-first Australian clinical trial has found that a new combination of therapies could slow the spread of advanced prostate cancers.

The EVOLUTION Phase II Clinical Trial has found combining the radiopharmaceutical Lutetium-177-PSMA (LuPSMA) with immunotherapy agents nivolumab and ipilimumab can slow the spread of prostate cancer more effectively than LuPSMA alone.

The trial was led by the Australian and New Zealand Urogenital and Prostate Cancer Trials Group (ANZUP) in collaboration with the NHMRC Clinical Trials Centre at the University of Sydney and co-funded by Prostate Cancer Foundation of Australia.

After one year, 33 per cent of people receiving the combination treatment remained progression-free based on their levels of Prostate Specific Antigen, compared to just 17 per cent of those treated with LuPSMA alone.

Lead investigator and Medical Oncologist, Professor Shahneen Sandhu, said the results were encouraging and may represent a step forward in the treatment of advanced prostate cancer.

“We are pushing the needle in terms of developing new treatment options for the deadliest forms of prostate cancer,” Prof Shahneen said.

“Importantly, the translational research that follows will help us identify which patients are most likely to benefit from this combination therapy.

“Nearly 10 years ago we discovered that targeted radiation therapy LuPSMA is an effective treatment for advanced prostate cancer, slowing the spread of disease and improving the quality of life for those affected.

“However, high numbers of people still have their disease progress while on LuPSMA, which means we need to keep building on existing research to find new ways of combatting treatment resistance.

“The EVOLUTION Phase II Clinical Trial allowed us to do just that, by harnessing two immunotherapy drugs in combination with LuPSMA.

“Until now, there hadn’t been a way to make immunotherapy work well for prostate cancer. The EVOLUTION clinical trial has shown that adding nuclear medicine treatment can help immunotherapy work better, offering new hope for people with advanced prostate cancer.

“This is an exciting new discovery.”

PCFA CEO, Anne Savage, welcomed the findings.

“Prostate cancer is the most commonly diagnosed cancer in Australia, with nearly 29,000 men diagnosed each year,” Ms Savage said.

“It’s estimated that around 10-20 per cent of men diagnosed with prostate cancer will end up with metastatic castration-resistant prostate cancer – one of the most challenging forms of prostate cancer to treat.

“Findings from the EVOLUTION Trial provide new hope for improved outcomes and has the potential to help save the lives of nearly 4,000 Australian men who die from the disease each year.”

ANZUP CEO, Adjunct Professor Samantha Oakes, said the trial was the first in the world to test this combination of treatments.

“Without a doubt, these findings have the potential to transform how we treat a subset of people with advanced prostate cancer,” she said.

“We have seen an enormous improvement in survival rates for those diagnosed with prostate cancer over the years, thanks to ongoing donations towards medical research, but we still have a way to go yet.

“Clinical trials and new treatments like this will continue to change the future and save many more lives.”

Adj. Prof Oakes said researchers are now working to better understand why some people respond to the treatment while others don’t, with the goal of refining and personalising future therapies.

For more information about Prostate Cancer Foundation of Australia visit www.prostate.org.au or phone 1800 22 00 99 to speak with a Prostate Cancer Specialist Nurse.

SOLARIS REPAIR CAFÉ – VOLUNTEERS NEEDED

Following collaboration with Solaris, PCaHELP and PROST, we are excited to announce our new venture - designed with you in mind! The aim is to provide a valuable support service to men travelling the cancer journey themselves, or in a caring role. As men are grossly underrepresented in physical and emotional support services, we hope that the Solaris Repair Cafe will be an ideal, fun and non-threatening way to address this - offering community, mateship and care. You would also be welcome to access any of our evidence-based, complimentary therapies.



Whatever your signature skill, they will be welcomed at the repair café! We will create a practical space at Solaris Cancer Care, Cottesloe, where you can meet, have a coffee and chat, whilst repairing items brought in by the community. Solaris will provide basic tools, equipment and consumables and will also have male psychosocial support on hand if required.



A local “expert” could also be invited along each month to share skills, teaching new tricks of the trade!



Tea/Coffee and cakes will be provided, along with a healthy dose of hearty, good cheer. Our Community Op shop and coffee cart will also be open, creating a supportive, buzzing, community hub!

A little About Solaris

Solaris Cancer Care was founded in 2002 by Dr David Joske, Consultant Haematologist Oncologist from Sir Charles Gairdner Hospital. He recognised the need for support that went further than medical treatment, not just for the patient but the carers and family too. He created Solaris and we have been providing complementary therapies, exercise and psychosocial support services to those on the cancer journey for over 24 years.

We would like to encourage you all to be a part of the Repair Café - to allow yourself the opportunity to help others, acknowledge the difficulties you face, and receive the care and support you deserve. Feel free to give me a call if you would like to register your interest.

Alison Dunn

Client Services Manager

Solaris Cancer Care

80 Railway Street, Cottesloe WA 6009

T 9384 3544

E csmcottesloe@solariscancercare.org.au



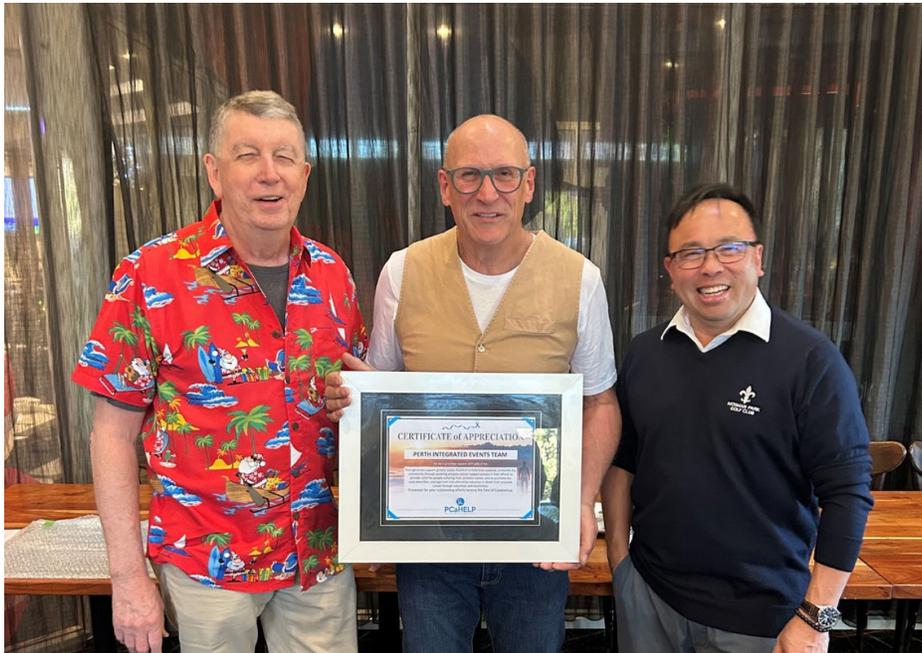
Support.
Compassion.
Care.

PCaHELP CHRISTMAS DINNER FUNCTION

We had an incredibly successful and most enjoyable Christmas Dinner Function at the Herdsman Lake Tavern on Saturday 28th November 2025, joined by many of our members and most of the crew from Perth Integrated Events Team. Thank you to all who participated and special thanks to The Herdy for a great meal, great service and a brilliant venue.



We also took this opportunity to present a Certificate of Appreciation to Perth Integrated Events Team for the incredible work they do each year to help us raise funds at the Tour of Cowaramup. Their help in hosting such a professional event makes it so enjoyable for everyone who participates.



The Certificate of Appreciation was presented by Ken Bezant to Graham Harmsworth and Ian Wee.

TOUR OF COWARAMUP 2026

We are incredibly honoured to again be included as the sole beneficiary of the Tour of Cowaramup 2026 to be held on Sunday 18th October and hosted at the magnificent Juniper Estate

We would love to see you there and encourage our amazing volunteers and riders to look for accommodation early as it will be a busy weekend in the Margaret River region.

This is a great weekend event and always enjoyed by all who participate. If you haven't been before why not come down and have a great time amongst friends. Volunteers and riders are always needed.



To those who think riding in the event may be too difficult, why not give it a try. There are three different courses with varying degrees of difficulty to suit all participants.

In conjunction with Perth Cycling Group we also host training rides throughout the year to help you get fit and able to undertake a great challenge. You have until October to get back on your bike and ready for this great fun day, so why not give it a try. Test yourself in the company of friends who are undergoing a similar journey to you. Family members and friends are also very welcome.



The Perth Cycling Group new jersey for 2026 is now available and is suitable for all events they host, including the Tour of Cowaramup.

Order early to secure yours at:

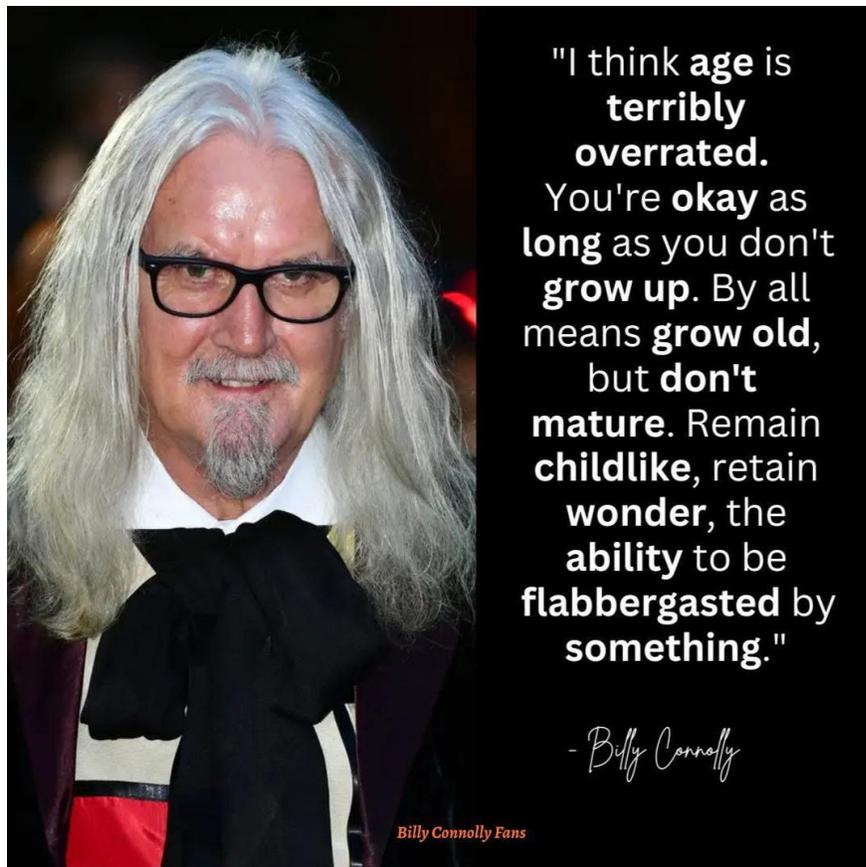
<https://reg.eventgate.com.au/Event/29703/Annual-2026-Cycling-Challenge-Jersey>

CALENDAR OF EVENTS 2026

Our calendar of events this year has been prepared and 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>

Thursday & Friday	19 th & 20 th	March	2026	Mental Health First Aid Training for Support Group Leaders
Saturday	9 th	May	2026	PCaHELP Symposium
		July	2026	Christmas in July – Gala Dinner (date TBC)
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 at:

<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 SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE

