



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 – November 20**

### **1.0 MelaNoMore Buddy Scheme**

Chris Caswell gave the Virtual Cafe meeting on 18<sup>th</sup> November 2020 an update.

Since starting MelaNoMore Buddies up in mid-October 2020 8 Buddies have signed up with 7 Friends using the service, this is from a current total membership of 57.

The start has been very encouraging with a high level of contacts between Buddies and Friends already and user feedback has been positive.

The next steps are to recruit more MelaNoMore members and so to grow the Buddy Scheme over time. Plans for expanding the Scheme to other Hospitals locally will be considered at the next Committee meeting on 16<sup>th</sup> December 2020 with a launch in early 2021.

#### **Poll**

Chris also mentioned a Doodle Poll he is running to work out the best times for our meetings. Details are on the website or e mail him on the MelaNoMore email address if you have not received an invitation.

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## 2.0 Chairman position and structure going forward

**Paul Duhig, Chairman made the following statement to the 19 members attending and for the readers of this newsletter as follows:**

**Dear Friends**

I am enormously proud of MelaNoMore and of what we have achieved so far. We are the first melanoma patient support group in the country, and as you can imagine, I am very keen that we should continue to grow from our very firm base.

At the moment, I am undertaking two roles: that of Chairman and Secretary. I feel, as we grow, now is the time for me to move aside, to split these roles and to recruit two exceptional individuals to carry the organisation forward, supported of course by our excellent Treasurer, Doug Hollis, and the rest of the committee.

I have enjoyed my time at the helm of MelaNoMore and will stay as Acting Chair until we have identified a successor for the role and ensure a smooth handover. I will not slacken off during this period. Thereafter, if you will have me, I will be delighted to continue to serve on the Committee.

So, if **you** have an interest in joining **our Committee**, or putting your name forward to become either our **Chairman or Secretary**, I would be delighted to have an informal chat with you now and send you further details following our Committee meeting on Wed 16<sup>th</sup> December 2020. Do let me know.

Our plan is to ratify all the changes at our Annual General Meeting, to be held on Wed 13<sup>th</sup> January and for me to handover by the end of March 2021.

Thank you for your support to the Group and I look forward the future of MelaNoMore.

**Best Wishes**

**Paul**

**Paul Duhig, Acting Chairman**

**m 07718 912 328**

**e pabeduk1@gmail.com**

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**Paul went on to explain the return of funds relating to the Macmillan Support Grant.**

**The “excerpts” from the Meeting Notes of 11<sup>th</sup> November 2020 Committee meeting follow that explain this.**

**Minute reads**

## **“5.1 Financial Position and the return of funds to Macmillan**

### **Starting at 5.2 Macmillan Support Grant – return of funds**

Paul Duhig and Mark Witcomb (Macmillan) outlined the requirements for the Support Grant funds from Macmillan granted in March 2019. Clauses 6 & 10 from the terms and conditions on the Grant application signed by Paul Duhig in his role as Secretary at the time of the application in March 2019 made it clear that unused funds would be required to be returned if they had not been used by the end of the Grant period. The original re-payment of the grant of £2,840.00 was due on 31<sup>st</sup> May 2020, but Covid-19 had delayed this review and the matter was now being agreed with Macmillan.

Mark then retired from the discussion to avoid a conflict of interest.

Doug Hollis, Treasurer, led the remainder of the discussion:

**The Macmillan Support Grant Evaluation** Process had been followed.

A review document had been completed by Paul Duhig setting out what had been achieved with the funds used, and why there are some funds left over. This was mainly due to the speakers for the MSG Launch & Wellbeing Event being inhouse and a second event not held because of Covid. Also, involvement and contact with other melanoma support groups did not involve any costs.

Doug went through a detailed Macmillan Support Grant Evaluation spreadsheet, which set out the various amounts spent and unspent.

Total **spent** against the Support Grant was **£1401.40**.

This meant **£1438.60** was **unspent** and under the terms of the Grant had to be returned to Macmillan. This is reflected in the current Support Grant Evaluation form.

A further discussion took place re our Grant **spend** of **£1401.40**. The availability of the full Grant was vital in establishing MSG, by committing to building a Website, holding our Launch Wellbeing Event and buying an annual Zoom licence to adapt to the new virtual environment.

Subsequent donations from the family & friends of Lisa and to Canterbury Website Design redesigning our website for free, have put us in a position to return the money we have **spent** from Macmillan, especially, recognising their difficult financial position.

**The Committee agreed unanimously that the balance of the full Support Grant of £2.840.00 should be returned to Macmillan with our thanks for the great**

**assistance and support the funds had provided in the start-up phase of MelaNoMore.**

## **5.2 MelaNoMore Financial Position**

An Update on MelaNoMore's financial situation including projections of activity for 2021 and 2022 and repayment of the Macmillan Grant in full shows a surplus of £3,583.86 at the end of 2020.

This surplus would cover about 3 years of project activity at current spend levels without any additional funds being received. This was felt an acceptable position to justify the full repayment of the Support Grant.

Fundraising needed to be considered longer term.

## **5.3 Future income & Donations**

Paul Duhig updated the Committee on potential donations. The Bailey family has been very proactive and generous in fund raising for MelaNoMore following the death of their daughter, Lisa Roberts, who was a founding member of MelaNoMore.

The discussion on future funds will be completed at the Committee meeting on 16th December 2020. At this meeting we will also agree how the return of the Macmillan funds will be undertaken.

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## **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.

**November Meeting - Wed 18<sup>th</sup> November 2020 @ 3.00pm**

**Speaker - 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

***Helen gave a practical and helpful insight into sleep and its many facets. She also suggested some strategies for dealing with poor sleep or Insomnia.***

*Attached to this newsletter are her slides for your reference.*

*If you want further advice to see the specialist OT at RSCH please talk to your GP or CNS at the Hospital about a referral to Helen McNamara, Specialist Occupational Therapist, Royal Surrey County Hospital. She also kindly offered to respond to immediate questions by emails to her on [h.McNamara@nhs.net](mailto:h.McNamara@nhs.net)*

*Thanks go to Helen for her excellent talk.*

*We then had a chat for an hour following on the other topics set out in this newsletter. Gina Freeman ran a very good quiz which was won by Joy Sitch who will receive £10 voucher.*

*It was a very enjoyable time being together.*

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***Our Christmas VC Scheherazade via Zoom meeting*** is 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!

You can just drop in for 5 minutes to say Hello. We hope to see you.

## **2021 A New Year with more Virtual Cafes & Wellbeing events to come**

### ❖ **January 2021 (Wed 20th Jan 2021 @ 10.00am)**

**Speaker - 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 17<sup>th</sup> Feb 2021 @ 10.00am)**

**Speaker - 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)

### ❖ **March 2021 (Wed 24<sup>th</sup> March 2021 @ 10.00am)**

**Speaker - Dr Mazhar Ajaz, Consultant Oncologist talking on developments in Immuno-therapy and related treatments.**

### ❖ **April 2020 (Wed 28<sup>th</sup> April 2021 @ 10.00am)**

**Speaker - Miss Elizabeth Clayton talking on a Talking Heads presentation for patients.**

This may require some volunteers before the talk to help her, so watch out for an opportunity to help Miss Clayton on the Website or in the Newsletters.

❖ Further speakers will be added into 2021 on a monthly programme.

❖ We will update our approach to events depending on Covid19 rules at the time and hope to get to actual meetings sometime in 2021

**And now for something completely different!**

***FINALLY - I am sorry for the short notice on this event***

**❖ *“Opportunity to have an input into future Cancer support”***

***Melanoma Focus are holding an evening seminar on Monday 23<sup>rd</sup> November 2020 at 8.00pm on “Patient Decision Aids – A workshop”***

***This project is looking at ways that patients can be better guided through the cancer treatment services.***

- ❖ Full details are on [www.melanomafocus.com/patient-focus-group](http://www.melanomafocus.com/patient-focus-group) where you can also register to attend by Zoom type call
- ❖ Melanoma Focus is a charity dedicated to making the life of those affected by Melanoma better. It offers education and supports research into the disease. It also runs a helpline provided by nurse specialists.
- ❖ It is nationally recognised and works closely with “Health England” and “The Department for Health & Social Care (DHSC)”
- ❖ Melanoma Focus have been very helpful to us at MelaNoMore during our foundation and my thanks go to Simon Rodwell their recently retired CEO and to his successor Susanne Daniels.

I will be on the call and I hope to see a few of you on it as well.

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***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.

Paul Duhig, Acting Chairman, MelaNoMore

(Nov 2020)

