

# Prostate Cancer Education Program

## Program information

### Why ManUp! Australia?

We are a community-centric organisation at the forefront of Prostate Cancer Education and support across regional and rural areas within Queensland and New South Wales.

Our mission is simple – eradicate prostate cancer deaths in Australia. By educating our community about this disease and promoting annual testing for early detection, we intend to turn this mission into a reality.

### What does ManUp! Australia do?

Every year, we embark on an extensive 10-month outreach campaign, visiting local communities, mine sites, and corporate organisations to educate men and women about the crucial importance of regular prostate cancer testing. This proactive approach aids in detecting the disease at early, curable stages.



Queensland men will be diagnosed with prostate cancer in their lifetime.

**3,743**

Australian men died last year from prostate cancer.



Early stage prostate cancer has no symptoms

**651**

Information sessions delivered across Queensland in 2023.



Last year we travelled

**76,000km**



**70**

Australian men are diagnosed every day with prostate cancer and more than 10 men will die each day from the disease.



**25,487**

Australian men were diagnosed with prostate cancer in 2023.

### OUR EDUCATION PROGRAM:

- ✓ can be held at a time and place that is suitable to your schedule or health & well-being program.
- ✓ is 30-45 minutes in durations (including time for questions).
- ✓ includes easy, simple to read handouts that participants can take away with them on the day.
- ✓ includes a simple, easy to understand powerpoint outlining what the prostate is, what happens to it when cancer develops, and how to get tested.
- ✓ includes ongoing support following the education program from the ManUp! team, available to any man or woman who needs it.



# Important Information

## When are sessions held?

That's completely up to you! The ManUp! Prostate Cancer Education program can fit in with scheduled training days, health & well-being programs, 'Lunch and Learn' programs, or as special guests at monthly meetings.

As there is quite a high demand for our Prostate Cancer Education Program, we do recommend booking a session in for your preferred date(s) at least 3-6 months in advance.

I have a series of training days over two weeks – are you able to come to each training day? Absolutely! We understand that some organisations need to hold several training days to get through all of their employees. If you require us for several training days over a period of weeks, please contact us 3-6 months in advance to book.

## What do I need to provide?

If you have a data projector and screen, we provide the rest! However, if you don't have this, we also travel with our own data projector and screen to suit any space. We also require a small table to put information brochures and flyers on.

## Who should attend?

Everyone! While prostate cancer does only occur in men, we find that women also gain a lot of valuable knowledge when they attend one of our education sessions, and they are able to have a conversation with their father, brother, partner, or son.

## What does it cost?

We do have a cost structure fee for our Education Program, but the total cost depends on how many times the Prostate Cancer Education Program needs to be delivered. For a detailed quote, please contact Jill Costello on **0423 849 129** or email [jill.costello@manupaaustralia.org.au](mailto:jill.costello@manupaaustralia.org.au), who will discuss your needs and then provide an appropriate quote.

## Your Facilitators

### JILL & LEAH COSTELLO

Mother and Daughter duo Jill and Leah Costello are the powerhouse behind ManUp! Australia, and are also your educators for the program.



Jill Costello established ManUp! with her husband Brian in 2010, following Brian's personal journey with prostate cancer. Faced with a lack of accessible information and support, Jill recognised the need to empower men by educating them about prostate cancer, promoting early detection, and encouraging regular testing.




Jill's dedication to prostate cancer education and commitment to community health resulted in her being awarded the prestigious Order of Australia medal in the Australia Day Honours 2023.

Leah Costello joined the team after the tragic passing of Brian in March 2018 to ensure that ManUp! would stay on the road, delivering the vital education program. With a background in fundraising and marketing, Leah not only joins Jill on the road delivering the Prostate Cancer Education Program, she is also responsible for the ongoing marketing of the program. Leah also helps in the organisation of fundraising events which raises vital funds to keep the program on the road, while also supporting men once diagnosed with the disease.

Together, Jill and Leah make a difference in the lives of countless individuals and communities across the nation.

## What are you waiting for?

Contact us today to discuss rolling out the ManUp! Prostate Cancer Education Program at your organisation.

 [info@manupaaustralia.org.au](mailto:info@manupaaustralia.org.au)  
 **0423 849 129** or **0406 585 159**  
 [www.manupaaustralia.org.au](http://www.manupaaustralia.org.au)

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