



St Luke's Cancer Centre Melanoma Support Group

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

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

Hello

I hope you are doing OK as we come out of lockdown.

This is a brief note on a couple items that may be of interest to you?

The Fountain Centre is open and offering help

Gunilla Hartman from the Fountain Centre led a very effective demonstration session on guided relaxation in the last Virtual Café, which was well received.

She has sent some notes on this which are attached which you may find helpful?

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 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>

Hogs Back Brewery visit

3.00pm 29th August 2020

There is another way to relax!

I have 8 tickets 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 is to St Luke's Melanoma Support Group.

Account details A/c no 84204567 Sort 60-23-40

I look forward to seeing some of you there.

Best Wishes, Paul

Hogs Back Brewery 01252 783000

Manor Farm, The Street, Tongham, Farnham, GU10 1DE

www.hogsback.co.uk

Virtual Café 26th August 2020 at 10.00am

We are holding our third Zoom Call Café meeting next Wednesday. Do come and join in. Invitations can be obtained via the website. It is a relaxed atmosphere and there is a chance to learn about all kind of things from Speakers and of course from each other. I Look forward to seeing you.

Buddy System

The Committee has formed a small group to look at how a Buddy or Friendship service designed to allow one to one help on offer can work with the aim of getting it off the ground as soon as is practical. The Group members are Chris Caswell who will be the Lead, Gina Freeman, Neil Harrison, and Pam Walls. They will be known as **The Friendship Group** and may well ask for input from members as they get going. Anything you want to say in this subject would be gratefully received. You can contact **The Friendship Group** by email to Melanomore@googlegroups.com

More information will follow in time.

That is all for now. Take care

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