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Please provide a warm and generous welcome to our new Chair of the MelaNoMore Support Group

Aga Kehinde

I am delighted to become a part of the MelaNoMore family and join the Committee as the Chair.

Having worked in the NHS for many years I see and recognise the huge strain that cancer diagnosis places on individuals, their families and friends.

I firmly believe that cancer treatment and management is so much more than just the clinical interventions. Social support, sharing experiences, expertise and having a chance to become support to each other as a friendly community it's what the holistic care is all about.

Myself and all of the MelaNoMore Committee members are looking forward to the next chapter of developing our community, growing our membership, expanding on the current support offer including off and online learning and sharing opportunities and finally meeting you face to face when possible.



Aga Kehinde, Chair of MelaNoMore

Aga Kehinde Cancer Nurse Specialist , Cancer Educator & Health Empowerment Coach

Aga has 20 years' experience as a clinical nurse specialist in oncology and oncology research, she holds a diploma from The Coaching Academy in Personal Performance Coaching and Neuro Linguistic Programming. Aga supports individuals who have experienced serious life challenges to navigate through the chaos developing wellbeing strategies to reclaim purpose and meaning in their lives.

She is a Cancer Educator and a Health and Wellbeing Lead for the Oncology Division at the Royal Surrey Hospital where she leads on the project "psychological safety for all" which supports psychological and emotional wellbeing for both patients and healthcare practitioners.

She volunteers as a Cancer Coach at the Fountain Centre where she support patients using a hybrid approach of a full body-mind-energy experience for achieving holistic wellbeing.

Aga is a member of British Society for Integrative Oncology Council. BSIO is the leading professional organisation for integrative oncology in the UK. Aga supports BSIO promoting the integration of conventional, psychological, nutritional, lifestyle and complementary medicine in cancer care.

NEWSLETTER

All religions have their major festivals, high days and holy days as do those countries that follow the lunar calendar. Regardless of religion or calendar all major festivals have two common threads; celebrations are held with families and friends and it is a time for giving and kindness.



Christmas is coming,
The geese are getting fat,
Please put a penny
In the old man's hat.
If you haven't got a penny,
A ha'penny will do,
If you haven't got a ha'penny,
Then God bless you.



This short unattributable poem or nursery rhyme sums up the essence of giving. The meaning that is conveyed to a child in "Christmas is coming" is that the festive period is where each should give to charity, according to their means... even if all they could give was their blessing.



This month, your committee is concentrating on carrying out small acts of kindness. This has been another difficult year of uncertainty and ups and downs for many of us. Kindness is contagious, and helping others has been proven to make us feel better too! Join us in trying to focus on being generous with our time and attention rather than money - it's free and better for everyone, as well as our planet!

December Kindness 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| 5 Give a gift to someone who is homeless or feeling lonely | 6 Leave a positive message for someone else to find | 7 Give kind comments to as many people as possible today | 1 Spread kindness and share the December calendar with others | 2 Contact someone you can't be with to see how they are | 3 Offer to help someone who is facing difficulties at the moment | 4 Support a charity, cause or campaign you really care about |
| 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today | 14 Share a happy memory or inspiring thought with a loved one | 8 Do something helpful for a friend or family member | 9 Notice when you're hard on yourself or others and be kind instead | 10 Listen wholeheartedly to others without judging them | 11 Buy an extra item and donate it to a local food bank |
| 19 Contact someone who may be alone or feeling isolated | 20 Help others by giving away something that you don't need | 21 Appreciate kindness and thank people who do things for you | 15 Contact an elderly neighbour and brighten up their day | 16 Look for something positive to say to everyone you speak to | 17 Give thanks. List the kind things others have done for you | 18 Ask for help and let someone else discover the joy of giving |
| 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy | 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness | 24 Bring joy to others. Share something which made you laugh | 25 Treat everyone with kindness today, including yourself! |
|  | | | 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why | 31 Plan some new acts of kindness to do in 2022 |  |

ACTION FOR HAPPINESS

Happier · Kinder · Together



The Virtual Café



As we all know it has been a difficult year with Covid preventing face to face or group meetings in person. The next best thing is our Virtual Café meetings via Zoom. During the year we have endeavoured to bring you a variety of guest speakers and the 2021 round-up was as follows:



Guest Speaker: Mr Farrokh Pakzad, Consultant Melanoma & Breast Surgeon
Topic: Surgical Management of Melanoma

Mr Pakzad gave a fascinating talk on the Surgical Management of Melanoma. Of note was that 80% of melanomas can be cured by surgery alone. He spoke amongst other things about AI tools for diagnosis, Breslow thicknesses and size of margins, adjuvant treatments and future treatments being very personalised.



Guest Speaker: Dr Mazhar Ajaz, PHD MRCP FRCR, Consultant Oncologist
Topic: Immunotherapy Development

Dr Ajaz provided an absorbing talk on some of the science behind the development of immunotherapy drugs enlightening us as to why and how they work.



Guest Speaker: Ms Elizabeth Clayton - Consultant Oncoplastic Breast & Skin Cancer, FRCS

Topic: Talking Heads

Liz Clayton provided us with a thought provoking and interesting discussion covering the workings of the MDT (Multi Disciplined Team, a look back on why Melanoma patients continue to increase and introduced us to BAD (British Association of Dermatology) who provide invaluable skin advice. We also discussed how to educate the great British public on how to mitigate melanoma.



Guest Speaker: Delia Sworm, Macmillan CNS -Skin Cancers
Topic: Ask the Nurse

Delia responded to our many questions. Anything from; Is the hospital free from Covid?; What vitamin supplements should I take?; Is there any further engagement with the surgical or oncology teams after the 5-year mandatory period?; Is there any help available for "cording" after removal of sentinel lymph nodes? And many more questions.

NEWSLETTER

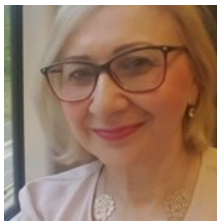
The Virtual Café



Guest Speaker: Sarah Browne, Healthwatch Community Engagement Lead

Topic: Healthwatch Surrey

Healthwatch was set up to ensure that the views and experiences of people across the country were heard clearly by people who run and plan health and social care services. Healthwatch Surrey is an independent organisation that gives people a voice to improve and shape services and get the best out of local health and social care services.



Guest Speaker: Boba Rangelov, SSCA Patient and Public Engagement Manager

Topic: Surrey and Sussex Cancer Alliance

The Surrey and Sussex Cancer Alliance was established as a part of the NHS to work in partnership with the local healthcare organisations (hospitals, community health services etc.) to enable them to provide excellent cancer services across Surrey and Sussex. Boba gave a detailed presentation to the Café introducing the SSCA and encouraging us to get involved.



Guest Speaker: Mark Witcomb, Macmillan Cancer Support, Engagement Lead for 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 including melanoma.



Guest Speaker: Chris Caswell, MelaNoMore Committee & Buddies Lead

Topic: Beating the Odds

A fascinating, moving and very personal account of Chris' journey through the melanoma pathway. Our thanks go to Chris for sharing his remarkable story. Reading it in print in no way did it justice, as to the way he told it. We wish him a long, healthy and happy life. From feedback we know this story has prompted others to write their own stories.—We look forward to hearing them.



THE INTERVIEWS



During the year we interviewed a number of key staff, which most of you will have met at some time or other during your treatments.



DELIA SWORM

In March we talked to **Delia Sworm** - Macmillan Skin Cancer Nurse Specialist at St Luke's Cancer Centre, Royal Surrey Hospital, Guildford. Delia is also the Lead Clinician on the MelaNoMore Committee.



KELLY SMITH

In April we talked to **Kelly Smith** - Skin Cancer Care Coordinator at St Luke's Cancer Centre, Royal Surrey County Hospital, Guildford. Kelly is the co-ordinator between patients and MelaNoMore



KATE UPSHON

In June we interviewed **Kate Upshon**, Lead Macmillan Clinical Nurse Specialist Skin Cancer and founder clinical member of MelaNoMore



DR SARAH S QURESHI

In May we interviewed **Dr Sarah S Qureshi**, MBBS, FCPS (Med Oncology), MRCP (UK), Associate Specialist Oncology, St Luke's Cancer Centre and she shared with us some of her life in how she arrived at her current role.



DR PANAGIOTIS KOLIOU

In October we spoke with **Dr. Panagiotis Koliou**, Consultant Medical Oncologist – Breast and Melanoma, St Luke's Cancer Centre, RSCH

News From The World of Melanoma



During the year we introduced you to a number of charities that deal with melanoma cancer.



MACMILLAN ENDORSES MELANOMORE

In March we reported that Macmillan had published an article in their Newsletter regarding the successful launch of MelaNoMore, initially backed by Macmillan start-up grants.



April's edition we introduced Melanoma Focus and the British Association of Dermatology (BAD) to the MelaNoMore Members



British Association
of Dermatologists
healthy skin for all

In May's edition we looked at the Skcin charity and also Melanoma UK



RAISING AWARENESS THROUGH EDUCATION
PROMOTING PREVENTION & EARLY DETECTION
CAMPAIGNING FOR CHANGE
SKCIN: THE KAREN CLIFFORD SKIN CANCER CHARITY / REGISTERED CHARITY: 1150048



In July we introduced you to Cancer Support UK and The British Skin Foundation



In August's edition we looked at Cancer Research UK



Together we will beat cancer

In September's edition following the fine talk by Mark Witcomb outlining all the different ways Macmillan support people with cancer, we followed this up with a look into the history of Macmillan and how they spend their money.



In October we supported a local alliance between Royal Surrey NHS and Surrey FA who provided a free service of Walking Football.

**Have you had a cancer diagnosis?
Would you like to try Walking Football?**

Royal Surrey County Hospital and Surrey FA are piloting a Walking Football project for men and women who are living with and beyond cancer.

Walking Football is an inclusive, fun and sociable 5-a-side version of the game played at walking pace, but with the same excitement of the original game.

Start a new healthy activity with others who have similar experience as part of your overall health plan. Come along and join in, you don't have to know anything about football.

| | | | |
|--------------|--|---------------|---|
| Who? | Anyone who has had a diagnosis of cancer (families are welcome). | Cost? | Free. |
| When? | Every Friday at 11am. | Where? | Surrey Sports Park, University of Surrey. |

To find out more and sign up, please contact Rob Bryant at Surrey FA:
rob.bryant@surreyfa.com 07740 724 852 www.royalsurrey.nhs.uk/walking-football

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 are mostly by longer phone calls and interspersed with shorter ad hoc text or WhatsApp messages.

So far this year (2021) Buddies have been in contact with 14 Friends to give support, shared 120 phone calls and 117 texts, WhatsApps or emails. There have also been 3 face to face meetings since January.

This is a substantial achievement considering the Buddy / Friend scheme was only launched in October 2020, just over a year ago.

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

Melanomore.buddies@gmail.com

MelaNoMore Activities

Happy Hour - We offered evening meetings which were of an informal nature and even organised evening drinks at the pub in an outside location. Unfortunately I think we were too soon after lock-down finished and people were still finding their confidence to venture out. We drew this activity to a close due to the lack of support. We will review again next summer.

Communications — We are creating a set of new email accounts linked to our group & website name, to make it obvious we are part of MelaNoMore, when emailing our members and potential members and for members to target the right person to communicate with.

The email addresses are:

doug@melanomore.net
gina@melanomore.net
neil@melanomore.net
chris@melanomore.net
sarah@melanomore.net

Doug Hollis
Gina Freeman
Neil Harrison
Chris Caswell
Sarah Pleass

Treasurer, Website and new joiners
Social Secretary
Newsletter, Linked Sites
Buddies
Minutes Secretary

group@melanomore.net

New MelaNoMore Receiving Box, which will replace melanomore@googlegroups.com in due course. We will advise you when this happens. The individual emails are now live.

What will the New Year Bring? - we are in the process of building a plan for the next year and will advise you of the activities early in the new year.

Continued from Page 1

This combination of a lifetime experiences as a nurse with multiple techniques like Emotional Freedom Technique (EFT), Matrix Reprinting Technique (MRT) and NLP allows her to create an empowering model for self-development that her individuals desire.

She is a Founder of VUCNAV – self navigating framework for managing stress and author of “Empowerment for Health and Wellness”

Current Roles

Health and Wellbeing Lead for Cancer Division at Royal Surrey Foundation Trust

Cancer Education Lead at Royal Surrey Foundation Trust

BAME network Lead at Royal Surrey Foundation Trust

Guest Lecturer at University of Surrey

Leadership Coach at Kent Surrey and Sussex Leadership Academy

Health and Emotional Wellbeing Coach at Synthesis Clinic – precision health

Council Member of BSIO

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



December — Winter sets in and kids can't wait for Christmas day. A few witticisms to cheer us up. Share them with your, kids, grand-kids, nephews, nieces, friends etc..



What's the best thing to put into a Christmas cake ?
Your teeth !

What do you call people who are
afraid of Santa Claus? - Claus-trophobic!

*** The Winning Joke ***

What is the best Christmas present in the world?

A broken drum - you can't beat it!!

What's the most popular wine at Christmas?
"I don't like sprouts!"

Who delivers Christmas presents for cats?
Santa Paws !

Where does Santa's little helpers go to relax?
The Elf Farm!

What happened when the snowwoman fell out
with the snowman ?
Nothing - She gave him the cold shoulder !

Who is never hungry at Christmas ?
The turkey he's always stuffed !

What happens if you eat the Christmas decorations?
You get tinsel-itus !

Who beats his chest and swings from
Christmas cake to Christmas cake
Tarzipan !

What do snowmen eat for breakfast? Ice Crispies.

What do you call a broke Santa Claus? Saint-nickel-less

What goes "Oh, Oh, Oh"? Santa walking backwards!

Why are Christmas trees so bad at knitting? They have too many needles.

What do you get if you cross Santa Claus with a duck?
A Christmas Quacker!

What do you call a kid who doesn't believe in Santa?
A rebel without a Claus.

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.

