

19.10.2020

Dear friends

## **Breaking News: MELANOMORE BUDDY SYSTEM GOES LIVE**

Further to our last Newsletter indicating that The Friendship Group (TFG) had been formed within MelaNoMore to set up a Buddy system, I am now delighted to announce that of today **MelaNoMore Buddies** has gone live.

We have decided it would be better not to use the (TFG) title for this activity, but it will remain part of MelaNoMore for other uses which may be planned later.

You will recall that the purpose of the Buddy system is to offer a friendly voice with someone who understands what you may be going through and who can offer a friendly ear.

**MelaNoMore Buddies** will be offered to people wanting help through talking to others who have had similar experiences with Melanoma. Those receiving help will be known as Friends and those who are giving support will be called Buddies.

Further details have now been published on [www.melanomore.net](http://www.melanomore.net) of what it involves.

There will be Buddy training available for those who need it, which will be kept to a minimum, but will be very helpful to those taking up Buddying.

MelaNoMore Buddies is led by Chris Caswell, with Gina Freeman, Neil Harrison and Pam Walls who are involved most closely with the Buddy service.

In addition to this email you will receive another email today which is a form to complete should you wish to take part in the Buddy service as either a Buddy or a Friend.

**NB: Please check your junk folder if you have not received this by the end of today.**

This is an exciting development and we have the full support of the Royal Surrey hospital clinicians.

One important point is that if you do not want to take part in the Buddy system that is fine and it does not preclude you from taking part in other MelaNoMore activities such as the Virtual Cafe meetings listed below held monthly. We have sent this information to everyone currently on our records, so you know of this important service development.

**With kind regards**

*Paul*, Paul Duhig, Chairman, MelaNoMore Support Group



## Diary date reminders

### Virtual Cafe and Wellbeing Education events to the end of 2020

Wed 21<sup>st</sup> October 2020 at 10.00am via Zoom – Adele Hugg, Senior Dietician, St Luke's. "Ask the Dietician" - All you need to know about dietary needs to help your care. This is followed by a quiz with prizes!

Wed 18<sup>th</sup> November 2020 at 3.00pm via Zoom – Helen McNamara, Senior Specialist OT in Respiratory and Sleep Issues – "The importance of sleep and its effects on your life". This is followed by a quiz with prizes!

### Christmas Special 9<sup>th</sup> December 2020 at Noon

A Scheherazade of experiences to get you in the Christmas mood. Several of the medical and nursing clinicians will be on this call in all their glory. Do come to wish others well for the Christmas season. Bring your own tippie and lunchtime fayre and just drop in.

Hope to see you at one or more of these events. More are planned for 2021  
Best Wishes, *Paul*