



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

**NEWSLETTER No.9a – OCT 20 Update**

**Virtua café 21.10.20 update**

## **MelaNoMore Buddy Scheme launched**

*Dear Friend*

*I am delighted to let you know the initial interest in the MelaNoMore Buddy scheme is proving worthwhile with several Initial Buddy and Friend requests coming forward from the existing membership post launch.*

*Chris Caswell and his team of Gina Freeman, Neil Harrison, and Pam Walls are now starting the system up , matching people, and getting conversations going.*

*We plan to advertise the service before Christmas to the wider group of patients who may want to use it from the feeder hospitals to St Luke's once we are sure it is working.*

*If you want more details on the Scheme please go to the website which gives details of how to access it. [www.melanomore.net](http://www.melanomore.net)*

**This is a real step forward for MelaNoMore and I have high hopes of a successful service being built up. Congratulations and thanks go to those who have set this up so well.**

**Chris Caswell**

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**Virtual Café 21.10.20 – Speaker - Adele Hugg, Senior Oncology Dietitian, St Luke’s Cancer Centre**

We had a lively session with Adele talking about diet followed by a very good quiz led by Sarah Pleass.

**Wellbeing Session- Adele Hugg**

Adele emphasised that diet is very important in supporting treatment and recovery for all patients. There are no fixed rules so eating a wide range of food is usually alright, though at certain times the diet will need to be controlled depending on treatment.

There is a lot of information available through the dietitians at St Luke’s, who can be accessed via your CNS.

14 questions had been submitted to Adele ahead of time which she dealt with in groups.

**Some useful points :**

Do not stress over food. Eat what suits you at the time, and this will vary as treatment continues. Liquid diets are necessary for a time if for instance swallowing is an issue.

Her best piece of nutritional advice was to stress not to worry. Food is a support for all of us. providing structure to the day, socialising opportunities, and helping to lift our spirits.

Some terms were explained with the role of Macronutrients such as Fats, Protein, and Carbohydrates being the block builders to a diet supported by Micronutrients such as Vitamins B, C, D, and zinc, etc.

Protein is a building block for the muscles and we need more as we get older to fight wastage. Higher protein levels are found in eggs, fish, fresh meats, nuts, dairy products, and soya, which may need to be fortified. Fibre which is also necessary can be provided by fruit and vegetables, and in particular whole grain rice and breads, oats, and cereals.

Plant based foods are a useful supplement to all diets. You do not need to be a Vegetarian or Vegan to get the benefits of plant-based foods.

Individual diets must consider the persons situation going into treatment, such as conditions like IBS and Colitis.

Regarding the structuring of meals in the day it really is down to what suits you. Obviously if you live with others there needs to be consideration to the whole group, but many find eating smaller meals several times a day is better than the traditional three times a day.

On diets such as the fasting diet, Adele said these were probably not helpful when someone is in treatment. Care needs to be taken in choosing any diet and advice can be sought through the Dieticians at the Hospital.

Adele is contactable on Twitter & Instagram: @huggy\_dietitian and email: [adele@hugnutrition.com](mailto:adele@hugnutrition.com) and keep an eye on Twitter /@WCRF\_UK as I am doing lots of (free) Zoom support sessions for them in the coming months you are welcome to sign up for!

Thanks to Adele for a very professional and well-run session.

## **Virtual Cafe and Wellbeing Programme**

Do come and join in one of our **Virtual Cafe Zoom calls** and listen and put question to the speakers.

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***

### **PREVIOUS EVENTS**

- ❖ **September VC (Wed 23.09.20 @ 10.00am) - Speaker - 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 Paul Duhig & Pam Walls

- ❖ **October VC (Wed 21.10.20 @ 10.00am)**– Speaker Adele Hugg, Senior Oncology Dietician.

*“Adele asked for questions in advance which could be sent in via the website. “An entertaining & interactive event”* Hosts Paul Duhig & Sarah Pleass

## Speakers for the Virtual Cafe & Wellbeing Education Programme

### NEXT SESSION

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

*Sleep: What is it? Why do we need it? How do we do it well?*

Hosts Paul Duhig & Gina Freeman

***Our Christmas VC Scheherazade via Zoom meeting*** will now be on **Wednesday 9th December 2020 from** **Noon**

Organiser is Gina Freeman



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 and get the Sherry bottle out with a cake and cracker! You can always use up last year's leftovers!

### 2021 A New Year with more VCs to come

- ❖ **January 2021 (Wed 20.01.21@10.00am)** – Delia Sworm, Cancer Nurse Specialist

Host Paul Duhig

*“Delia will offer the opportunity to talk to you her about the topics you may want to know about from a Cancer Nurse Specialist’s perspective.”*

If you send the questions to [melanomore.googlegroups.com](https://melanomore.googlegroups.com) we will forward them to Delia. If you just want to listen and drink tea or coffee then you are equally welcome.

- ❖ **February 2021 (Wed 24.02.2021 @ 10.00am) – Mr Farrokh Pakzad, Consultant Oncoplastic and Breast Surgeon, RSCH / St Luke’s.**

Mr Pakzad will update us on developments in melanoma and skin cancer surgery. He is happy to take questions which may be sent prior to the event via [melanomore@googlegroups.com](mailto:melanomore@googlegroups.com)

- ❖ Further speakers will be added into 2021 on a monthly programme.
- ❖ We will update our approach to events depending on Covid -19 rules at the time.

***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.

Alternatively. if you have a skill, interest, or activity you enjoy and would like to talk about or demonstrate to Friends at the Virtual Cafe, we would be interested in putting this into a future session.

These events are enjoyable so please do join us. You are welcome and among friends.

Stay safe

Kind regards

Paul Duhig , Chairman, MelaNoMore  
(Oct 2020)