

## OUR COMMUNITY

### headspace Gosford asking the question...

To celebrate R U OK day, headspace @ ycentral was asking the question "R U OK?"

R U OK? Day is dedicated to remind people to ask family, friends and colleagues the question, "R U OK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference and even save lives - a premise headspace Gosford and ycentral truly believes.

Staff wore yellow RU OK? t- shirts and provided tips on how to start the conversation, and more importantly to listen.



### Getting back in the game

The CCLHD continence advisors together with the Central Coast Prostate Cancer Support Group recently presented a seminar 'Getting Back in the game' targeted at younger men with prostate cancer.

Michael Hagen, coach with the Newcastle Knights opened the night with an account of his personal journey with prostate cancer, having being diagnosed at age 44. Having taken charge of his own health and fitness post diagnosis he actively advocates other men to do the same.

Patrick Lumbroso, Psychologist in sexual health, spoke about the various options available to assist sexual recovery after treatment. Russell Tuckerman from East Gosford Physiotherapy was the final speaker and spoke of the pivotal role the pelvic floor plays in recovery and how it not only helps control urinary symptoms after prostate surgery but is vital to overall core strength and stability.

All participants evaluated the seminar as really beneficial and needed. The continence advisors hope to provide another seminar in 2015.



*John Daven ( chairman of support group) Russell Tuckerman, Jacqui Swindells CNC, Michael Hagen, Patrick Lumbroso, Mary Kelly CNC*