

PROSTATE CANCER SUPPORT GROUP - ACT REGION INC.

OUR WEB SITE

Prostate Cancer Support Group - ACT Region Inc.

Supporting people in Canberra, the ACT and nearby NSW

Home page

Site map

How we can help you

How you can help us

The good news

Some statistics

Predicting the future

Monthly meetings

Past and planned events

Reading & audiovisual

Organisations & services

Picture gallery

Some personal stories

Contact us

Technical matters

...!! NEWSWORTHY !!...

16 March 2011 monthly



Affiliated with the Prostate Cancer Foundation of Australia



Role of the group

When a man has indications of prostate cancer it usually comes as a nasty shock to him, his family and friends. Making decisions about diagnostic procedures, treatment options and post-treatment care can benefit from discussion with people who have undergone those processes. While members of the group *do not provide medical advice* they can

GROUP'S OBJECTIVES / MISSION -1

- **Promote awareness, testing and early detection of PCa**
- **Provide information and information sources for:**
 - * **risk factors**
 - * **detection, testing, diagnosis**
 - * **treatment options**
 - * **post-treatment**

GROUP'S OBJECTIVES / MISSION - 2

- **Support to men diagnosed with PCa and their partners**
- **Advocacy to Government for more resources**
- **Financial support for training of prostate cancer nurses**
- **Raise funds for PCFA and assist through its consultative processes**

HOW ARE OBJECTIVES ACHIEVED? - 1

- **Presentations to work groups & social groups**
- **Awareness raising stalls at events**
- **One-on-one counselling (if requested)**
- **Monthly meetings:**
 - * **group discussions**
 - * **presentations from experts**

HOW ARE OBJECTIVES ACHIEVED? - 2

- **Library**
- **Newsletter - 'The Walnut'**
- **Representations to Government & PCFA**
- **Funding training of PCa nurses**
- **Web site - complements the above**

WEB SITE TARGET AUDIENCE

- **Target audience:**
 - * **men + partners/friends**
 - * **mature age - down to 40**
 - * **diagnosed with PCa or have been treated for PCa**
 - * **people seeking support**
 - * **people seeking information**
- **Tone:**
 - * **encouraging early detection**
 - * **not all "bad news" - there IS good news as well**

WEB SITE CONTENT

- **Details about the Group and its activities**
- **Information about PCa in general, plus**
- **Links to other sources of detailed information**
- **Early detection message**
- **The good news**
- **Not medical details**

WEB SITE STYLE - RETRO - 1

- **Logical content structure**
- **Plain English**
- **Personable**
- **Not glitzy**
- **Minimal visual elements**

x

LOGICAL STRUCTURE



STRUCTURE

Home page
Site map
How we can help you
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Site map

- [Home page](#)
- [Site map](#)
- [How we can help you](#)
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- [The good news](#)
- [Some statistics](#)
- [Predicting the future](#)
- [Monthly meetings](#)
 - [Meeting format](#)
 - [Date, time, location](#)
- [Past and planned events](#)
 - [Planned events](#)
 - [Past events](#)
 - [Events of other groups](#)
- [Reading & audiovisual](#)
 - [Documents](#)
 - [Audiovisual](#)
 - [Our newsletter](#)
 - [Our other materials](#)
 - [Our library](#)
 - [Research & reports](#)
 - [Sources: news/research](#)
 - [Recent press releases](#)
 - [Web site launch](#)
 - [Most common cancer](#)
 - [Mike Brady song](#)
 - [Awareness month](#)
- [Organisations & services](#)
 - [Organisations](#)
 - [Medical services](#)
 - [For carers](#)
 - [Home help](#)
 - [Financial assistance](#)
 - [Friendly groups](#)
- [Picture gallery](#)
 - [Monthly meetings](#)
 - [Experts' talks](#)
 - [Helping other groups](#)
 - [Awareness raising](#)
 - [PM's Cricket 11](#)
 - [Minister's BBQ](#)
 - [Presentations](#)
 - [Attending forums](#)
 - [Web site launch](#)
- [Some personal stories](#)
 - [David Anderson](#)
 - [Dennis Armstrong](#)
 - [Kerry Bell](#)
 - [Jim Clough](#)
 - [Chris Hansen](#)
- [Contact us](#)
 - [Our organisers](#)
 - [Email group's Secretary](#)
 - [Email group's President](#)
 - [Email web site manager](#)
- [Technical matters](#)
 - [Restricted access stuff](#)
 - [Design of this site](#)
 - [Downloading PDF files](#)

WEB SITE STYLE - RETRO - 2

- **One (1.1) vertical nested menu**
- **Easy finds**
- **Intuitive navigation**
- **Legible text:**
 - * **verdana**
 - * **14 pt**
 - * **black on white**

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...!! NEWSWORTHY !!...

[16 March 2011 monthly meeting - Dr. Haxhimolla unavailable; new speaker to be notified](#)

[Localised prostate cancer - a guide for men & their families](#)



Affiliated with the Prostate Cancer Foundation of Australia



Role of the group

When a man has indications of prostate cancer it usually comes as a nasty shock to him, his family and friends. Making decisions about diagnostic procedures, treatment options and post-treatment care can benefit from discussion with people who have undergone those processes. While members of the group **do not provide medical advice** they can help the newly diagnosed man, his partner and those concerned for his welfare to understand the options available, and how these options can be accessed. They can also provide views on what may lie ahead after treatment has been undertaken.

Views and information from our members can be obtained through attendance at one of our [monthly meetings](#) or by contacting individual members. If you have immediate concerns about prostate problems and would like to discuss them now, you don't need to wait for a monthly meeting - simply contact one of our members by phone or email.

Nested menu structure - 1

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Audiovisual
Our newsletter
Our other materials
Our library
Research & reports
Sources: news/research
Recent press releases

Reading and audiovisual materials

There are many print and audiovisual materials that you can read or view to gain a better understanding about prostate health and diseases of the prostate. We have a lot of information that will enable you to read or view materials of the following types:

- particularly informative [documents](#) (including books, booklets, brochures, etc.) available in print or electronic form
- ..
- [audiovisual](#) materials (e.g. DVDs)

Our support group also makes available:

- [our newsletter](#) named 'The Walnut'
- ..
- [our other materials](#) - publications and submissions
- ..
- our [library](#) of selected print and audiovisual materials which you can borrow
- ..

Research, reports, news and related sources:

- Some [topical research and reports of particular interest](#)
- ..
- [News sites](#) for news and research about prostate cancer.
- ..
- [Recent press releases](#)

Nested menu structure - 2

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- Recent press releases
- Organisations & services
- Picture gallery

Documents

These books, booklets, information sheets and articles are ones that the group has found being particularly informative:

COVERAGE	DOCUMENT
GENERAL	<p>Understanding prostate cancer - A guide for men, their families and friends, (2009). Produced by the Cancer Council NSW. Very readable 65-page booklet with comprehensive coverage but not as detailed as that of Prem Rashid (see below). Order this free this web site page or download as a 1.1 MB PDF. Alternatively, much of its content can be browsed on the this web site page.</p> <p>Localised prostate cancer: a guide for men and their families (2010) (4th edition). Produced by the Cancer Network. The contents of this very readable booklet provide more information than its title suggests. The chapters provide an explanation of what prostate cancer is, the methods used to diagnose prostate cancer, later with treatment options. The authors indicate that '...particularly designed for men who have localised prostate cancer (which has not spread beyond the prostate) explains what localised prostate cancer is, the treatments and their pros and cons. Its purpose is to help men make decisions about these treatments.' Available for download as a 2.3 MB PDF file from Andrology Australia. Order resources page or from here. 132 pages.</p>

DEVELOPMENT SOFTWARE

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"THE COMPUTER SAYS I NEED TO UPGRADE MY BRAIN
TO BE COMPATIBLE WITH ITS NEW SOFTWARE."

SOFTWARE REQUIREMENTS - 1

- **Local single-user development (CMS not required)**
- **Quick and easy development and maintenance:**
 - * **"template" for basics, but configurable**
 - * **addons to do the hard work (e.g. site map, picture gallery)**
- **Implements style requirements**

SOFTWARE REQUIREMENTS - 2

- **Minimal code writing - 98% WYSIWYG**
- **Creates standard HTML, CSS and web pages - works in all major browsers**
- **Easy to learn**
- **Inexpensive**

DEVELOPMENT SOFTWARE - 1

- **Rapidweaver (for Mac only) - not CMS (Content Management System)**
- **Closest Windows equivalents:**
 - * **Wordpress**
 - * **Joomla!**
 - * **Others - see <http://opensourcecms.com/> and <http://www.cmsmatrix.org/>**
 - * **Google Apps ??**

DEVELOPMENT SOFTWARE - 2

- **Could use a very basic WYSIWYG - Kompozer (for Mac or Windows)**
- **RW page types used: Styled Text, Photo Album, Contact Form**
- **Addon page types: Stacks, Link Inspector, Site Map**
- **Transmit - to send site's files to host site**

RAPIDWEAVER DEMO

DEVELOPMENT HARDWARE



DEVELOPMENT HARDWARE



DEVELOPMENT HARDWARE

- **Apple - iMac - nothing special**
- **Could do on a MacBook**
- **Runs OK on MacBook**
- **ADSL2 internet (mine is slow)**

DOMAIN NAMES

- **Bought three domain names:**
 - * **prostate-cancer-support-act.org** did not work with Grapevine
 - * **prostate-cancer-support-act.com** (for testing)
 - * **prostate-cancer-support-act.net** (the production site)
- **Domain names acquired through NetRegistry**
 - * **\$20 for one year**

go

HOSTING SITE - 1

- Tried two hosting sites but unsatisfactory



HOSTING SITE - 2

- **Using VentralP:**
 - * **\$73 per year (normally, \$150)**
 - * **10 GB storage space**
 - * **unlimited data transfer**
 - * **fast interaction with browsers**
 - * **cPanel**
 - * **servers in Sydney and Melbourne**
 - * **nil effective down time so far**
 - * **good support - Aussie accents**
- **Google Apps ??**

LINKAGES

- **Links to our site are on:**

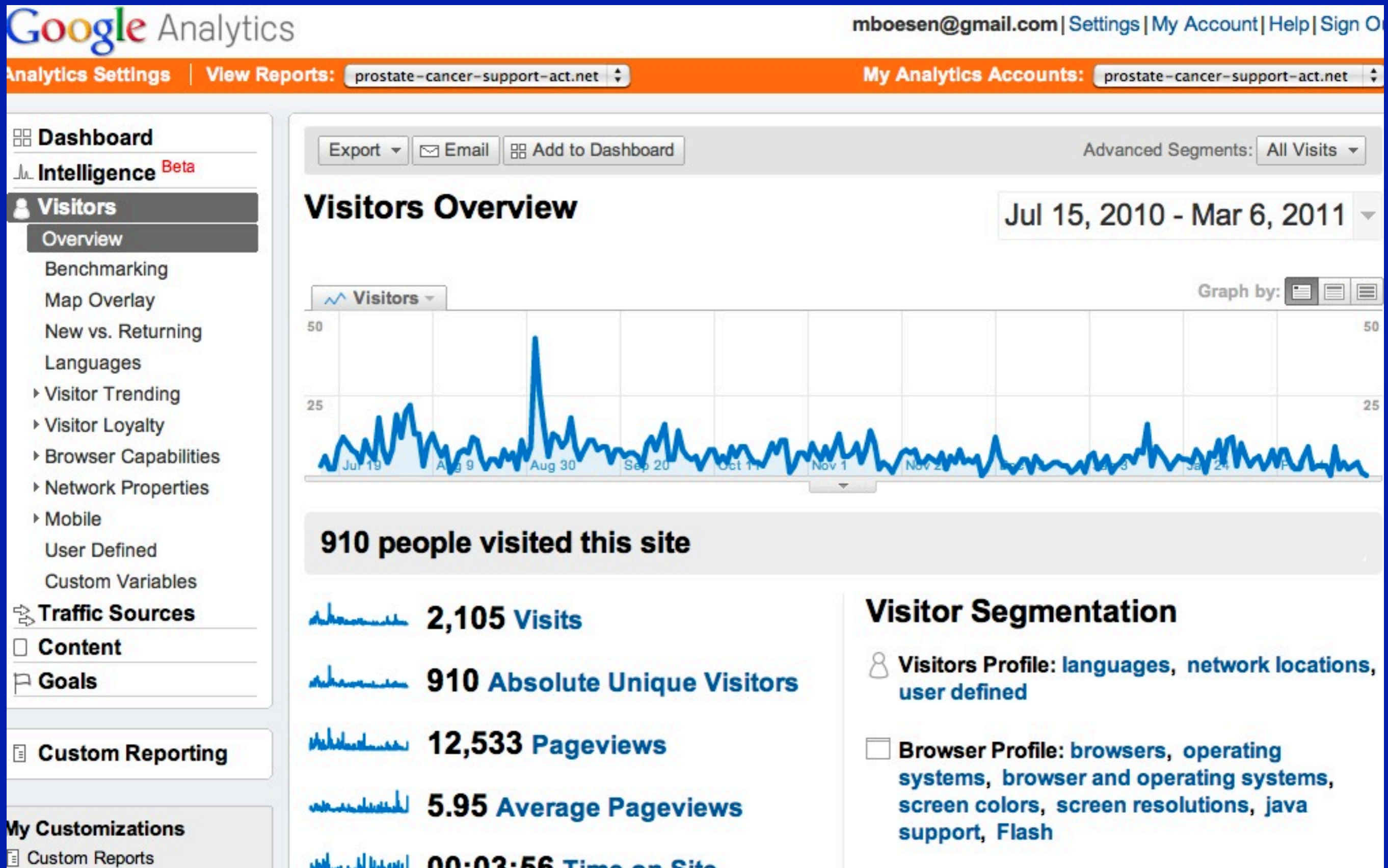
- * **PCFA**
- * **ACT Health (partially)**
- * **Cancer Council ACT**
- * **ACT Seniors**
- * **Sheds**
- * **Others**

- **Links to other sites:**

Organisations & services
Organisations
Medical services
For carers
Home help
Financial assistance
Friendly groups

go

TRAFFIC MONITORING



IF YOU WANT A SITE...1

- **Work out how it is to fit in with your objectives & other activities**
- **Define target audience: characteristics, skills, needs**
- **Determine content and its structure -- site map**
- **Decide on single-user or CMS (Content management System)**
- **Define style (KISS !!)**

IF YOU WANT A SITE...2

- **Find a friendly,compliant geek who has:**
 - * **web site development skills**
 - * **time on his/her hands**
 - * **is willing to implement it the way that you want**
- **Agree on development application and hardware that is good for rapid development, easy maintenance, heritability**
- **Budget for software, hardware, domain and hosting**

IF YOU WANT A SITE...3

- **Small steering group**
- **Seek for and respond to suggestions after launching**
- **Get linkages on other sites**
- **Monitor traffic**
- **Revise structure and pages as required**

CONCLUSIONS - 1

- **Web site very useful in achieving some of the Group's objectives**
- **Style appears to work**
- **Reactions from target people positive**
- **Technical implementation (development software, hosting) effective**
- **Maintenance easy**
- **All in all a good result, well worth the effort**

THOSE INVOLVED

- Original advocate: Dennis Armstrong
- Designer & lead author: Mike Boesen, with creative and wise assistance from Jim Clough
- Input and quality assurance:



* Peter Daley



* Chris Hansen



* John Hayhoe



* Steve Sweet



* U.N. Bhati



* Malcolm Whyte

