

- March events
- Mindful March
- AGM - A reminder
- Well-being Webinar—8th March 10am
- News from the World of Melanoma - Vaccines & Melanoma Focus events.
- Buddies report
- And more.....



March



A month of change



Significant events in March

1st Mar 2023 - St. David's Day

St. David is the patron saint of Wales. and celebrations include wearing daffodils and leeks, eating traditional Welsh food and wearing Welsh national costume.

2nd Mar 2023 - World Book Day -

Annual celebration of books and reading celebrated by reading, book related activities and dressing up as characters from books.

3rd Mar 2023 - World Wildlife Day

World Wildlife Day is an opportunity to celebrate the many beautiful and varied forms of wild fauna and flora and to raise awareness of the multitude of benefits that conservation provides to people.

3-4th Mar 2023 - National Day of Unplugging

Have a 24-hour respite from technology, to inspire you to have a more healthy life/tech balance. Take an hour or a full day away from technology.

8th Mar 2023 - International Women's Day

A worldwide celebration of women's rights and celebrating the social, economic, cultural and political achievements of women.

6-12th Mar 2023 - Food Waste Action Week

A week of action to raising awareness of the environmental consequences of wasting food, and promoting activities that help to reduce the amount of food we waste

10 - 9th Mar 2023 - British Science Week

British Science Week is a ten-day celebration of science, technology, engineering and maths. The week aims to raise awareness, spark enthusiasm and celebrate science, engineering, technology and maths with people of all ages and from all walks of life .

14th Mar 2023 - Pi Day

A day for celebrating the wonder of mathematics. The 14th March was chosen because the value of Pi is often taken as 3.14.

17th Mar 2023 - St. Patrick's Day

Ireland's national day celebrates the Irish patron Saint Patrick. The day is celebrated all around the world with Guinness and shamrock decorations.

19th March 2023 - Mother's Day

Also known as Mothering Sunday, this is the day where we show Mum just how much we love her in the UK. Mothering Sunday was traditionally the day when you returned to the "Mother Church" where you were baptised.

20th Mar 2023 - Spring Begins

Today is the first day of spring in the northern hemisphere, and the first day of autumn in the southern hemisphere.

22nd Mar 2023 - World Water Day

This day is about promoting the importance of water to our survival, and highlighting the 2.2 billion people living without access to safe water in the world.

25th Mar 2023 - Tolkien Day

Organised by The Tolkien Society, to encourage fans to celebrate and promote the life and works of J.R.R. Tolkien by reading their favourite passages from his books.

25th Mar 2023 - Earth Hour

Organised by the World Wildlife Fund, individuals, organisations and businesses are asked to turn off non-essential electric lights for one hour .

26 to 27th Mar 2023 - British Summer Time

Daylight saving begins today, so remember that the clocks go forward 1 hour at 1am in the morning.

29th Mar 2023 - Piano Day

A day for piano players and lovers to share the joy of the piano. It takes place on the 88th day of the year, for the number of keys on a piano.

31st Mar 2023 - Wear A Hat Day

This fundraising day is in aid of Brain Tumour Research. Wear A Hat Day arrives as the culmination of weeks of awareness and campaigning as part of Brain Tumour Awareness Month.

Mindful March

Let's pause, breathe and notice, so we can respond more mindfully.

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Action For Happiness provides Well-Being Talks. Each event lasts for 1 hour. For Further information on how to join please go to: <https://actionforhappiness.org/talks>.



NEXT TALK COMING UP

Ecological Happiness

DR VANDANA SHIVA

Wed 8 March
17:00-18:00

Suggested
Donation

A REMINDER

St Luke's Cancer Centre Melanoma Support Group

Website: www.melanomore.net E-mail: group@melanomore.net

MELANOMORE ANNUAL GENERAL MEETING (AGM)

Thursday 23rd March 2023 stating at 6 pm via Zoom

Agenda:

Introduction and Welcome

1. Annual Report and Accounts

We will present the Annual Report and Accounts, attached to this agenda

Voting Motion: Acceptance of the Annual Report and Accounts

2. Committee Membership

Voting Motion: Acceptance of the following nominees to join the Committee:

➤ Derrick Watterson - tenure to formally begin from 23rd March 2023 and shall last for 3 years.

3. MelaNoMore Future Plans

4. Open Forum discussion for members to ask questions and give a view on MelaNoMore Support Group.

5. Closing remarks

**ANNUAL
GENERAL
MEETING**

We shall be sending out the papers and a zoom invite for the AGM meeting by the 9th March. This will allow you to vote by email if you are unable to attend the meeting.

Remember this is your meeting and your chance to voice your thoughts about the current workings of the group and have an input for the future, so please make every effort to attend.

MelaNoMore Well-being Webinar (Zoom)

Wednesday 8th March 10:00 – 11:30 hrs

Emotional Freedom Techniques (EFT)



Hello my name is Kathy Adams I am a former nurse having last worked in the cancer field in London hospitals. I'm also trained as a counsellor, a Health Creation coach with Dr Rosy Daniels and a Health and Wellbeing for cancer group facilitator with the charity Penny Brohn UK.

I integrate Emotional Freedom Technique (EFT) with other counselling modalities including elements of Cognitive Behavioural Therapy (CBT) as well as Internal Family Systems, positive psychology and mindfulness meditation.

I have been using EFT for people affected by cancer including their supporters for more than 15 years. I've worked one on one with individuals and with groups for various UK cancer charities. I've delivered well over 200 workshops teaching individuals to use EFT in the simplest ways to support their day-to-day experiences understanding how it regulates their stress response and therefore potentially allowing their nervous system and immune systems to more optimally function for well-being.

I welcome you to this workshop where I'll share what EFT/Tapping is and how it can benefit you and make useful changes to your mind, emotions and biochemistry too. We will also do some practice exercises together so that you can take away a simple tool that can really make a difference to your day-to-day experience and your long-term future.

I am particularly delighted to be doing this with you as my Mum developed a melanoma on her upper arm at the age I am now. She lived long and well even spending 2 years in Zambia setting up pre-school opportunities for remote village children. She died gently in her 80's 10 years ago.

Please do join us for this event if you are able.

Zoom invites have been sent out

News From The World of Melanoma

Super Scarves donated to super humans on our skin, neck and head cancer wards

Kelly Smith has forwarded information about Scarves for Patients and asks that I share this with you. She also asks that if you would like a scarf to please contact her either through email or telephone. New scarfs are being gifted to our female patients with skin, head and neck cancer, thanks to a donation of 250 scarves from womenswear brand Scamp and Dude organised by our Skin Cancer Care Co-ordinator Kelly Smith.

The donation is part of Scamp and Dude's 'Super Scarf Mission' to reach 60,000 women beginning treatment for cancer in the UK this year. Every time someone buys a Super Scarf, which retail at around £40, Scamp and Dude donate another scarf to a woman starting their treatment.

Kelly, whose role involves working closely with patients and providing emotional support for them and their families, heard about the scheme through a conversation with a patient. Kelly has already handed out around 50 scarves which have been gratefully, and at times, emotionally received. Kelly said:

"Our cancer patients are going through the toughest time, they really are super human and it's amazing to be able to give them a personal gift that makes them feel extra special. We've given out quite a few already which have been well received. Some patients have been very overwhelmed by this small gesture of kindness and we've even had a couple of tears."

You can find out more about Super Scarves and the #SuperScarfMission on the [Scamp and Dude website](#).



Picture caption: Kelly (centre) is pictured with Lennie Emezue, Macmillan Skin CNS (left), and Kate Upshon, Lead MacMillan Skin CNS, who have been handing out the scarves to their patients.

I am delighted to say that I am one of the 50 individuals to have been privileged to receive a scarf (last Monday at St Luke's cancer centre, RSCH) from Kelly.

I was hugely touched by this kind gesture and, being encouraged by Kelly to look at their website, I find the story behind the creation of Scamp and Dude wonderfully inspiring and positive. I'm sure others in my position do too.

If possible, I'd like my comments and gratitude to be fed back to all concerned in this super initiative.

All the best
Angela Krzeminski
MelaNoMore Member

Kelly Smith
Skin Cancer Care Coordinator
kelly.smith11@nhs.net

01483 571 122 ext 4831

News From The World of Melanoma

Ed Farmer (MelaNoMore Member) forwarded this piece to us and we are delighted to be able to include it in our Newsletter. If any more members find something of interest please forward it to me at neil@melanomore.net

Skin cancer vaccine trial to be fast-tracked after successful results

SCIENCE

[Rhys Blakely](#)

Science Correspondent

Thursday February 23 2023, 5.10pm, The Times

Health

Science



The vaccine, developed by Moderna, uses the same mRNA technology as the company's Covid jab

GETTY IMAGES

Trials of an experimental cancer vaccine are to be fast-tracked, boosting hopes that the technology will offer a new weapon against the disease.

The vaccine, tested so far as a treatment for skin cancer, has been developed by Moderna and uses the same mRNA technology as the American company's Covid jab.

News From The World of Melanoma

Results from an early-stage trial, released in December, suggested that it [almost halved the risk of melanoma skin cancer returning](#) after surgery. It has now been designated as a “breakthrough therapy” by the US Food and Drug Administration (FDA), which will allow a final stage trial to be expedited.

This happens when experimental treatments show signs of being significantly more effective than existing medicines.

In the UK, half of people with melanoma skin cancer die within a year of diagnosis if it is spotted at stage 4. The disease claims about 2,300 lives in total each year.

The vaccine is designed to work by turning the body's own defences against the cancer. One of the reasons cancer spreads is that the immune system is unable to spot it. After surgery to remove a tumour some cancer cells can remain. If they are allowed to multiply, the cancer will reappear.

The vaccine is designed to train the immune system to recognise proteins unique to an individual patient's cancer cells — in much the same way as it was trained to identify the “spike” proteins found on the outside of the coronavirus. The body's own defence systems can then find and destroy them.

A final-stage study is now being planned to test the mRNA vaccine against melanoma skin cancer, Moderna said. There are also plans to expand trials to additional tumour types, including non-small cell lung cancer.

For patients, it will be combined with Keytruda, a medicine developed by Merck, another large drugmaker. Keytruda is known as a checkpoint inhibitor, a class of drug that also helps the Immune system to attack cancer cells.

We asked Dr Koliou and Mr Pakzad to comment on this article and whether the UK will be adopting this approach but at the time of writing we have not had a response.

News From The World of Melanoma

UPDATES FROM MELANOMA FOCUS

A summary of events planned by Melanoma Focus for 2023

- **Melanoma Focus Virtual Regional Meeting May 2023 (for professionals)**
- **Requests proposals from melanoma clinicians, scientists, nurses and allied health care professionals to fund research up to a figure of £20,000 in the field of melanoma for patient benefit**
- **Melanoma Focus Doctors Census 2023** - To undertake a census of melanoma doctors of all grades, across the United Kingdom, in order to determine how better Melanoma Focus can provide support and educational tools for you and your patients
- **Skin Cancer Nurse Survey: Views about patient support** - we have just launched an additional nursing survey for nurses to complete about patient support services. We believe that it is also critical to garner nursing views in order to help Melanoma Focus understand what information, educational tools and support services you would like for your melanoma patients.
- **Melanoma Patient Conference 2023 - 16th & 17th March 2023 - See email sent out to you all on 1st March highlighting this conference and an expenses paid trip up to £250, for a member of MelaNoMore to attend and write a report.**
- **New Pages on Stage 2B & 2C Adjuvant Melanoma Treatment** - We have recently updated the illustrative visuals on our website explaining the potential benefit of adjuvant treatment for 2B and stage 2C melanoma recently approved by NICE TA837.
- **VAT Burn Campaign** - On 9th February 2023, MPs debated a "common sense" proposal backed by cross-party MPs, Melanoma Focus and other cancer charities to abolish VAT on sunscreen products and initiate a public health campaign about the risks of not using sunscreen. Thank you to Amy Callaghan, MP for leading the debate on abolishing VAT on sunscreen and to other MPs who spoke. On 21st February 2023, Amy's VATBurn ten minute rule bill was passed in parliament.
- **One Cancer Voice** - A year ago, on World Cancer Day, on 4 February 2022, the UK Government declared a 'war on cancer' and committed to tackling this challenge through the publication of a 10-Year Cancer Plan for England. 11 months passed and the Government has still not published the 10-Year Cancer Plan. Instead, it recently announced the publication of an interim 5-year 'Major Conditions Strategy', to replace the promised 10-Year Cancer Plan. Supporters from over 60 cancer charities are coming together to call for one thing – Government action on cancer. Have you signed the petition? - [See February newsletter for further detail.](#)
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News From The World of Melanoma

A summary of events planned by Melanoma Focus for 2023 (cont'd)

- **READY FOR A 2023 CHALLENGE? - 100 MILES IN MAY IS BACK!** The 100 Miles in May challenge is back! So get your trainers on! It's another year of working with SKCIN and during May you can support not only one charity but two! The money that you raise will go towards supporting patients, providing education and helping increase awareness this Melanoma Awareness Month. You can do 100 miles anyway you'd like. Why not challenge yourself and do more? The world is your oyster! On your own or in a team, we will be with you every step of the way!
- **NEW: Find yourself an Ultra Challenge!** - Sign up for an Ultra Challenge & achieve something great in 2023! You can walk, jog or run your Ultra Challenge! There are a variety of challenges in different locations across the UK, varying from 100km to 10K taster events! There really is something for everyone.
- **Royal Parks Half Marathon 2023** - The Royal Parks Half Marathon is one of London's most scenic running events and welcomes thousands of runners every year. Sunday 8 October 2023, Hyde Park, London, 13.1 miles, £350 minimum sponsorship.

BBC LIFELINE APPEAL

We have a very exciting announcement to share with you all!

Melanoma Focus has been chosen as the focus of the May 2023 BBC Lifeline appeal in line with Melanoma Awareness Month.

We cannot wait to share more information with you in due course! Watch this space!



AND FINALLY...

The [Melanoma Focus Helpline](#) enables specialist skin cancer nurses to offer support and guidance to melanoma patients and their families.

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”

MelaNoMore Buddies
Let's talk

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.buddy@gmail.com

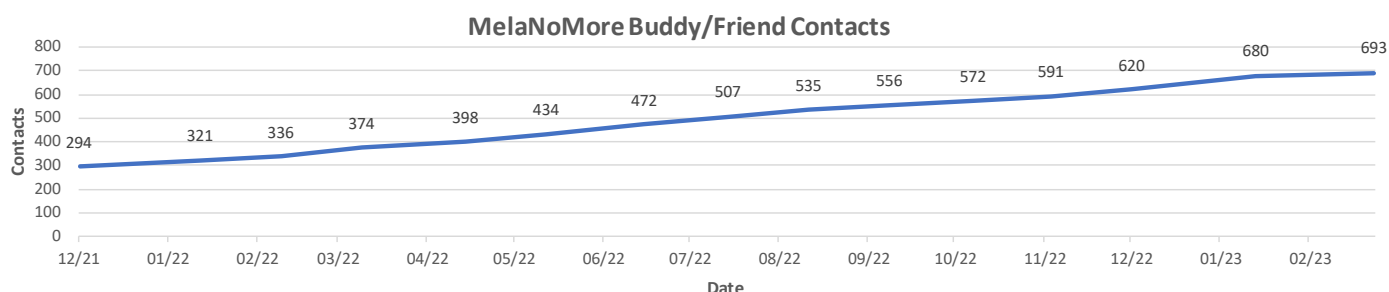
Chris Caswell, Lead – MelaNoMore Buddies

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.

In just over two years Buddies have been in contact with 26 Friends to give support, shared 672 phone calls, texts, WhatsApps or emails. There have also been a total of 21 face to face meetings, including MelaNoMore group gatherings at the Loseley Park in April, the Guildford Masonic Centre in August and the most recent Christmas celebration at the Hogs Back Hotel in December. This gives a total of 693 support contacts.



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

group@melanomore.net

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. Mozart wrote the nursery rhyme 'Twinkle, twinkle, little star' at the age of 5.
2. Einstein couldn't speak fluently until after his ninth birthday. His parents thought he was mentally retarded.
3. You can sail all the way around the world at latitude 60 degrees south.
4. The earth weighs around 6,588,000,000,000,000,000,000,000 tons.
5. The average person's left-hand does 56% of the typing.
6. A shark is the only fish that can blink with both eyes.
7. Almonds are a member of the peach family.
8. Winston Churchill was born in a ladies' room during a dance.
9. There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.
10. "To Insure Promptness," one is expected to pay beyond the value of service – hence the later abbreviation: T.I.P.
11. The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
12. A snail can sleep for three years.
13. All polar bears are left-handed.
14. If you yelled for 8 years, 7 months, and 6 days, you will have produced enough sound energy to heat one cup of coffee.
15. Leonardo Da Vinci invented the scissors.
16. The word "set" has more definitions than any other word in the English language.
17. One of the reasons marijuana is illegal today is because cotton growers in the 1930s lobbied against hemp farmers they saw it as competition.
18. Shakespeare invented the word 'assassination' and 'bump'.
19. The name of all continents in the world end with the same letter that they start with.
20. The longest word comprised of one row on the keyboard is: TYPEWRITER.
21. The average person spends 12 weeks a year 'looking for things'.
22. The symbol on the "pound" key (#) is called an octothorpe.
23. The longest word in the English language, according to the Oxford English Dictionary, is: pneumonoultramicroscopicsilicovolcanoconiosis.
24. The longest place-name still in use is:
Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiakitnatahu, a New Zealand hill.

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.

