

REGISTERED OFFICE CONTACT: Secretary: Barbara M
EMAIL: barbara.m@pnsg.org.au
Web: www.pnsg.org.au

GENERAL ENQUIRIES: Chairman: Phil R
MOBILE PHONE /TEXT: 0417 186 337
EMAIL: phil.r@pnsg.org.au
Web: 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: 8th September 2025.

The meeting opened at 10:00 am and Phil R welcomed us all.

We had two new members arrive – Elizabeth B and Tony C Who were introduced to the other members.

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

Accepted: Faye H Seconded: Celia M

ATTENDANCE: Lynne G, Barbara M, Celia M, Faye B, Pat R, Faye H, Elisabeth B, Murray C, Lindsay G, Phil R, Mike K, Chris D, Peter T, Ron G.

APOLOGIES: Elizabeth T, Kate F, Eileen S, Laurel M, Suzanne D, Peter H, Dan D and Ron H.

CORRESPONDENCE (INC. EMAILS):

1. ACNC Monthly Newsletter.
2. Julie D has recently moved into a nursing home (and through her daughter) advised us that she no longer wishes to be a member. We wish Julie all the best and thank her for her past support.
3. ALIKE PEAK POST - Peak Post - Bringing us up to date on their internal news.

Accepted: Faye H Seconded: Phil R

TREASURER'S REPORT (as of 31/08/2025)

RECEIPTS	\$	PAYMENTS	\$
Membership D.D.	440.00	2 x Web Site Hosting	18.46
Postage Rec'd	20.00	Postage (2 mths)	65.79
(Dr Prax Book)			
Donation	55.00	Honorariums	750.00
Accident Cr. D.D.	110.00	Purch Accident Cream	262.75
TOTAL	625.00		1097.00
Balance b/f			7635.42
BANK ACCOUNT			
Postage (2 mths)	65.79	Deposits	625.00
Stationery			
Webpage D.D. (2	18.46		
mths)			
Purch Accident	262.75		
Cream			
Honorariums	750.00		
Balance c/f	7163.42		
TOTAL	8260.42		8260.42
Balance c/f			7163.42

ACCOUNTS FOR PAYMENT

1 month Postage	35.10
1 month Website	9.23
Flowers (Phil R)	107.90
Postage stamps	60.00
(Phil R)	
TOTAL:	212.23

Approved: Lynne G

Seconded: Lindsay G

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:

- Ninetta G – Newsletter Distribution.
- Steph O – Acupuncturist – Guest Speaker.
- Steve J – PNSG Member, Acupuncture Recipient and Guest Speaker.

2. PNSG November 2025 Monthly Meeting:

- a. Phil mentioned he would be away for the next meeting in November and asked if anyone would be prepared to take the meeting.
- b. Faye H and Ron G offered to stand in for him.

3. New Members and/or Guest(s):

- a. Elisabeth B.
- b. Tony C.
- c. Both gave a short speech on the why, when, and how their P.N. developed, what treatment they were currently receiving and what other treatments to try.

4. Annual Membership Fee:

- a. If you have not paid your annual membership fee for 2025 / 2026 then it is well and truly due.
- b. It takes a lot of time and effort to phone around to remind members to pay and it is time that we cannot afford.
- c. So please if you wish to continue as member then please pay \$20 into our bank account or post Phil R a cheque for \$20 today.
- d. See page 1 for our bank details.

5. Neurological Council of WA – Etta:

- a. Etta is arranging a workshop for small charities (like us) to maximise opportunities e.g. working effectively and receiving grants.

6. Peripheral Neuropathy Support Group – South Australia

- a. PNSG 2nd Support Meeting in Adelaide. (Here's an email sent by Peter H our PNSG Social Group Coordinator in SA:

Peter has sent out 50 invitations to individuals and organisations.

6.45pm Friday 29 August, Stepney

Dear All!

The next meeting 10.00am Tuesday 16 September, will be held at Barr Smith South Room 1062, The University of Adelaide.

Our Guest Speaker is Dr Eva Moore, Neuroscientist: "Understanding and Managing Peripheral Neuropathy".

Eva will share what peripheral neuropathy is, the symptoms people may experience, and the options currently available to help manage it. She will also talk about the research project she is running on chemotherapy-induced neuropathy and how it may improve care for people living with these symptoms.

Attendance can be confirmed via this Humanitix link [Peripheral Neuropathy Support Group SA Meeting #2](#) or an SMS or email to me.

Regards,

Peter
Convenor
mobile: 0435012057

- 7. Postage (Concession): AP will provide Aust cardholders with up to 50 standard stamps a year at a discounted price of \$0.60 each.**
- Members were asked if they were prepared to “sell” or “donate” their allowance to PNSG? This could save PNSG \$200 - \$300 a year?
 - For this idea to work:
 - Members allowance could be up to 50 stamps. PNSG would like to have all 50 stamps (unless donated then any number of stamps is fine).
 - Payment to members will be made in Faye’s next payment period.
 - Members need to apply at the counter of their Post Office.
 - Members need to prepay Aust Post and PNSG needs the receipt before Faye can reimburse.
 - Members to contact Phil R should they have questions and advise Phil R before or during the 13th October meeting if they wish to help out.

8. Promotions:

- Dr Prax – Heal Better Health Center:
 - Phil R remotely attended Heal Better Health Center’s August monthly meeting.
 - Dr Prax has offered to talk with us again in December to discuss equipment available to help manage the symptoms of PN and where possible nerve regeneration.
 - Contact details:



At 10.30 am the general meeting closed and we watched a live presentation on Acupuncture and Peripheral Neuropathy.

9. Presentation - Acupuncture as an effective treatment for PN – Steph O’Flynn and Steve H:



- Video recordings of the PNSG Perth Sept Meeting and Acupuncture Presentation:
 - Phil R recorded both sessions and will try to edit /improve both activities to maximise the quality of the sound and picture keeping in mind that PNSG’s has limited equipment and knowledge to record and edit.
 - When available Phil R will advise members how to download the recording(s).

10. **Lenka Psar-McCabe - Palliative Care of WA** – Phil R will try to arrange for Lenka to give us a live presentation at our meeting in February 2026 to share with us how we can maximise our quality of life whilst living with PN.

There were no further subjects to discuss, and the meeting closed at 11:49 am.

Our Next Meeting: The next monthly meeting is our Annual General Meeting (ACNC legal requirement) and is scheduled for Monday, 13th October 2025, at The Niche, located at the corner of Aberdare Road and Hospital Avenue, Nedlands, from 10:00 am to 12 noon.

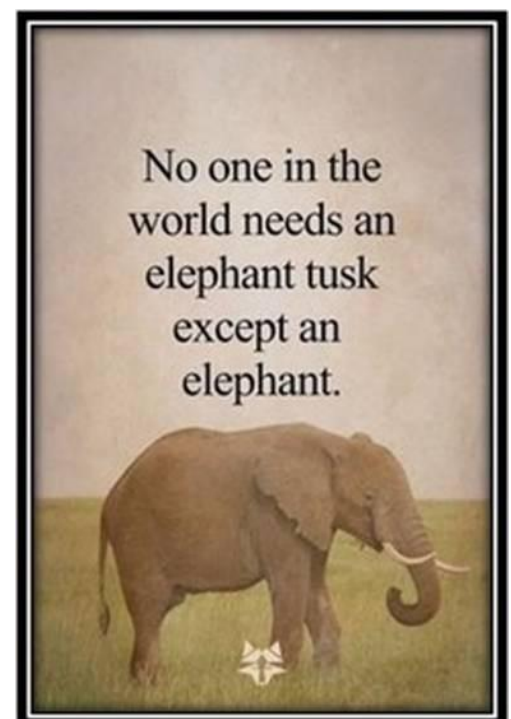
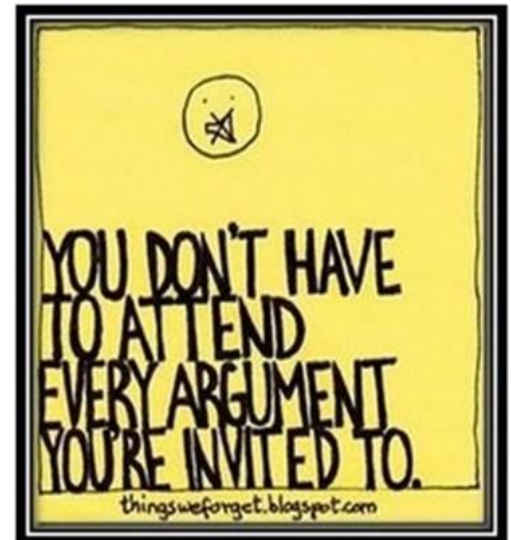
Here's your chance to **Have your say how *your* support group is to be run 2025 – 2026:** (afterwards we will be having our usual social time together).

Here's an afterthought...

It has been established by the medical fraternity that diabetes is the main cause of peripheral neuropathy. That said here is the best article that I have found so far on diabetes especially the common occurrence of Type 1 being misdiagnosed as Type 2.

<https://www.uchealth.org/today/explore-type-1-and-type-2-diabetes-and-potential-misdiagnoses>

On a lighter note, and things to think about...



Thank You and Good Night!