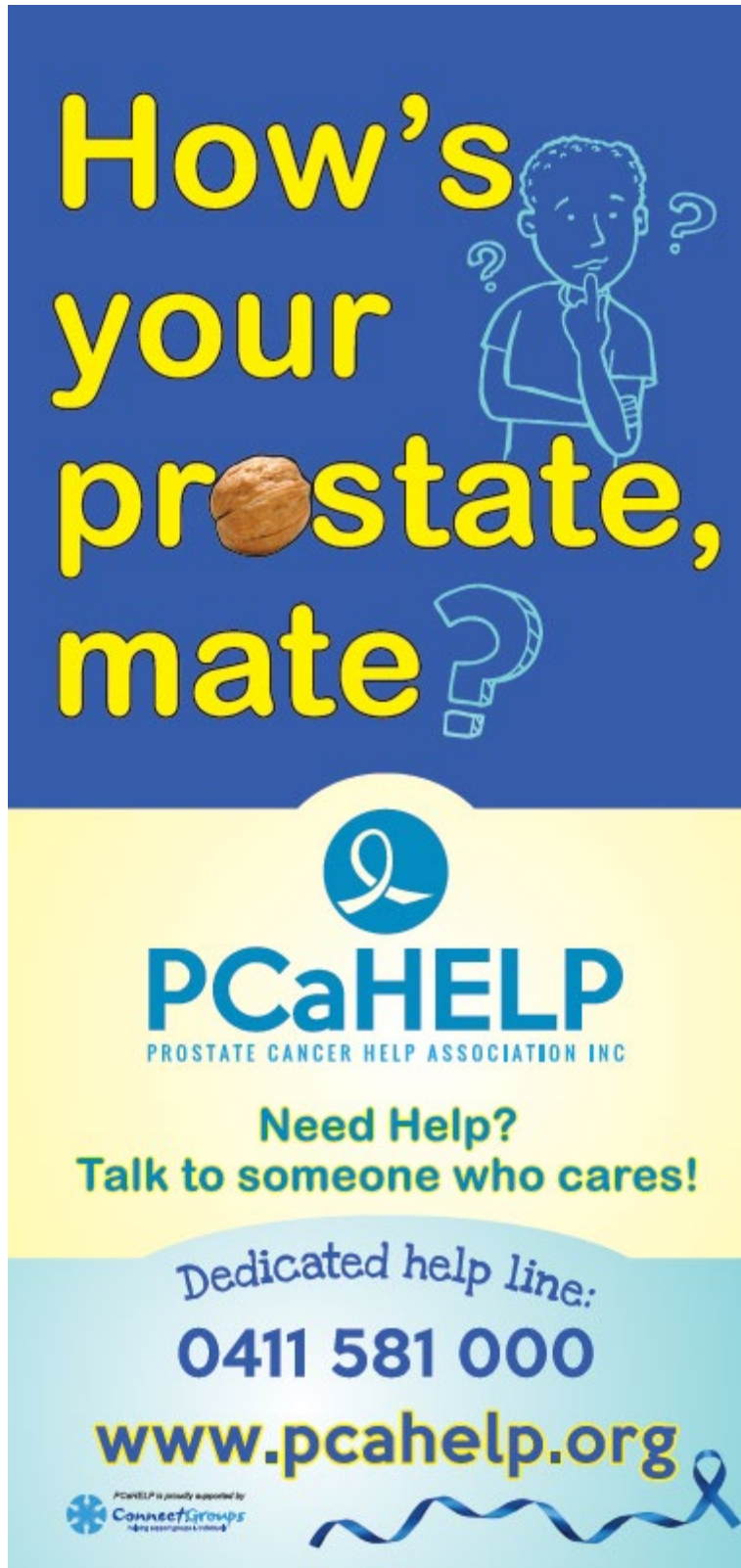


The Helpful Messenger

PCaHELP June 2026 Newsletter



The graphic is a vertical banner with a blue top half and a yellow bottom half. The top half contains the text 'How's your prostate, mate?' in large yellow font, with a small illustration of a man thinking. The bottom half features the PCaHELP logo (a blue circle with a white ribbon) and the text 'PCaHELP PROSTATE CANCER HELP ASSOCIATION INC'. Below this, it says 'Need Help? Talk to someone who cares!' in green. At the bottom, it provides the 'Dedicated help line: 0411 581 000' and the website 'www.pcahelp.org' in yellow. A small logo for 'ConnectGroups' is in the bottom left corner, and a blue ribbon is at the bottom right.

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

CHRISTMAS IN JULY

Tickets are selling fast – get in now to secure your place!



Join us at Café Lucia 1204 Hay St, West Perth WA 6005 for our Christmas in July celebrations on Tuesday 28th July 2026.

This year we are being hosted by the Business Networking Group with profits from this event going to PCaHELP. Come along and join us for an incredible dinner and amazing Juniper wines.

You will enjoy a memorable dining experience in a warm and inviting setting together with our friends and supporters. Make this year special by joining us to celebrate in style.

For more information and to register, go to:

<https://tickeasy.com.au/events/christmas-in-july-the-pinnacle-event-of-the-bng-28-cmoqwuzro000004l74z34b76q>



PROSTATE PREHAB STUDY

Juliana Christina, a Research Fellow for cancer survivorship at Flinders University, is reaching out to invite you to take part in a research study focused on evaluating a digital prehabilitation program for people with prostate cancer. This project is being conducted in collaboration with Cancer Council South Australia.

Prehabilitation refers to support provided between diagnosis and the start of treatment, with the aim of improving physical and emotional wellbeing, enhancing recovery, and supporting longer-term health outcomes. Our digital program includes information and guidance on exercise, nutrition, pelvic floor training, sexual health and intimacy, partner support, and strategies to maintain engagement from prehabilitation through to rehabilitation.

They are inviting people diagnosed with prostate cancer, as well as their partners or support persons, to participate in this study. They recognise the important role that partners and support people play, and their involvement is highly valued. If you do not have a partner, you are very welcome to invite a family member, friend, or another support person to join you.

As part of the study, they are conducting interviews to better understand how people use and experience the program. During the session, you will explore the digital program on your preferred device (e.g. computer, tablet, or smartphone) and talk through your thoughts as you navigate the content. This will help them understand what works well and how they can improve it. Your insight will directly contribute to developing a meaningful, evidence-based program to support people with prostate cancer.

Participation involves:

- A 30–60-minute session and interview with a researcher
- Conducted online via Microsoft Teams or in person at a mutually convenient location
- With your consent, the session will be audio-recorded (and screen-recorded if applicable)

Participation is **voluntary**, and you are free to withdraw at any time without affecting your care.

If you would like more information or are interested in taking part, please feel free to contact Juliana Christina at prostate.prehab.study@flinders.edu.au



NEW AUSTRALIAN SURVEY REVEALS MEN DELAYING PROSTATE CANCER CARE DUE TO COSTS AND ACCESSIBILITY

Source: *The West Australian* 15 June 2026

Health Reporter: Claire Sadler



John Williams with his father Kevin Williams, who passed away from prostate cancer in 2025.

Difficulty accessing doctors, cost pressures and long wait times are among the issues causing men to delay prostate cancer diagnosis and treatment, a new survey has revealed.

The Prostate Cancer Foundation of Australia found three in five Australians believe cost pressures and struggles to access care are among the struggles causing men to delay access to care.

The disease remains the most commonly diagnosed cancer in WA and one of the nation's leading causes of cancer death.

"This decision means Australian men will have better access to world-class imaging that can help deliver more personalised treatment, avoid unnecessary procedures, and improve outcomes."

Yet just 27 per cent of cases in WA are diagnosed in stage one when the disease is easiest to treat.

About 98 per cent of those surveyed called for a national prostate cancer screening program to help test for the deadly cancer earlier.

A similar number called for more investment from the government into prostate cancer research, specialist nurses, and access to treatment.

John Williams, who was only 44 when he was diagnosed with prostate cancer, had to pull money from his super to pay for the life-saving procedure to remove the tumour.

"It was actually quite expensive and we needed to draw down on my superannuation," the Perth man said.

"It is a little bit of a stressful process if you don't have the money and I think with the cost of living now people might be concerned and consider putting off the surgery because they're worried about the cost of it."

Mr Williams said he was one of the lucky ones as his tumour was found early but sadly his father died from prostate cancer in 2025.

He called for a screening program so men were aware they needed to get tested.

"It'd be great if the government could consider reducing the age or encouraging doctors to let men know they should get tested," he said.

"If there could be greater financial support for people that need to go through surgery or other treatments, it would be great because it is a silent killer this cancer.

"Timing is everything and the sooner you get tested, the better it is. It's as simple as a blood test."

Currently, there isn't a national screening program for prostate cancer with routine testing instead advised by doctors for men aged over 50.

Prostate Cancer Foundation Australia national committee chair and former deputy prime minister Wayne Swan said Australians had delivered a clear message that governments must do more to reduce avoidable deaths.

"Every day, 79 Australian men are diagnosed with prostate cancer and 11 lose their lives to the disease," he said.

"Yet despite the scale of the challenge, men at risk of prostate cancer are still expected to navigate testing largely on their own.

"When almost every Australian surveyed supports a national risk-based testing program, governments should take notice.

"No Australian man should miss his chance of survival because he lives in the wrong postcode, faces long delays accessing care or cannot afford another medical appointment."



"We have a great healthcare plan.
Well worth selling the house to pay for."

CHRONIC CONDITIONS AND LONELINESS COURSE



Macquarie University have been developing a course, called the Chronic Conditions Course, for people with a broad range of different chronic health conditions over the last 10 years. They have developed the Course because they know that many people with chronic health conditions face significant challenges and difficulties in their day-to-day lives, which often affects their emotional wellbeing and quality of life.

More than 3,000 people have now completed the course and the university have got great feedback about it. One common issue they've found is that many of the participants also struggle with feelings of loneliness, alongside their chronic health conditions and other things they are dealing with. This is particularly true for older participants.

Given this, Macquarie University now want to evaluate a new Chronic Conditions and Loneliness Course for adults aged (60+) who are dealing with the impacts of a chronic health condition, including changes in relationships and reduced social activities and connection.

Research shows that adults with chronic health conditions are at greater risk of poor emotional wellbeing - e.g., stress, anxiety, worry, low mood, sadness and depression. Furthermore, many people have limited access to help in managing the impact of their chronic health condition or their emotional wellbeing.

We developed the course with the hope of helping people to limit the impact their chronic health conditions have on their day-to-day lives and to maintain good emotional wellbeing and social connection, despite their health conditions.

To learn more about chronic health conditions and to register for this course, please go to:

<https://www.ecentreclinic.org/chronic-conditions-loneliness-course>

TOUR OF COWARAMUP



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

PROSTATE CANCER KILLS TOO MANY MEN.
Reduce Your Risk
Ask Us how.

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

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.raisealysite.com

CAN'T PARTICIPATE? MAKE A DONATION INSTEAD:

DONATE HERE

FUNDRAISE HERE

START YOUR OWN FUNDRAISER & GET PEOPLE BEHIND YOUR CAUSE:

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

THANK YOU!

HELP US BY:

GETTING ON YOUR BIKE AND RIDING FOR PROSTATE CANCER

VOLUNTEERING TO HELP AT THIS AMAZING EVENT

COMING ALONG TO CHEER ON THE RIDERS

RAISING FUNDS FOR PCaHELP

Find out more and register at <https://www.pcahelp.org/tour-of-cowaramup-2026-ride-donate-or-fundraise-for-pcahelp>

Contact Ken Bezant on 0417 984 172 or email admin@pcahelp.org to discuss your potential role or to find out how you can help us spread the word.



DUSTIN MARTIN AND CYRIL RIOLI HEADLINE STAR-STUDDED FOUR'N TWENTY LEGENDS GAME TEAMS

Source: The West Australian 15 June 2026

Dustin Martin and Cyril Rioli headline the confirmed starters for the 2026 Four'N Twenty Legends Game for prostate cancer.

Following its hugely successful return in 2025, which attracted more than 31,000 fans to Marvel Stadium, raised over \$1 million for the Australian Prostate Centre and became one of the biggest AFL television audiences of the year, the Legends Game is back for another unforgettable night of football and fundraising.

The blockbuster game will be played on Thursday, August 27 at Marvel Stadium and broadcast live nationally from 7pm AEST on Seven and 7plus Sport, with the first bounce scheduled for 7.30pm. The match broadcast will again be produced by SEN's television production arm, Rainmaker, and delivered in collaboration with Ballpark Entertainment.



Cyril Rioli wowed the footy world with an incredible performance in the Legends Game last year.

Featuring past greats, fan favourites and some of football's biggest personalities, the State of Origin clash between Victoria and the All Stars will once again celebrate the best of Australian rules football while raising awareness and vital funds for prostate cancer.

Headlining the first player announcements is Martin, who will pull on the Big V guernsey in what is set to be one of the most anticipated appearances in Legends Game history.

Meanwhile, the All Stars have secured the return of Rioli, who was named Player of the Match in 2025 following a dazzling best-on-ground performance that included one of the highlights of the night with a stunning torpedo goal from long range.

Prostate cancer remains the most commonly diagnosed cancer in Australian men, with one in five men estimated to be diagnosed during their lifetime. Funds raised through the Legends Game will support patient care and life-saving research through the Australian Prostate Centre, one of Australia's leading integrated prostate cancer treatment, support and research facility.

The Australian Prostate Centre is a world-class prostate cancer hub that brings together leading specialists in diagnosis, treatment, support and collaborative research, transforming outcomes for Australian men and their families while advancing research that will save lives for generations to come.

Geelong great Joel Selwood will coach Victoria, while Channel 7 footy expert Kane Cornes will coach the All Stars.

The All Stars will once again be led by Shane Crawford, who returns to the field after helping guide the side from the coaches' box during last year's successful revival of the match. Victoria will be led by Brendan Fevola, who returns to the field to captain the Big V after lining up in last year's match.

Mark Harrison, CEO of the Australian Prostate Centre, said the organisation was excited to once again partner with the football community to drive awareness and funding for a disease that affects thousands of Australian families every year.

"The Four'N Twenty Legends Game is much more than a football match. It is one of the most important awareness and fundraising events for prostate cancer in Australia," Harrison said. "Every ticket purchased, every donation made and every person who tunes in helps us continue delivering world-class patient care and funding vital research through the Australian Prostate Centre.

"One in five Australian men are expected to be diagnosed with prostate cancer during their lifetime. These are our fathers, grandfathers, brothers, husbands, sons and mates- the legends in our lives. We are incredibly grateful to SEN, Seven, Four'N Twenty and the football community for once again rallying behind this cause."

SEN CEO Craig Hutchison said the return of the Legends Game in 2026 builds on the momentum created by last year's remarkable comeback.

"The response to the return of the Four'N Twenty Legends Game last year exceeded all expectations," Hutchison said.

"To see more than 31,000 fans fill Marvel Stadium, over \$1 million raised for the Australian Prostate Centre and millions of Australians tune in was a powerful reminder of how much this game means to the football public.

"We are thrilled to welcome Dustin Martin to the Victorian team. Dustin is one of the greatest players of the modern era and his involvement will generate enormous excitement among football fans.

"We're also delighted to have Cyril Rioli return after his brilliant performance last year and to see Shane Crawford return to the field.

“There are some incredible names still to be announced and we look forward to sharing more player signings in the weeks ahead.”

Seven’s head of AFL and sport innovation Gary O’Keeffe said the event had quickly re-established itself as one of the highlights of the football calendar.

“The return of the Legends Game delivered outstanding results for Seven in 2025 and reminded Australians why this event holds such a special place in the sporting landscape,” he said.

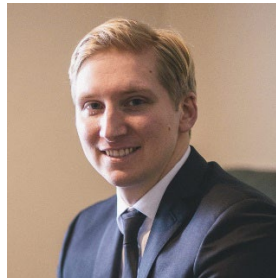
“We’re excited to once again bring the action live and free to viewers around the country and showcase some of the biggest names in football supporting a truly worthy cause.”
Marvel Stadium General Manager Scott Fitzgerald said the venue was proud to host the event once again.

“The atmosphere at Marvel Stadium last year was incredible and demonstrated the strength of support for both the Legends Game and the Australian Prostate Centre,” Fitzgerald said.

“We look forward to welcoming fans back for another entertaining night that raises awareness, generates vital funding and celebrates some of football’s greatest personalities.”

Tickets for the 2026 Four’N Twenty Legends Game for Prostate Cancer are on sale now via Ticketmaster. Fans can also show their support by donating directly at legendsgame.com.au.

WELLBEING AND STRESS MASTERCLASS



For Men Living With & Beyond Prostate Cancer (Wives/Partners also welcome)
FREE ATTENDANCE for PROST! members and members of other PCFA Support Groups

In this 3-hour Masterclass for men living with or beyond prostate cancer, we will harness the latest advances in psychology to help you maximise your wellbeing and emotional health in the future.

You will learn techniques to reflect on what matters to you across different areas of life (e.g., in your free time, work, relationships, and personal development), to successfully head in those meaningful directions, and to optimally manage the stress and difficult thoughts or emotions that can arise along the way.

At different times in life, we might be doing really well or struggling (e.g., feeling stressed, burnt out, down, lonely, or worried about a prostate cancer diagnosis, treatment choice, or an associated side effect).

This Masterclass is designed to be helpful to people at any stage of the prostate cancer journey, equipping you with skills to maximise and maintain your wellbeing and to cope effectively during stressful times.

Session Details

Date: Saturday 25 July 2026
Time: Registration from 8:30 am
Seminar 9:00 am – 12:00 pm
Refreshments: Morning tea provided
Venue: City West Lotteries House Conference Room
2 Delhi Street, West Perth

RSVP: Is essential by Saturday 18th July 2026 on a “first come, first served” basis

Venue capacity limits apply

Questions: Bill van Didden on 0497 969 916 or email supportgroupleader@prost.com.au

REGISTER ONLINE AT <https://www.prost.com.au/wellbeing-and-stress-masterclass/>

Brought to you by **PROST! Exercise 4 Prostate Cancer Inc.** and part-funded by the generosity of the **Prostate Cancer Foundation of Australia (PCFA)**

AUSTRALIANS DELIVER OVERWHELMING MANDATE FOR ACTION ON PROSTATE CANCER

Almost 98 per cent of Australians support the introduction of a national risk-based prostate cancer testing program, according to a new national survey released ahead of Men's Health Week.

Prostate Cancer Foundation of Australia (PCFA) Men's Health Survey also found overwhelming support for increased government investment in prostate cancer research, specialist nurses and access to treatment, while more than three in five Australians believe cost pressures, difficulty accessing doctors and long wait times are causing some men to delay diagnosis or treatment.

The findings come as prostate cancer remains Australia's most commonly diagnosed cancer and one of the nation's leading causes of cancer death.

Chair of PCFA's National Committee for the Elimination of Prostate Cancer and former Deputy Prime Minister, the Hon. Wayne Swan, said Australians had delivered a clear message that governments must do more to reduce avoidable deaths from the disease.

"Australians have delivered a powerful mandate for action," he said.

"They understand the importance of finding prostate cancer early, improving access to care and investing in the research and services that save lives.

"Every day, 79 Australian men are diagnosed with prostate cancer and 11 lose their lives to the disease.

"Yet despite the scale of the challenge, men at risk of prostate cancer are still expected to navigate testing largely on their own.

"When almost every Australian surveyed supports a national risk-based testing program, governments should take notice.

"I lost my father to prostate cancer and later faced my own diagnosis. I know firsthand what is at stake.

"No Australian man should miss his chance of survival because he lives in the wrong postcode, faces long delays accessing care or cannot afford another medical appointment."

The survey found:

- Around 98 percent of Australians support a national risk-based prostate cancer testing program to help detect prostate cancer earlier
- More than 98 percent support increased government investment in prostate cancer research, specialist nurses and access to treatment
- 63 percent believe cost pressures, difficulty accessing doctors and long wait times are causing some men to delay prostate cancer diagnosis or treatment
- Nearly 70 percent believe prostate cancer receives less public attention and investment than other major cancers
- Australians remain divided on whether enough information is available about prostate cancer risk and early detection

PCFA Chief Executive Officer Anne Savage said the findings demonstrated strong public support for treating prostate cancer as a national health priority.

"Australians understand the impact prostate cancer is having on men, families, and communities right across the country," she said.

"One man is being newly diagnosed with the disease every 18 minutes, while more than 4,000 men will die this year.

"At the same time, more than 300,000 Australian men are living with or beyond a prostate cancer diagnosis.

"The message from Australians is clear. They want earlier detection, equitable access to care, greater investment in research and stronger support for men and families affected by prostate cancer.

"These findings reinforce the work of the National Committee for the Elimination of Prostate Cancer and our goal of ensuring no Australian man dies unnecessarily from this disease."

PCFA's Men's Health Survey received 1,010 responses from Australians across the country.

For information and support, go to www.prostate.org.au or call 1800 22 00 99 to speak with a Prostate Cancer Specialist Nurse.

Source: <https://www.pcfa.org.au/news-media/news/australians-deliver-overwhelming-mandate-for-action-on-prostate-cancer/>

FREE MENTAL HEALTH TRAINING – SOUTH WEST

Our friend Darren Peterson from Take Charge Wellbeing is involved in a new initiative funded by the Dirt n Dust Run and Greater Bunbury Rotary that is bringing free mental health and wellbeing events to regional communities in Bunbury between 29th July and 3rd August 2026.

If you, or anyone you know, may benefit, including members or your family, friends or anyone really please register your interest by following the links below.

Mental Health First Aid – 1 & 2 August

https://www.eventbrite.com.au/e/2-x-day-mental-health-first-aid-mhfa-free-community-training-tickets-1991953618896?utm_experiment=test_share_listing&aff=ebdsshios

Men's Circle – Wednesday 29 July

<https://www.eventbrite.com.au/e/mens-circle-bunbury-tickets-1992303294786>

Take Charge Wellbeing Workshop – Thursday 30 July

<https://www.eventbrite.com.au/e/take-charge-wellbeing-workshop-free-community-event-tickets-1992199051993?aff=oddttdtcreator>

SUPPORTER PROFILE



proud supporters of PCaHELP

Working with Brand Partners to support WA charities

Website:

<https://piet.com.au/>

The Perth Integrated Events Team (PIET) has been a staple of the Perth Integrated Health Group of Companies for over 23 years. This dedicated team of event specialists and volunteers has played a significant role in organizing many iconic WA cycling events, they host the Perth Cycling Group and various Perth bike ride events, such as the Bridges Night Ride, Perth Hills Gran Fondo, the Tour of Toodyay, the Tour of Cowaramup and the Perth Coastal Bike Ride.

PIET have been proud supporters of PCaHELP for more than eight years and are our major fundraisers. We sincerely thank Ian Wee and the amazing team of volunteers at PIET.

We thank them for the incredible work they do to help and promote PCaHELP in WA.

CALENDAR OF EVENTS 2026

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>

Tuesday	28 th	July	2026	Christmas in July – Gala Dinner
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 SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE

