



St Luke's Cancer Centre Melanoma Support Group

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

In Association with Ashford & St Peters Hospitals, East Surrey Hospital, and Frimley Park Hospital nhs hub sites

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

UPDATE NEWSLETTER – October 2020

Announcing the [Virtual Cafe and Wellbeing Education Speaker Programme](#) and the formation of [The Friendship Group](#)

Hello.

Let me introduce our new programme of Virtual cafés and Wellbeing Education Programme. MelaNoMore is a support group for people affected by Melanoma. This education programme is available to patients and families who are being looked after at St Luke's Cancer Centre (RSCH), St Peters and Ashford Hospitals, East Surrey Hospital, and Frimley Park Hospital

Do come and join in one of our **Virtual Cafe Zoom calls** and listen and put question to the speakers, and you can talk to other members over a cup of coffee or tea and cake of your choice.

[Virtual Café \(VC\) & Wellbeing Education Programme now available](#)

❖ **[Held 23rd September 2020 as a Virtual Café](#)**

Our **Speaker was Lorraine Nanke, Chief Clinical Psychologist to St Luke's CC**

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

Lorraine gave a very clear overview of how to deal with difficulties in a changing situation such as has been created by Covid – 19, but these tips can equally apply to those people undergoing Treatment or who are in Survivorship.

There are slides and notes attached to this Newsletter from the talk which gives ideas on how to cope. This also gives some useful sources for further help if you are having psychological difficulties. If you feel you need further help please talk to your Cancer Nurse Specialist who will be able to advise you as to what options there are available.

Lorraine is working with the Cancer Team at St Luke's now so you may come across her in time, but this was a very helpful introduction.

Thank you to Lorraine for giving us her valuable time and professional advice

Speakers for the following Virtual Cafés & Wellbeing Education Programme

❖ **October Virtual Café (21st October 2020 at 10.00am)**

❖ **Our Speaker is Adele Hugg, Senior Dietician.**

“Adele has asked for questions in advance which can be sent in via the website or via melanomore@googlegroups.com

This is an entertaining & interactive event full of Aussie promise and professional advice”

Hosts Paul Duhig & Sarah Pleass as Quizmaster

Nota Bene: There will be a monthly prize of a £10.00 voucher of your choice for the person with the highest score of the quiz each month. Remember, “What do points mean, Paul?Prizes!!”

❖ **November Virtual Café (18th November at 3.00pm) NOTE START TIME**

**Our speaker is Helen McNamara, Specialist Occupational Therapist
Specialist in Respiratory and Sleep Issues**

“The Importance of good sleep and its effects on your life”

Please send your questions for Helen who may be emailed to melanomore@googlegroups.com

Hosts Paul Duhig & Gina Freeman as Quizmaster

Our Christmas Virtual Cafe

will now be on **9th December 2020 at 10.00am**

This will be a light-hearted event with some of the Guildford based Consultants and other Clinical Staff on tap to entertain and chat with you plus there will be a few surprises!

Please put the date in your diary to start Christmas off early, so you can get the Sherry bottle out with a piece of cake!!

Hosts Paul Duhig and Gina Freeman who will have lots of games to play with **Prizes just for you!**

See you there! Ho Ho Ho

2021 A New Year with more Virtual Café meetings via Zoom to come

❖ January 2021 Virtual Café (21st January 2021 at 10.00am)

❖ Our Speaker is Delia Sworm, Cancer Nurse Specialist

Host Paul Duhig and **Quizmaster to be announced! It could be you?**

“Delia will talk to you from a Cancer Nurse Specialist’s perspective about the topics you are interested in plus new developments at St Luke’s?”

If you would like to take this opportunity of asking Delia a question you can email this in advance to melanomore@googlegroups.com. If you just want to come into the Café to listen and drink tea or coffee then you are equally welcome.

❖ February 2021 Virtual Cafe (11th February 2021 at 10.00am)* subject to confirmation

❖ Our speaker is **Mr Farrokh Pakzad, Consultant Oncoplastic Breast Surgeon & Consultant Skin Cancer Surgeon, and Clinical Lead RSCH / St Luke’s Cancer Centre**

Mr Pakzad will talk about “surgery and the exciting developments he and his colleagues are looking at into the future”

He is an extremely good speaker who is full of information delivered in a clear and understandable manner.

[Host Paul Duhig and Quizmaster or we might do something else?](#)

Further speakers will be added into 2021 on a monthly programme regularly updated on our website.

NEW TO MELANOMORE: The Friendship Group and Buddy System

The Friendship Group has been formed within MelaNoMore to set up a **Buddy system** to offer a friendly voice with someone who understands what you may be going through and who can offer a friendly ear.

Those receiving help will be known as **Friends** and those who are giving support will be called **Buddies**.

If you have experienced treatment and want to consider becoming a **Buddy** to help others, we would love to hear from you now. Full details will be ready shortly on the website of what it involves and we can send these to you if you email us. There will be training available for those who need it which will be kept to a minimum but will be very helpful to those taking up Buddying.

Full details will be out in the next month or so, so do watch the website and your emails for information. **Chris Caswell** is leading **The Friendship Group** so you may see his name on future communications on this subject as well as mine.

Contact TFG via melanomore@googlegroups.com

Pull Duhig & Chris Caswell

That's' All Folks

I hope this information is helpful.

If you have a subject you would like us to try and get a speaker arranged, please let me know and we will see what we can do?

Alternatively. if you have a skill, interest, or activity you enjoy and would like to talk about it or demonstrate to Friends on The Virtual Café for about 30 minutes or so, we would be interested in putting this into a future programme.

The Virtual Café events are for you and are enjoyable so please do join us.

We have had relatively low numbers joining in so far. The quality of our speakers is top dollar and deserve good support, so please do come along. Partners and close family members and close friends are all welcome to join in.

You are always welcome and will be safe when with us, and you are among friends.

Kind regards

Paul Duhig

Chairman,

MelaNoMore

(Oct 2020)

File: TFG, MelaNoMore Committee – Newsletter update Oct 2020 23.09.20

Attachments

From Lorraine Nanke, Clinical Psychologist, SABT

- ❖ Survive and Thrive Slide show
- ❖ FACE COVID – How to respond effectively – by Russ Harris