

NEWSLETTER

In this issue:

- Winning Teams
- Macmillan Cancer Care offerings
- News from the World of Melanoma—Macmillan Cancer Support
- Buddies report
-and more.



Paralympics GB did so well

The Great Britain Paralympics Team can rightly be proud of their performance and finished second for the fifth time out of the past six games, with 41 golds and 124 total medals.

Country	1	2	3	
1 China	96	60	51	207
2 Great Britain	41	38	45	124
3 United States	37	36	31	104

GB's Winning Team Gold Winners



MelaNoMore's Winning Team



Wendy Armstrong
Macmillan CNS
Skin Cancer



Helena Emezue
Macmillan CNS
Skin Cancer



Kate Upshon
Lead Macmillan CNS Skin
Cancer



Delia Sworm
Macmillan CNS



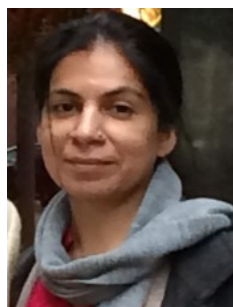
Kelly Smith
Skin Cancer Co-Ord.



Farouk Pakzad
Consultant Surgeon



Dr. Panagiotis Koliou
Consultant Oncologist



Dr. Sarah S Qureshi
Associate Specialist
Oncology



Dr. Mazhar Ajaz
Consultant Oncologist



Elizabeth Clayton
Consultant Surgeon

The MelaNoMore Committee



Chris Caswell



Pam Walls



Doug Hollis



Neil Harrison



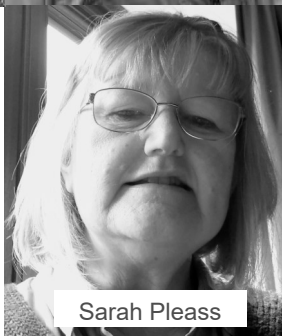
Gina Freeman



Sarah Browne
Healthwatch



Bopa Rangelov
Surrey & Sussex
Cancer Alliance



Sarah Pleass



Mark Witcomb
Macmillan

NEWSLETTER

MelaNoMore

Buddies

Let's talk

The Virtual Café



25th August



Attendance: 7



**Guest: Speaker: Mark Witcomb, Macmillan Cancer Support
— Engagement Lead Surrey & Sussex**

Topic: Support for people living with Cancer



Mark was instrumental in supporting MelaNoMore during the start-up phase and Macmillan provided the “seed” money in order for the local support group to flourish. This money has now been repaid and has again been put to use to support other new start-up support groups related to cancer. The focus of the talk was to explain the support Macmillan can provide for people living with cancer.



National Support Services

Macmillan Support Line
BUPA Counselling Service
Telephone Buddies
Online Communities
Information resources
Macmillan Grants
SafeFit online

Direct access to a range of specialists:

Welfare Rights
Cancer Information & Support Team
Financial Guides
Energy Advice
Work Support
Cancer Information Nurse Specialists
Supporter Care Hub

Macmillan Support Line
0808 808 00 00

Cancer Information Nurse Specialists

Our Cancer Information Nurse Specialists are dedicated cancer nurses available to provide support in understanding treatment options, managing side effects or just a listening ear.

Available 7 days a week from 8am to 8pm

Phone: **0808 808 00 00**

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The Virtual Café (Cont'd)



BUPA Counselling Service

Macmillan and BUPA are working in partnership to provide free counselling and emotional support to people living with cancer who are struggling to cope emotionally. This partnership offers people with high levels of emotional need (that are the result of their cancer experience or strongly linked to it) up to six sessions of free one-to-one counselling over the phone or by video call from a qualified BUPA counsellor.

People living with cancer need to self-refer via the Macmillan Support Line. **0808 808 00 00**

Telephone Buddies

Going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service matches someone with cancer with a volunteer who understands what they're going through, and they'll give them a weekly call. Volunteer buddies provide a listening ear and can provide information about other Macmillan services.

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/telephone-buddies>



Online Community

The Online Community understands what it's like to have cancer. We are an online cancer forum with 90,000 members: and they have all been there. Support is available 24 hours a day, in a safe environment. Share experiences, ask questions and talk to people who understand.



Groups >

Join other users for discussion and support.



Blogs >

Journal your experiences and share with others.



Ask an Expert >

Questions about cancer? Our experts are here to help.



Help Section >

Need some help getting started on the Community?

The Virtual Café (Cont'd)



Financial Support

Energy advice

If you have difficulty paying your energy bills, whether they are gas, electricity or water bills, we are here to support you.

How to access – you can make a phone appointment with an energy advisor by contacting the Macmillan Support Line on 0808 808 00 00, 7 days a week 8am to 8pm.

Macmillan grants

Macmillan Grants are small, one-off, means-tested payments to help with the extra costs that living with cancer can bring.

How to access – you apply through a health or social care professional. Visit our website to see [for more information](#).

Welfare rights advice

Find out more about how you can access benefits which you're entitled to. You can also get advice about income maximisation and Macmillan Grants.

How to access – call 0808 808 00 00. The Welfare Rights team work Monday to Friday 8am to 8pm and Saturday 9am to 5pm.

Financial guidance

We can offer personalised information and guidance with all aspects of your finances from mortgages, pensions, insurance and other financial products to helping you with budgeting and savings or writing your will.

How to access – call 0808 808 00 00, 7 days a week 8am to 8pm, via [email](#) or [chat online](#) 7 days a week 8am to 8pm.

The HOPE Programme

The HOPE programme – Help to Overcome Problems Effectively – is a health and lifestyle coaching course to support people after cancer treatment. Originally developed by Coventry University, it is now a licensed and accredited self management programme run in partnership with Macmillan Cancer Support.

It is an interactive, group based, self management support course, which runs for 6 weeks, with each weekly session lasting 2.5 hours. It is for groups of between 6 and 12 and is free to attend.

The sessions are run by trained HOPE facilitators who are either health or social care professionals or trained volunteers who have had a cancer experience.

The course concentrates on focusing and rediscovering your inner strengths and resilience to help you cope

NEWSLETTER

The Virtual Café (Cont'd)



HOPE Course content covers:

- Goal Setting and action planning
- Looking for solutions to problems
- Stress management (e.g. mindfulness and relaxation)
- Fatigue management
- Identifying your strengths
- Becoming more positive, grateful and appreciating life more
- Healthy lifestyles (e.g. eating more healthily and physical activity)
- Prioritising the important things in life
- Fear of cancer returning
- Body image and sexuality and intimacy
- Communication skills

Finding local support

Available via macmillan.org.uk

Cancer Care Map is a simple, online resource that aims to help you find cancer support services in your local area wherever you are in the UK – www.cancercaremap.org



Help in your area >

What's going on near you? Find out about support groups, where to get information and how to get involved with Macmillan where you live.



Cancer Care Map

You will be amazed at the amount of support that is available in your local area!

Our Macmillan Professionals

- Clinical Nurse Specialists
- Support Workers
- Allied Health Professionals
- Personalised Care Leads
- Palliative & End of Life Professionals
- Project & Programme Managers
- And more ...

NEWSLETTER

The Virtual Café (Cont'd)



Local Services

- **Campaigning Toolkit**
- **East Surrey Macmillan Support Centre**
East Surrey Hospital
Redhill
Tel: 01737 304176

informationcentre.sash@nhs.net



- **Fountain Centre**

**FOUNTAIN CENTRE
GUILDFORD
ST LUKE'S
CANCER CENTRE**



The Fountain Centre is a charity for cancer patients, their families and carers located in the St Luke's cancer unit at the Royal Surrey County Hospital, Guildford. We offer advice, counselling and a huge range of complementary therapies, in a calming and relaxed atmosphere

Please contact: Anne Pike on 01483 406618
rsc-tr.fountaincentre@nhs.net
www.fountaincentre.org

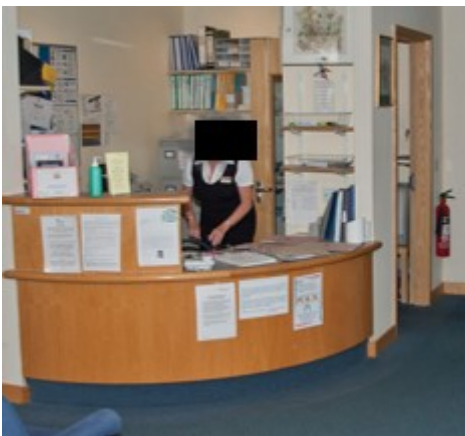
NEWSLETTER

The Virtual Café (Cont'd)



- **Macmillan Butterfly Centre, Epsom**

We have a comprehensive cancer library offering high quality information on all aspects of cancer. We offer emotional support, complementary therapies and counselling.



**1st Floor, Bradbury Wing
Epsom General Hospital**

Monday to Friday 9:30-16.30

Teresa Howes / Tarlika Patel Tel: 01372 735456
teresa.howes@esth.nhs.uk tarlika.patel@esth.nhs.uk

- **The Brigitte Trust**

The Brigitte Trust offers emotional support and practical help at home to people and their families

Our volunteers help in many ways, providing:

- Emotional support and a listening ear
- Respite for carers
- Sitting with family member whilst a carer takes a break
- Transport to hospital appointments, shopping and trips out.
- Bereavement support

For more information please contact:

Office: 01306 881816

brigitteadmin@btconnect.com

www.brigitte-trust.org



NEWSLETTER

The Virtual Café (Cont'd)



Benefits Service

Macmillan/Citizens Advice Bureau Welfare Benefits Service

Helps people living with and beyond cancer, their families and carers to:

- apply for welfare support and tax credits
- access grants
- get support with health costs such as travel to hospital
- appeal against benefit decisions
- applying for tax credits
- apply for as disabled parking badge

For more information, please contact:

Emma Scanlon on: 01483 230849

macmillan@guildfordcab.org.uk

www.guildfordcab.org.uk

Our thanks go to Mark who provided a comprehensive presentation of the support available through Macmillan to those people living with cancer. Many questions and good discussion provided for an interesting session. Macmillan has revamped its website and we encourage all to have a look if you have not visited lately.

Happy Hour

The next Happy hour meeting will again take place at the Onslow Arms, West Clandon, U4 7TE at 6pm on Tuesday 14th September. We look forward to meeting with you. The Onslow Arms is the perfect venue; they are well organised; all tables are pre-booked and allocated to you on arrival. Drinks could be ordered via their App if preferred and personally I felt very safe. Again, please let us know if you are coming, so we can order the correct amount of outside space.

With an Indian Summer forecast for September this will be an ideal time to meet up. We will continue to hold our Happy Hour meetings there at 6—7 pm every second Tuesday of the month. Remember the first drink is free on MelaNoMore.

Block Out the Date:

Topic

Guest Speaker

Happy Hour	14th Sep	6:00 pm	Meet your colleagues	Onslow Arms
Virtual Café	22nd Sep	3.00 pm*	Beating the Odds	Chris Caswell
Happy Hour	12th Oct	6:00 pm	Meet your colleagues	Onslow Arms

* Note change in time

News From The World of Melanoma

We are intending to provide information on this page of what other charities and support groups are doing within the world of melanoma.

This month we are focussing on **Macmillan Cancer Support**



MACMILLAN CANCER SUPPORT

Because cancer can affect your life in so many ways, we do whatever it takes to give people the support they need.

We have all heard of the name Macmillan which is synonymous with cancer. They are famous for their "Coffee Mornings" which are a major source of funds. But how did it all begin.....

In 1911 Douglas Macmillan's father died of cancer. This made a profound impression on him. The following year, despite having no medical background himself, he set up the **Society for the Prevention and Relief of Cancer**, with a donation of £10. The aim was to establish what caused cancer and how best to treat it.

At that time the National Health Service (NHS) had yet to be established; registration of nurses was not introduced until 1919. No health and safety acts had been passed by Parliament, and public health had yet to become a priority for the state. In founding the Society, Macmillan "wanted to see homes for cancer patients throughout the land, where attention will be provided freely or at low cost, as circumstances dictate... [and]... panels of voluntary nurses who can be detailed off to attend to necessitous patients in their own homes."

Initially Macmillan ran the charity while continuing to work full-time as a civil servant. He was aided by his wife, but only after twelve years did he take on his first volunteer assistant. In 1924 he changed it's name to the **Society for Cancer Relief** and moved to Knoll Road, Sidcup. In 1930 they recruited a first full-time member of staff, and the offices were relocated to Victoria in 1936.

Macmillan retired from running the organisation in 1966, in which year he moved from Sidcup back to Castle Cary — his birth place. Macmillan died of cancer on 9 January 1969 at his home Carylande, Ansford in Castle Cary

The organisation he founded has since flourished, in 1989 the name was again changed to the **Cancer Relief Macmillan Fund** and later changed again to **Macmillan Cancer Relief**. From 5 April 2006, Macmillan Cancer Relief became known as **Macmillan Cancer Support**, as this more accurately describes its role in supporting people who have cancer. It has adapted the principles of being a "source of support for everyone" and a "force for change in the world".

News From The World of Melano-

Macmillan Cancer Support is one of the larg-

est British charities (ranked by annual expenditure) and provides specialist health care, information and financial support to people affected by cancer. It also looks at the social, emotional and practical impact cancer can have, and campaigns for better cancer care. Macmillan Cancer Support's goal is to reach and improve the lives of everyone who has cancer in the UK.

It is governed by a Board of trustees and an Executive Management Team

Macmillan works in partnership with other cancer research organisations and is a partner of the National Cancer Research Institute.



Today, around
2.7m people
are living with
cancer in the
UK

By 2040 this
figure will rise
to 5.3m

1 in 2 people
will get cancer
in their lifetime

66% aged 65 +

THE DIFFERENCE WE MADE

There's around 3 million people living with cancer in the UK today. Over 360,000 more people are diagnosed in the UK every year. At Macmillan, we won't rest, and we won't settle for anything other than the best possible support for people with cancer. We do whatever it takes – last year was no exception.

£12.5 MILLION

was set aside for our Coronavirus Response Fund. The fund prioritised supporting health and social care services across the UK to continue supporting people with cancer.

6 WEEKS

6 weeks is the amount of time it took to set up a virtual emotional support scheme with our dedicated volunteers when the pandemic hit.

OVER £278 MILLION
IN FINANCIAL GAINS

identified for people living with cancer, including Macmillan Grants and state benefits that people were entitled to

£20 EXTRA A WEEK

Working with other charities, we influenced the government to increase Universal Credit to an additional £20 a week. This is temporary, but we are working to make this permanent.

OVER 221,000 CALLS, EMAILS AND WEBCHATS

answered to give people the information that's right for them. During 2020, our Macmillan Support Line was open 7 days a week, 365 days

4.2 MILLION PEOPLE

visited our website, including our cancer and coronavirus hub. The hub is home to reliable, easy to understand and up-to-date information.

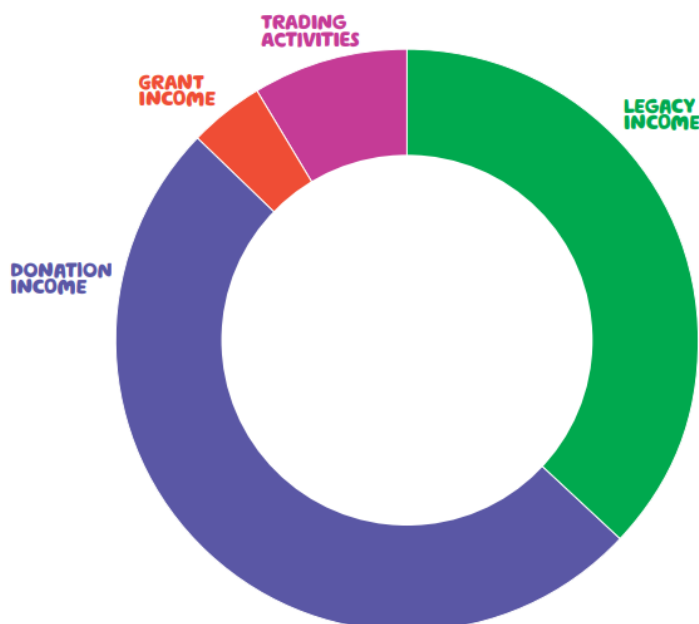
NEARLY 80%

of national politicians in the UK's parliaments and assemblies reached through "The Forgotten 'C'" campaign. The campaign made sure that treatment, tests and vital cancer services weren't forgotten about.

£193.5 MILLION

raised by our fantastic fundraisers and grant income. Without their help, much of this wouldn't have been possible.

News From The World of Melanoma



Total income before investment income

£193.5 million

Investment Income

£1.4 million

Total income
£194.9 million



Information on this page taken from Macmillan's 2020 annual accounts

How we raised our money

We raised £193.5 million in 2020 from our superb supporters and grant income.

Legacy income **£71.8 million**

This is from people leaving a gift to us in their will.

Donation income - **£97.2 million**

Local fundraising committees **£2.2 million**

This is donation income raised by fundraising committees in their local communities.

Fundraising events **£30.3 million**

This includes national, challenge and local events.

Corporate income **£13.9 million**

This is income from corporate supporters and partners.

Philanthropy **£5.4 million**

This includes income from trusts and major donors.

General donations **£11.4 million**

We raise lots of money from general donations by the public.

Direct marketing **£31.5 million**

This is money raised by activities like direct debit campaigns and mailings.

Donated services and facilities **£2.5 million**

This is services and facilities donated to us.

Grant income **£8.1 million**

This income comes from specific grants given to support Macmillan initiatives.

Income from trading activities **£16.4 million**

This includes income from our raffles and lotteries, fundraising committee sales, our online shop, licensing and royalties.

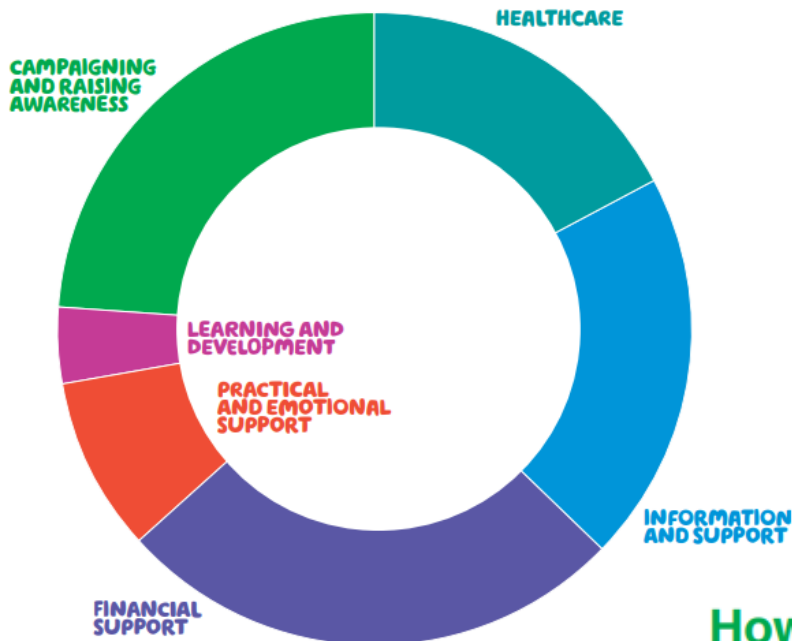
Covid -19

The effect of covid on Macmillan's ability to raise income has been dramatic. During 2020 the total income was £195M in 2019 it was £233M - a drop of £38M.

News From The World of Melanoma



Information on this page taken from Macmillan's 2020 annual accounts



Total expenditure on charitable activities

£89.3 million

Expenditure on raising income

£58.5 million

Total
£147.8 million

How we spent our money

We spent £128.3 million on services for people affected by cancer.*

Healthcare **£22.3 MILLION**

We fund and support a range of health and social care professionals.

Information and support **£25.5 MILLION**

We provide people with information to help them make important decisions about their treatment and care.

Financial Support **£33.5 MILLION**

We provide financial support to help people who are struggling with the cost of cancer, including through Macmillan grants, benefits advice and financial guidance.

Practical and emotional support **£11.5 MILLION**

We help people find the emotional support they need and get help with the practical issues arising from cancer.

Learning and Development **£5.2 MILLION**

This includes providing training opportunities for professionals, volunteers and people affected by cancer.

Campaigning and raising awareness **£30.3 MILLION**

We campaign for changes to improve the lives of people affected by cancer and raise awareness of issues most important to them.

Covid –19

Expenditure during 2020 was £148M compared to £246M in 2019 — a drop of £98M.

* Figure does not include grant writebacks and discounting adjustments

News From The World of Melanoma

MACMILLAN HISTORY



- 1969 Douglas Macmillan dies of cancer
- 1975 We build and equip the first Macmillan cancer care unit at Christchurch Hospital in Dorset
- 1977 Nurses funded by Macmillan were first named Macmillan Nurses
- 1986 We fund the first Macmillan doctor
- 1987 Fundraising hits £10 million for the first time. £7.7million is spent on services
- 1991 Backed by the Prince of Wales, the Macmillan Nurse Appeal raises £20 million.
The World's Biggest Coffee Morning is born! 300,000 people take part, raising over £250,000
- 1993 We open our first information and support centre – the Lynda Jackson Macmillan Centre at Mount Vernon Hospital, Middlesex
- 1996 We change our name to Macmillan Cancer Relief
- 1999 Macmillan successfully lobbies The Oxford English Dictionary to change its inaccurate definition of cancer.
- 2001 Our first mobile Macmillan cancer information centre visits 51 sites across England, bringing information and support to more people than ever before.
- 2005 The first Macmillan-trained benefits adviser helps people with the cost of cancer.
- 2006 We change our name to Macmillan Cancer Support to help people better understand what we do. The unique and iconic Macmillan font is created
- 2008 We merge with Cancerbackup so we can provide expert cancer information to everyone who needs it.
- 2009 Macmillan Support Line opens, offering vital practical and emotional support to people by phone. Over 250,000 people call in the first three months
- 2010 We help shape the development of the first Cancer Strategy for England
- 2012 The ground-breaking UCH Macmillan Cancer Centre opens
- 2013 Through our Putting the Fair into Welfare campaign, we make sure the needs of people living with cancer are recognised by the Government
- 2014 The "World's Biggest Coffee Morning" raises over £25m for the first time.
- 2015 We influence Government to ensure the 2015-2020 cancer strategy for England puts significant emphasis on improving patient experience across the whole cancer patient pathway, and the long-term side effects of treatment.
- 2016 The Cove Macmillan Support Centre opens, meaning we have information and support centres in every county in the UK.
- 2017 The Horizon Centre opens in Brighton – first totally owned Macmillan Centre

News From The World of Melanoma



Cancer Care Map



Find cancer support services near you

By postcode, city or region

surrey

By keyword

skin

☒ Include National Services ⓘ

FIND SERVICES [Reset Filters](#)

448 results found

Find cancer support services near you

By postcode, city or region

west sussex

By keyword

skin

☒ Include National Services ⓘ

FIND SERVICES [Reset Filters](#)


265 results found

The large number of pins on these maps do not all represent support groups. Some are specific health services. But it is still worth checking it out to see what is local to you.

All results are listed with a description of services offered and full contact details

<https://www.cancercaremap.org> or via Macmillan website

Buddies and Friends



Have you just received your diagnosis?

Are you still on the road to recovery?

Are you undertaking treatment?

MelaNoMore


Buddies

Let's talk

Are you feeling Anxious, Fearful, Apprehensive?
Does your family/carer need help to understand your situation?
Do you just want to chat with someone who understands what you're going through?

MelaNoMore has now established '**Melanomore Buddies**' allowing Buddies and Friends to get together

For further information visit www.melanomore.net (click on Support Icon) or email: melanomore.buddy@gmail.com



Chris Caswell, Lead –
MelaNoMore Buddies

The MelaNoMore Buddies system continues to offer support via the Buddy / Friend one to one pairing. A Buddy, who perhaps has had more experience of the melanoma path and process, is paired with a Friend, who is possibly newer and in need of support and a listening ear.

This pairing offers support to share information, to discuss worries and concerns on a one to one basis, without the constraints of appointment time slots. This support pairing is away from the standard clinical appointments, on a more frequent basis, probably weekly or more.

Contacts may be of quick ad hoc text or WhatsApp messages, interspersed with longer possibly weekly phone calls.

We currently have 8 Buddy /Friend pairs operating, and in total Buddies and Friends have shared 132 phone calls, and sent 110 texts, WhatsApps or emails. Additionally there have been 4 face to face meetings! So total contacts now run at 246 since the Buddy Scheme was launch last October, just ten months ago.

It is good to see a few Buddies and Friends on the Happy Hour and Virtual Café zoom calls so they can put faces to the contact names.

If you wish to join this support group, as either a Buddy or a Friend, please send an email to

Melanomore.buddies@gmail.com

This page is for your contributions to the Newsletter. There are no limits on content.

September, Kids go back to school, students to university — they're happy, parents are happy. A few witticisms to cheer us up. Share them with your, kids, grandkids, nephews, nieces, friends etc..

Q. How did you find school today?

A. I simply hopped off the bus – and there it was.

*** The Winning Joke ***

One day a university professor after getting irritated during his lecture stands in front of the class.

Professor: "Is anyone in the class an idiot? If there is one then he or she, please stand up."

After a minute a young man stands up.

Professor: "So? Do you actually think you are an idiot."

Student: "No, I just didn't want to see you standing there all by yourself."

Q. Why did the boy eat his math homework?

A. Because the teacher told him it was a piece of cake.

Teacher: Anyone know any jokes about sodium?

Student: Na.

Q. What is white when it's dirty and black when it's clean?

A. A blackboard!

Q. What's the difference between a teacher and a steam train?

A. A teacher says, "Spit out that gum!" and a steam train says, "Chew! Chew!"

Q. What kind of school do surfers go to?

A. Boarding school.

Q. Why can't you work in an orange juice factory?

A. Because you can't concentrate!

Q. How can you make seven even?

A. Take away the "s".

Q. Why did the music teacher need a ladder?

A. To reach the high notes.

Q. Why can't a nose be 12 inches long?

A. Because then it would be a foot.

Q. What room can a student never enter?

A. A Mushroom.

Q. What did the pencil sharpener say to the pencil?

A. Stop going in circles and get to the point!

Q. Why did the M&M go to school?

A. Because he really wanted to be a Smartie!

We hope you enjoy this Newsletter. Please let us know or if you have any suggestions for improvement or any articles may wish to publish. You can contact us on:

melanomore@googlegroups.com



MelaNoMore VACANCIES

We continue to have vacancies on the Committee and are also in need of volunteers to assist the Committee with tasks or roles - such as:

- *Website designer
- *Linked sites project
- *Health & Wellbeing lead
- *Deputy Newsletter Editor
- *Linked Site leads

If you are interested in helping out with any of these roles or wish to join the Committee, then drop a line to

melanomore@googlegroups.com

Include your phone number and we will ring you back to discuss with you.

