

NEWSLETTER

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Altruistic August

Set an intention to be kind to others
(and yourself) this month

Altruistic August 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1	Set an intention to be kind to others (and yourself) this month	2	Send an uplifting message to someone you can't be with	3	Be kind and supportive to everyone you interact with	4	Ask someone how they feel and really listen to their reply	5	Spend time wishing for other people to be happy and well	6	Smile and be friendly to the people you see today	7	Give time to help a project or cause you care about
8	Make some tasty food for someone who will appreciate it	9	Thank someone you're grateful to and tell them why	10	Check in with someone who may be lonely or feeling anxious	11	Share an encouraging news story to inspire others	12	Contact a friend to let them know you're thinking of them	13	No plans day! Be kind to yourself so you can be kind to others too	14	Take an action to be kind to nature and care for our planet
15	If someone annoys you, be kind. Imagine how they may be feeling	16	Make a thoughtful gift as a surprise for someone	17	Be kind online. Share positive and supportive comments	18	Today do something to make life easier for someone else	19	Be thankful for your food and the people who made it possible	20	Look for the good in everyone you meet today	21	Donate unused items, clothes or food to help a local charity
22	Give people the gift of your full attention	23	Share an article, book or podcast you found helpful	24	Forgive someone who hurt you in the past	25	Give your time, energy or attention to help someone in need	26	Find a way to 'pay it forward' or support a good cause	27	Notice when someone is down and try to brighten their day	28	Have a friendly chat with someone you don't know very well
29	Do something kind to help in your local community	30	Give away something to help those who don't have as much as you	31	Share Action for Happiness with other people today								

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Take out that lonely neighbour for a picnic while the weather lasts—don't wait until next year.

Call a friend who is unwell and arrange to meet up with them.

Don't wait until the date on the calendar arrives. Close your eyes and with pencil in hand mark a date and carry out the action. Do not procrastinate, just do it. You will feel better for just having done it!

Give yourself permission to make mistakes (and forgive yourself when you do)

Summer BBQ – Wednesday 10th August 2022

It was a glorious evening, in a fantastic setting, with good food, music and drink. Over 70 of us congregated at the Guildford Masonic Centre and dined on the outside terrace overlooking the river Wey. We tucked into barbequed chicken, tasty sausages and burgers, complete with sweetcorn, salads and accompaniments. The selection of desserts were exquisite and fruit sticks with coffee polished off the culinary feast.

Members and clinicians happily conversed with one another, welcoming each other as old friends and generally re-acquainting themselves.



Our thanks go to Dr Koliou (Breast & Melanoma Oncology Consultant) who was our guest speaker - he responded expertly to all our many questions, showing the passion that he and the whole team have in helping us all through our skin cancer journey.

[Pictured: Neil Harrison & Dr P Koliou]

We were delighted to welcome back the family of Lisa Roberts; Lisa was a founder member of MelaNoMore back in 2018, sadly melanoma took her from us far too early. The family have remained huge supporters of MelaNoMore. Simon Bailey (Lisa's father) presented us with further funds of £6,000, raised through his golf club's charity day. As MelaNoMore grows it is becoming increasingly important to manage our administration and communications in an effective way and we will be using a substantial amount of these funds to invest in a state of the art IT system to manage this aspect of our work.



[Pictured: Delia Sworm accepting the £6,000 cheque on behalf of MelaNoMore from Simon Bailey]



We had a good contingent from the nurses present and welcomed two new CNS recruits. Joanna works with Mr Pakzad on the surgical side and Sinead works with the St Luke's team in oncology.

Both Joanna and Sinead very much see the benefits of MelaNoMore to patients and medical teams alike and will be directing as many new members to us as they can.

Joanna Orgodniczuk
Surgical Skin Cancer CNS



Sinead Donlon
Skin Cancer CNS



During the evening Derrick Watterson expressed his wish to join the Committee and help run MelaNoMore. We are keen for him to join, but Derrick was taken ill the very next day. We wish him a speedy and full recovery.



Name a Teddy raised net funds of £138 for MelaNoMore.

Many thanks to all who contributed.

News From The World of Melanoma

In keeping with the Altruistic August theme, this month we are focussing on The Mental Health Foundation and Loneliness. If you are feeling lonely then try some of the suggestions below and if you are aware of people that are lonely, step in and help.



Help and advice on how to cope with loneliness and improve your mental health

Dealing with loneliness can be difficult. But there are things we can all do to cope with loneliness and prevent some of the negative feelings and mental health problems that can come with it. Here are some coping strategies that you might find useful.

1. Try to do some enjoyable things that will keep you busy

One way of trying to manage loneliness is by keeping busy and doing things we enjoy. This might be a hobby such as a bit of gardening, going to the gym or even sorting out your kitchen cupboards, jigsaws, puzzles or knitting.

Small activities can give you energy and positive feelings. It's important these things are fun or fulfilling.

Be careful about working too hard or watching TV shows simply as a distraction. These will only delay or suppress your feelings and could actually make your mental health worse.



2. Try to do things that stimulate your mind

Activities that occupy your mind can help with loneliness. This can include the benefits of taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

3. Think about doing a physical activity

Physical exercise can help with loneliness. It can be as simple as having a walk in the park when you're feeling a bit overwhelmed. Alternatively, you could listen to music and do a bit of dancing around your living room. (Be aware of your neighbours though!)

News From The World of Melanoma

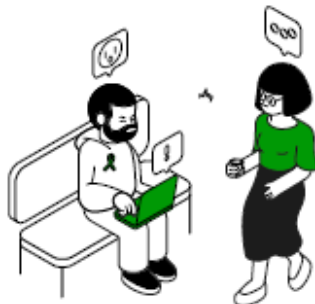
4. Try to engage with the people you meet in your daily life.

It can be hard to talk to others when you're feeling lonely. However, **trying to connect with the people you meet as you go about your day can be helpful.** Even catching someone's eye and saying "hi" as you walk along can make you feel better. Or it could be about saying hello to the postwomen or postman or going to the shops and talking to the person at the checkout. By sharing a polite greeting – you might find you give someone else a positive lift too.



5. Find people that 'get you'

It can be hard to connect with others when you're feeling lonely. But there are great benefits in finding people who have been through similar experiences to you. **Interacting with others that 'get' you can give you a sense of belonging that may be missing.** People who have been there have found connections in local groups or social media.



6. Spend time with pets

If you are lucky enough to have a pet, it can be a great way of managing loneliness. Not only do animals provide us with unconditional love and support, but they also help to give structure to our days and even encourage us to get out and connect with others. Interaction with pets is also **shown** to help reduce stress levels.

7. Try to use social media in a positive way

Social media can help your mental health. But it can also affect it negatively. **The key is to use it in a positive way. Finding digital communities, you share interests and passions with can help.** Most importantly be aware of how you feel when you use social media and focus on topics and activities that work best for you.



8. Talking therapies can help

Talking through your feelings with a counsellor or therapist can help you cope with your feelings of loneliness. Talking therapy can be hard to get – but if you can find a professional, it can really be of benefit. It'll provide you with a safe space to work through your feelings and thoughts without judgement. Check out your local resources **by visiting the NHS website.**

News From The World of Melanoma

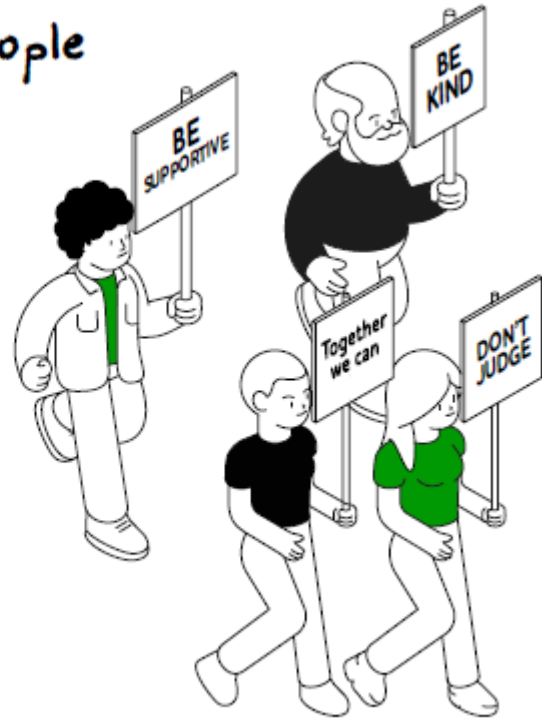
How to support other people who are feeling lonely

1. Don't judge or stigmatise

It's important not to judge or stigmatise people who feel lonely. Stigma around loneliness is a huge barrier to the kind of open and genuine conversations that can help. It's more important to be aware of just how common loneliness is. It's a normal feeling that all of us are likely to experience at some time in our lives. Telling other people that their poor mental health is the reason why they are feeling lonely is really not helpful.

2. Try to make groups welcoming to other people

It can be difficult for people who are feeling lonely to join a group like a club. This might be because people are shy or feel nervous about existing relationships in the group which they don't feel part of. It's important to be aware of this and try to make groups be as welcoming as possible to newcomers. Flexibility around things like how often people attend is also important.



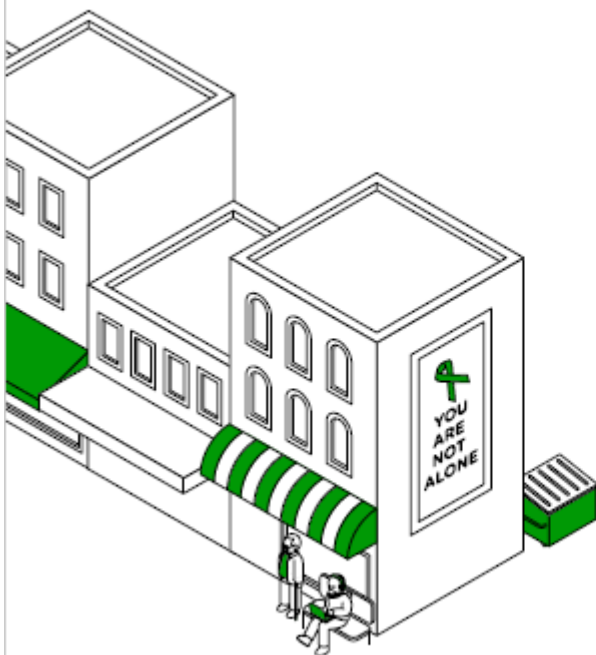
3. Try to listen and show understanding

A great way to help a friend or family member is simply to listen. People who have experienced loneliness relate how they valued friends who really considered what they might enjoy and were even willing to join them in some shared activities. Having an understanding and compassionate approach, and not ignoring the person's experience, will help them to feel heard and understood.

Methodology: These recommendations for coping methods are informed by our review of the published literature, focus groups with people sharing their insights of experience of chronic loneliness, and a survey of Mental Health Foundation OPEN community.

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The Mental Health Foundation is committed to promoting an anti-racist, inclusive community where we can all be ourselves.



News From The World of Melanoma

Delia needs your help!



PARTICIPANTS NEEDED FOR RESEARCH STUDY:

'The lived experiences of patients who have received immunotherapy for metastatic melanoma.'

Why Participate?

The study may help people in the future who are undergoing similar treatment. It may also help to inform healthcare practice.

Who can participate?

Anyone over the age of 18 years who has completed a course of immunotherapy for metastatic melanoma.

Interested?

Please contact the Lead Researcher Delia Sworm.

Email: ds00207@surrey.ac.uk

This study was reviewed and given favourable ethical opinion by the University of Surrey Ethics Committee. Ref: FHMS 21-22207 EGA.

If you wish to help in this important study, which Delia Sworm is leading, please email her to let her know.

MelaNoMore's Buddies and Friends

Join the conversation – we are looking for both “friends” and “buddies” to match together

“It is so good just to talk – we discuss all sorts of different subjects and have formed a real friendship”





A 2020 study of 100,000 Brits found that confiding in others appears to reduce the risk of depression by 21%

Whether you have just received your diagnosis, are undertaking treatments, still on the road to recovery, or a family member trying to make sense of it all, you may be feeling anxious, fearful, apprehensive. MelaNoMore is here to help. We cannot give medical advice, but we can give a listening ear and the chance to chat with someone who understands what you're going through.

For further information: visit www.melanomore.net/buddies/ or email: melanomore.buddies@gmail.com





Chris Caswell, Lead – MelaNoMore Buddies

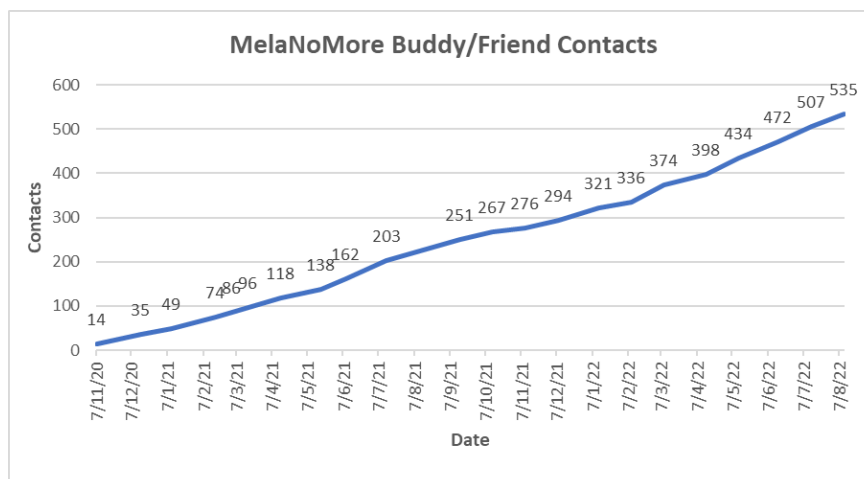
The MelaNoMore Buddies system continues to offer support via the Buddy / Friend one to one pairing. A Buddy, who perhaps has had more experience of the melanoma path and process, is paired with a Friend, who is possibly newer and in need of support and a listening ear.

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 Buddies have been in contact with 22 Friends to give support, shared 520 phone calls and texts, WhatsApps or emails. There have also been a total of 15 face to face meetings, including MelaNoMore group gatherings at the Thythe Barn at Loseley Park in April and the most recent at Guildford Masonic Centre in August. This gives a total of 535 support contacts.

This is a substantial achievement considering the Buddy / Friend scheme was only launched in October 2020, less than two years 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

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

If you have any gems of useless trivia, then please email them to us for publication.

Absolutely useless trivia:

1. Fingernails grow faster on your dominant hand as well as on your bigger fingers, and nails also grow faster during the daytime as well as during the summer months.
2. A "jiffy" is an actual unit of time—and a very short one at that. Sometime during the late 18th or early 19th centuries, scientist Gilbert Newton Lewis defined a jiffy as the amount of time it takes light to travel one centimetre in a vacuum, which is about 33.4 picoseconds or one trillionth of a second.
3. Maybe you already knew that Jupiter was the biggest planet of them all. But did you know just *how* big? Not only is it more than twice as massive as all the other planets combined, but if Earth were the size of a grape, Jupiter would be the size of a basketball, according to [NASA](#).
4. If you were to draw an infinity sign, you would create a sort of figure-eight that looped in a continuous, unbroken line. You could also say that you're sketching out a *lemniscate*, which is another word for the infinity sign and means "decorated with ribbons" in Latin.
5. After multiple people claimed that they had passed kidney stones while riding Walt Disney World's Big Thunder Mountain Railroad ride, a research team from Michigan State University decided to take a look at the situation in 2016. When they conducted tests using a model kidney, they found that there was a 64 percent successful pass rate for those seated in the rear of the roller coaster. But that number was just 16 percent for those seated in the front.
6. The nine-letter word "spoonfeed" is the longest word that's spelled with letters that are arranged completely in reverse alphabetical order. "Trollied" comes in second place with eight letters.
7. You surely know what it feels like when your heart starts pumping wildly, so imagine what it must be like for an octopus or squid, which each have three hearts. The cephalopods both have one systemic heart that circulates blood around the body and two branchial hearts that pump blood through the gills.
8. At some point in time, for whatever reason, someone decided to give a name to the lint that collects in the bottom of your pockets. And that name is hilariously "[gnurr](#)."
9. "Schoolmaster" is an old-school word for a male teacher. It also happens to be an anagram (meaning it uses the exact same letters) as "the classroom."
10. When bears and other animals sleep through the colder winter weather it's called "hibernation." But did you know that there's a name for sleeping through the summer? If you were to snooze the sun-soaked months away, then you would be indulging in "estivation." Snails, tortoises, salamanders, and crocodiles all estivate, as do the Malagasy fat-tailed dwarf lemur and East African hedgehogs.
11. The Earth may seem like a giant place, but our planet is incredibly small compared to the sun, which makes up an incredible 99.8 percent of our solar system's entire mass, according to the experts at Space.com.
12. In 10 minutes, a hurricane releases more energy than all the world's nuclear weapons combined.
13. On average, 100 people choke to death on ballpoint pens every year. ...
14. If someone tells you they're "sweating like a pig" you might want to point out to them that if they were being biologically accurate, that would mean they were not sweating at all. Swine are born without sweat glands, so when they need to cool off, their only option tends to be to find a cool puddle of mud in which they can roll around.

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

group@melanomore.net



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
- *Deputy Newsletter Editor
- *Membership Secretary
- *Linked Site leads
- *Committee members

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

group@melanomore.net

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

