



**REGISTERED OFFICE CONTACT:** Secretary: Barbara M barbara.m@pnsg.org.au

Web: <u>www.pnsg.org.au</u>

**GENERAL ENQUIRIES:** Chairman: Phil R **MOBILE PHONE /TEXT:** 0417 186 337

EMAIL:phil.r@pnsg.org.auWeb:www.pnsg.org.au

**Other Team Members:** 

Treasurer: Faye H
Newsletter Distribution: Ninetta G
Meeting Activity Coordinator: Celia M

**BANK DETAILS:** For submitting annual subscriptions, donations etc.

Bendigo Bank: BSB No.633 000 - Acct No.125 154 856

When making a payment, please include your name and specify what the payment is for (e.g., annual subscription, donation). Without this information, we cannot match the payment to your account.

NEWSLETTER /P.N. MINUTES: 11<sup>th</sup> August 2025.

The meeting opened at 10:02 am and Phil welcomed us all.

**CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING**, as circulated as being true and correct.

Accepted: Dan D Seconded: Lindsay G

ATTENDANCE: Wendy N, Lyn G, Joan G, Elizabeth T Suzanne D, Celia M, Pat R, Faye H, Lindsay G, Phil R,

Mike K, Dan D, Patrick H, Peter T and Ron H.

**APOLOGIES:** Laurel M, Murray C, Ron G Barbara M, Faye B, Chris D, Peter H,

#### **CORRESPONDENCE (INC. EMAILS):**

- 1. ACNC Monthly Newsletter: reiterate their policies on governance. ACNC provides a lot of useful info, training for charity committees etc. Charities without procedures is unnecessarily risking deregulation.
- 2. NCWA wants PNSG Logo for their website. I requested the same for ours.
- 3. B6 Vit ABC Program, Mag and Berocca (Bayer) and Class Action being brought against Blackwoods.
- 4. AustralianSuper (Aust's largest superfund) had member's passwords stolen.

Members were asked "When was the last time you changed your passwords?" and were asked to keep in mind that our money and privacy are ours and we pay the price if either are stolen.

5. Preventing falls and harm from falls in Older People - <a href="https://www.safetyandquality.gov.au/sites/default/files/2025-06/falls-guidelines-for-community-care.pdf">https://www.safetyandquality.gov.au/sites/default/files/2025-06/falls-guidelines-for-community-care.pdf</a>

Accepted:	Faye H	Seconded:	Suzanne D
Accepted.	rayerr	occonaca.	Suzurine D

# TREASURER'S REPORT (as of 30/06/2025)

RECEIPTS	\$	PAYMENTS	\$
Membership D.D.	20.00	1 x Web Site Hosting	9.23
Membership	120.00	Postage	30.69
Donation D. D.	20.00	Stationery	0.00
Accident Cr. D.D.	55.00	Sunflower Wristbands	173.66
Donations	39.00		
TOTAL	254.00	<del>-</del>	213.58
Balance b/f			7500.00
BANK ACCOUNT			
Postage	30.69	Deposits	254.00
Sunflower bands	173.66		
Webpage D.D.	9.23		
Dolor oo a/f	7540.42		7754.00
Balance c/f	7540.42	<del>-</del>	7754.00
TOTAL	7754.00	-	7754.00
Balance c/f			
ACCOUNTS FOR PAYMEN	NT		

Postage	0.00
1 mth Website	0.00
Sunflower Hidden	0.00
Disabilities	
TOTAL:	0.00

# TREASURER'S REPORT (as of 31/07/2025)

RECEIPTS	\$	PAYMENTS	\$
Membership D.D.	40.00	1 x Web Site Hosting	0.00
Membership	0.00	Postage	0.00
Donation D. D.	0.00	Stationery	0.00
Accident Cr. D.D.	55.00		
TOTAL	95.00		0.00
Balance b/f			7540.42
BANK ACCOUNT			
	0.00	Danasita	05.00
Postage	0.00	Deposits	95.00
Stationery	0.00		
Webpage D.D.	0.00		
Dala //	7025 42		
Balance c/f	7635.42		
TOTAL -	7635.42		7635.42
Balance c/f			7635.42
ACCOUNTS FOR PAY	MENT		
2 months Postage	65.79		
2 months Website	18.46		
Accident Cream	262.75		

2 months Postage	65.79
2 months Website	18.46
Accident Cream	262.75
5 x Honorariums	750.00
TOTAL:	1097.00

Approved: Phil R Seconded: Dan D

(for both 30/06/2025 and 31/08/2025).

PLEASE: Include your name and payment details when paying online. Faye (our Treasurer) cannot identify payments without this information.

## **GENERAL BUSINESS:**

- 1. Virtual Meeting Attendees: No one attended remotely.
- 2. New Members and/or Guest(s): Joan G. and Patrick H.

- 3. Etta's (CEO NCWA) recommendations from our June 2025 Meeting (in her opinion) PNSG appears to be working hard and not smart):
  - a. PNSG Objects\* (reasons for PNSG's existence) were discussed, and members were asked:
    - i. Why do you regularly attend monthly meetings? and
    - ii. Should PNSG split its monthly meeting into two separate segments?
      - 1. To discuss support group administration and actions and
      - 2. To socially interact with other members who attend.
- \*PNSG Objects are the reasons for PNSG's existence. They are documented on our website and printed in our Application for Membership form.

For details of our objects please click on this link...

https://pnsg.org.au/wp-content/uploads/2024/06/PNSG-ApplicMember20240624.pdf

Members who would like a copy of PNSG's Objects (contained with Application for Membership form) but do not have an email address then they need to contact Phil R on 0417 186 337.

## 4. Computer and Internet Security:

a. Some members are receiving many emails from hackers saying "Your email box is full, click here fix your problem etc." – Don't open otherwise you may be giving these crims access to your emails (and your identity).

### 5. Our Social Group Coordinator – South Australia (Peter H):

- a. PNSG Inaugural Meeting in Adelaide: 17 attendees and 6 apologies. Meeting went well and good positive feedback.
- b. Cancer Council CIPN (Chemotherapy Induced Peripheral Neuropathy) Bowel Cancer PN Study. Eva Moore has been in contact with Peter, and she is fully supportive with what PNSG is trying to achieve. She has 11 participants in her study who will get Peter's contact details and will hopefully become members.
  - Click on this link if you want to know more:
  - $\underline{https://www.adelaide.edu.au/newsroom/news/list/2025/03/04/magnetic-approach-to-chemo-induced-neuropathy}$
- c. National Diabetes Services Scheme (NDSS): Peter is developing a good working relationship with NDSS. Keep in mind that around 30% of PN sufferers contracted PN from diabetes. Diabetes is growing like a plague in our affluent society. Getting a foothold in NDSS SA could well open the door to other states and territories in Australia for us.
  - Peter tells us that there's still a little more editing before the below site goes live including adding his new PNSG email address. This is very exciting Peter.
  - https://peersupport.ndss.com.au/support-group/peripheral-neuropathy-support-group-sa/

#### 6. Promotions:

Dr Prax is sending supplier contact information about Rebuilder (nerve regenerator) and Anodyne (infrared system to improve blood circulation).

Dr Prax utilises and incorporates products as part of his *overall* treatment plan for his patients.

7. **Assistance Required:** To share in the administrative running of PNSG monthly meetings it was suggested that Phil R send an email to members asking for volunteers to help carry out tasks.

There were no further subjects to discuss, and the meeting closed at 10:58 am.

**Our Next Meeting:** The next monthly meeting is scheduled for Monday, 8<sup>th</sup> September 2025, at The Niche, located at the corner of Aberdare Road and Hospital Avenue, Nedlands, from 10:00 am to 12 noon.

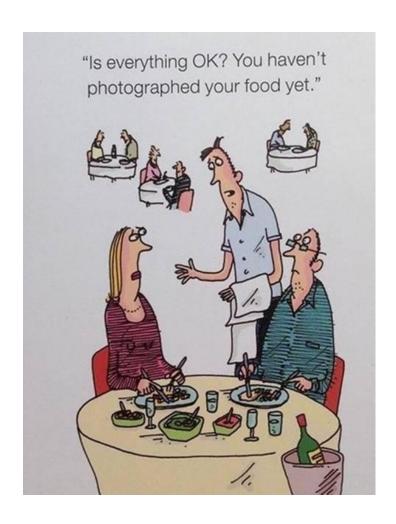
# On lighter note...





the correct place for the phone is below and slightly to the left of the bread plate







Thinking back to when "a new hip joint" meant someplace I wanted to go on Friday night.

Thank You and Good Night!