



St Luke's Cancer Centre Melanoma Support Group
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[NEWSLETTER June 2020](#)

Hello

Welcome to our June Newsletter

[Zoom Call Virtual Café held 03.06.20](#)

This Newsletter is a resume of the main points discussed during the very enjoyable Virtual Cafe call on 3rd June, as well as some other information.

- ❖ **Coming to the Royal Surrey County Hospital and St Luke's during Coronavirus Covid – 19**
- ❖ **Several concerns were discussed about coming into the Hospital and issues related about Imaging, Blood tests, and Medications.**

Clinical staff on the call made several helpful comments re-assuring that safety and social distancing were being strictly practiced, and safety of patients was paramount. This was supported by lay members who had recently been for Imaging tests who said the Hospital was very quiet and very well ordered.

- Outpatient appointments are largely done over the telephone.
- If a patient is required to come to the Hospital, they are given an appointment time and only allowed in if they have this.
- Outpatient waiting areas have been redesigned and patient flows within the Hospital changed to allow social distancing.
- Parking is easy at present and free.

More information is on the Royal Surrey NHS Trust website or do call The Cancer Nurse Specialists (CNS) at the hospital if you have any concerns or need clarification.

<http://www.royalsurrey.nhs/coronavirus.hub/>

For CNS and Cancer Care Coordinator Tel 01483 571122 ext. 4831

❖ **Sun Awareness**

The Hospital's Sun Awareness Week this year had been overshadowed by the Covid -19 issues. There was a very useful discussion "in the Café" on the importance of publicising good practice about protection against the effect of the Sun. It was agreed that more information should be circulated to members via E-mail or by being placed on the Website.

Melanoma Focus and the British Association of Dermatologists had websites with information for immediate advice. Their links are on the MelaNoMore website.

Particularly required is simple clear advice on:

- Sun Creams and Blocs to use
- The effective application and maintenance of sun creams during the day
- What to wear – hats, long sleeved garments, trousers, etc.
- Looking after children and teenagers
- Equipment for the outdoors to help screening

This could be covered in a short video clip on the Website supported by a video.

Any updates would be implemented with advice from the Clinicians.

Recommended Websites for up to date information on Sun Protection and wider skin issues include:

British Association of Dermatology

www.bad.org.uk

Melanoma Focus

www.melanomafocus.com

Again, if you have concern or questions please talk to your CNS.

Future MelaNoMore Virtual Cafe Gatherings using Zoom

This first call on 3rd June had been a pilot.

It was agreed that the **Zoom call** format was a useful way of keeping in touch with others. A monthly programme would be set up and information e-mailed to Members in advance and put up on the website.

Speakers would be part of the Cafe experience in the future. Charlotte McDowell from the Fountain Centre was on this first cafe call and provided much useful information and help. The Fountain Centre has been very helpful to MelaNoMore during its formation.

The suggestion was made that as calls became larger in the number of participants, an agenda and some ground rules might help the calls to run better. This would be introduced as appropriate and Guidelines would be published on the Website and go out with each cafe invitation. It was important to maintain a relaxed and informal atmosphere where everyone felt they could be part of the discussion.

Longer term it was planned to re-start the **Tea and Coffee Café sessions at St Luke's** alongside the Clinic times which had been cut short by the Virus. Other social events would be organised once this was realistic.

Education events were still being planned and a decision would be taken shortly on whether it would be possible to hold a Wellbeing event as a meeting location locally in the autumn. The alternative would be a virtual meeting. Further information to follow.

There has been issues on the first call, so attached is a set of **Guidelines** to make the meetings go better as we grow, and some **Joining Instructions** for future meetings.

❖ Communication with MelaNoMore Members

Communication in general was discussed and the favoured route was by e-mail in the first instance.

A demonstration of the MelaNoMore website (<http://www.melanomore.net>) was given. It was agreed the new version was improved and effective with a lot of information which is useful. More photographs of people were suggested to soften the image and this would be addressed.

Links to other Support or Charitable organisations such as Macmillan Cancer Care, the Fountain Centre, Story FMR, and Melanoma Focus have been made more prominent on the front page.

- ❖ **In Summary**, if you have anything to add or ask, please get in touch with us.

The first Virtual Cafe was very enjoyable with some good humour and banter mixed with serious chat and thoughts. I hope you will be able to join us on one in the future.

THE NEXT CAFÉ MEETING is on WEDNESDAY 1st JULY 2020 at 10.00am

- ❖ **See you there and Stay safe**

Regards

Paul

Paul B Duhig Chairman, MelaNoMore (June 2020)

MelaNoMore Virtual Café - Guidelines

Given we cannot meet yet we have decided to run a Virtual Café using Zoom. The first successful one was on Wed 3rd June and lasted an hour plus. We plan to hold future events monthly, with dates and details emailed to everyone and posted on our website in advance.

The next Virtual Cafe is Wednesday 1st July 2020 at 10.00am.

The following Guidelines will be used to allow the Cafe to work well.

The aim is to create an informal and friendly discussion. Please bring along a coffee and a cake – and join in as much or as little as you wish!

Discussion can range across a whole raft of issues that members want to talk about.

From time to time a speaker will be invited to talk about an aspect of Cancer Care or Cancer Research for part of the meeting. The professional members of the MelaNoMore Committee will rotate through the meetings who can deal with many clinical issues or arrange for discussions outside the group if that is felt to be more appropriate.

If something upsets you then please use the mute facility on Zoom to allow yourself a breather, and then re-enter.

Please come and go as the meeting goes on and no one will take offence! Information or good ideas that come out in the discussions will be emailed to

members and placed on our Website to ensure they spread to others, while individual confidentiality will be always be respected. (www.melanomore.net)

Above all this is for the patients and family members to meet each other and find means of help and support.

Paul B Duhig Chairman, MelaNoMore, June 2020

ZOOM Instructions for MelaNoMore Virtual Café (melanomore@googlegroups.com)

To ensure secure access to our Virtual Café Zoom sessions, a new Meeting ID and Password will be generated each time. This will be contained in the **Invitation Link** emailed to each of you one week prior to the session.

Ctrl+Click on the emailed **Link** which will launch Zoom application and take you into the Zoom Waiting Room. The Host will be notified and will admit you.

When admitted to the meeting make sure the microphone symbol is **Unmuted** and Video symbol is **Started**. The controls are sited in different positions depending on the device.

PC/Desktop: Microphone (Unmute>Mute) & Video (Start>Stop) are bottom left (hover with the mouse) or press **Alt** to reveal all controls. Speaker View (current speaker) & Gallery View (all users) top right toggle box/3dot symbol.

Tablet/iPad: Microphone (Unmute>Mute) & Video (Start>Stop) are top right near to Participants. Switch to Active Speaker or Gallery View are top left below switch camera.

Mobile/iPhone: Microphone (Join Audio>Mute) & Video (Start>Stop) are located at the bottom of the screen, touch screen for them to appear.

The **Link** will look like:

Doug Hollis is inviting you to a scheduled Zoom meeting.

Topic: MelaNoMore Virtual Café

Time: June 3, 2020 10:00 London

Join Zoom Meeting

<https://us02web.zoom.us/j/99999999?pwd=ZjQ3OUpBRGhNLzlw dHRrExample>

If you do not have the **Link** or have any problems accessing the Zoom session, please email melanomore@googlegroups.com . This will be monitored by a member of the committee, who will provide guidance or respond with the actual **Meeting ID & Password**.

Doug Hollis
MelaNoMore Support Group (June 2020)