



St Luke's Cancer Centre Melanoma Support Group

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

**Website: [www.melanomore.net](http://www.melanomore.net) E-mail: [melanomore@googlegroups.com](mailto:melanomore@googlegroups.com)**

## **UPDATE NEWSLETTER Sep 20**

### **New Committee Members**

**Chris Caswell** and **Neil Harrison** have agreed to join the Committee at my invitation. Both have put quite a lot of time into the formation of The Friendship Group Formation and will be active members. Please welcome them.

Paul Duhig, Chairman

### ***Departed Member***

*The sad loss of **Kim Crawley** on 21<sup>st</sup> August hit all of us. She was a founding member of MelaNoMore and she is missed. I will always remember her great humorous one liner responses and her constant positivity. May she rest in peace.*

*Paul Duhig on behalf of MelaNoMore*

### **Virtual Café & Wellbeing Education Programme now available**

- ❖ **September meeting** (23.09.20 @ 10.00am) - Speaker is Lorraine Nanke, Chief Clinical Psychologist to St Luke's CC

"Surviving and thriving in the new normal: a psychological perspective on adapting to change"

Hosts will be Paul Duhig & Pam Walls

### **Speakers for the following VCs**

- ❖ **October** (21.01.20)– Adele Hugg @ 10.00am, Senior Dietician.

Adele has asked for questions in advance which can be sent in via the website.

Hosts Paul Duhig & Sarah Pleass

- ❖ **November**(18.11.20 @ 3.00pm) – Helen McNamara, Specialist OT in Sleep Issues

Hosts Paul Duhig plus?

**Note this an afternoon session**