



St Luke's Cancer Centre Melanoma Support Group

RSCH, Guildford, Egerton Road, Guildford, GU2 7XX

Website: www.melanomore.net E-mail: melanomore@googlegroups.com

SEPTEMBER 2020 MEMBERS NEWSLETTER

Hello

Welcome to the September Newsletter. One or two new items and a couple of reminders in case you did not see them before?

1.0 Virtual Café 26th August 2020

The Virtual Cafe went ahead without a speaker this time and was very enjoyable involving quite a lot of chat and exchange of ideas and ending with a quiz set by Pam Walls.

We started off the session talking about the proposed **Buddy System**

The Friendship Group (TFG) is Chris Caswell, Lead, Gina Freeman, Neil Harrison, and Pam Walls. All but Gina were in the Cafe.

TFG put forward several ideas on the proposed Buddy System to include:

Definitions

The supporting person in the pairing with experience of Melanoma and treatment would be known as the "Buddy"

The new person with early diagnosis of Melanoma and wanting support would be known as the "Friend"

❖ *How the initial contact could be made?*

Reply:- Friends would receive initial contact through an introductory chat via the Nursing team at St Luke's with a pamphlet giving contacts to support this. Email and telephone links would be established as these are the most popular ways of dealing with personal issues. Information would also be posted on the website

❖ *How suitable pairings of members could be achieved?*

Reply:- This needed careful thought and more work on it. “Buddies” would need training to help “Friends”, but above all a sensitive approach and a willingness to listen well are the best qualities. A gentle but honest selection process is needed, and certain legalities will need to be followed.

❖ ***What follow up needs might be included or required?***

Reply:- Support for “Buddies” was required to help them in times of stress. Various types of support are being investigated. Help could also come through the Nursing team at St Luke’s. The Buddy scheme should not confuse the support of a personal nature for the “Friend” with the clinical issues that individual might be facing, which would remain with the clinicians.

This is a summary of the conversation, and there was full support for the service to be set up.

Above all this whole exercise is to help people talk to others who have had similar experiences of Melanoma in an informal way.

A couple of members spoke openly and bravely about their personal experiences and issues, particularly during lockdown. In these examples it was clear that they would have really appreciated having someone to talk to who understood some of what they might be going through. Even with good family help they felt that they could not always burden their family with some of the worries they had at that time.

It was agreed that TFG had a valuable job to do and should be encouraged and supported by members.

Follow up

Chris and Friends would be grateful to receive thoughts on how you might see this service working for you? They will also be making a call for member to get involved as supporter in the Buddy system once it gets going. Watch out for “**A Call for Buddies**”.

You can contact **The Friendship Group** by email to Melanomore@googlegroups.com

They will formulate plans for full implementation towards the end of 2020, which will be presented to members prior to starting.

More information will follow in time through the Virtual Cafes, Website, and Newsletters

And one change to Virtual Café life agreed at VC is

New Hosts for the Virtual Café meetings

In The next two meetings a host will support the Chairman and freshen things up. This will give more people the opportunity of involvement with MelaNoMore and TFG

The Host will lead on specific parts of the meeting with Paul Duhig chairing the overall event. Doug Hollis will send out invitations to join the VC prior as now.

Wed September 23^d at 10.00am

Host - Pam Walls

Wed October 21st at 10.00am

Host – Sarah Pleass

If you want to be the Host for November 18th, 2020 please let Paul know?

2.0 Virtual Café to include Education and Wellbeing Sessions

We will not be able to host our annual one-day Wellbeing with Cancer meeting this year.

So, we are adding to the Virtual Cafe plans education slots with a speaker each meeting on a theme. A full programme will follow but for now we have booked:

September's meeting (Date 23.09.20 at 10.00 am) will feature **Lorraine Nanke, Clinical Psychologist, St Luke's** who is a new appointment.

October's meeting (Date 21.10.20 at 10.00 am) will feature **Adele Hugg, Senior Dietician, St Luke's** who will talk on dietary issues. Adele has asked for questions or thoughts on what members might like covered, so if you have something you would like covered please email the main MelaNoMore Group email at top of this newsletter.

3.0 Patient care focused projects at a national level

MelaNoMore has been asked to get involved with 2 national projects relating to patient care.

Melanoma Focus are looking at a directed care programme model designed to help patients and partners through their treatment pathway. Susanna Daniels, Deputy CEO of Melanoma Focus spoke to the Virtual Café in July on this. This is project sponsored by Novartis

Delia and other colleagues have been working on a parliamentary led project supported by **Bristol Myers Squibb**, medical suppliers, for a

“patient passport” designed to set out likely paths to care and giving a logbook for patients to keep their records, etc.

Both projects are asking for patient input, so Paul & Delia will assess this and will then ask for help as required from members.

4,0 And a few Things to remind you which are still relevant

4.1 The Fountain Centre is open and offering help

The Fountain Centre is open to help and has a range of services which you can check on line www.fountaincentre.org or by calling the Centre on 01483 406618

The Fountain Centre is also running a 6-week course on survivorship starting Tuesday 1st September 2020. This is run by Dr Sam Watts.

The Online Cancer Survivorship Programme provides an evidence based, structured, and progressive programme of self-care techniques that will allow you to better manage the unique psychological , physical, and emotional side effects of cancer diagnosis, treatment and survival from the comfort of your own home. For details and information and to book a place please use the weblink

<https://www.mind-body-medical.co.uk/csp>

4.2 Hogs Back Brewery visit

3.00pm Saturday 29th August 2020 TICKETS STILL AVAILABLE

There are 4 tickets left to be sold at half price (10 pounds per person) to go on a Garden Tour (socially distanced) at the brewery and then to have tastings. If you are interested do call Paul Duhig 07718 912 328 or email:

pabeduk1@gmail.com

The Tours are time limited to 90 minutes so this will start at 3.00pm and finish at 4.30pm.

Payment to St Luke’s Melanoma Support Group A/c 84204567 Sort 60-23-40

Hogs Back Brewery 01252 783000

Manor Farm, The Street, Tongham, Farnham, GU10 1DE www.hogsback.co.uk

I look forward to seeing some of you there. Doug Hollis, our Treasurer, and I will be there at 3.00pm!

That is all for now. Take care

Paul Duhig (Chairman) m 07718 912 328 / e pabeduk1@gmail.com