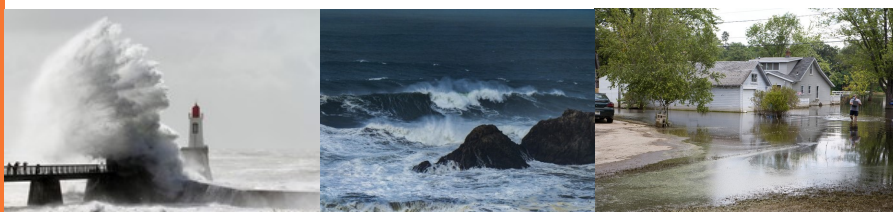


- November Quotes
- New Ways November
- Xmas Party / Surrey Heartlands
- S&S Cancer Alliance
- Webinar - Vesna - Dermatology
- The Sunscreen Paradox
- Cancer spread prediction tool
- US Student wins cancer award
- Buddies report
- Guido Fawkes
- And more.....

November

After last month's balmy temperatures, normal service has now resumed. Storm Ciaran kicked off the month, with storm Debi following closely on behind.



Despite for wet and windy start November is here — ushering in the season of gratitude and stirring a reflective energy that inspires us to cherish each moment of dwindling daylight and the soothing cool breeze!

It's a month of heartwarming reunions, golden landscapes, and the anticipation of winter's embrace.

To help you appreciate the wonder of November, we've curated a selection of positive and inspiring quotes about the eleventh month of the year.

"

THE MONTH OF NOVEMBER MAKES ME FEEL THAT LIFE IS PASSING MORE QUICKLY. IN AN EFFORT TO SLOW IT DOWN, I TRY TO FILL THE HOURS MORE MEANINGFULLY.

"

— HENRY ROLLINS

"

NOVEMBER IS CHILL, FROSTED MORNINGS WITH A SILVER SUN RISING BEHIND THE TREES, RED CARDINALS AT THE FEEDERS, AND SQUIRRELS RUNNING SCALLOPS ALONG THE TOPS OF THE GRAY STONE WALLS.

"

— JEAN HERSEY

"

THE AUGUST NOON IN US WORKS TO STAVE OFF THE NOVEMBER CHILLS.

"

— RAY BRADBURY

"

PEERING FROM SOME HIGH WINDOW, AT THE GOLD OF NOVEMBER SUNSET AND FEELING THAT IF DAY HAS TO BECOME NIGHT, THIS IS A BEAUTIFUL WAY.

"

— E. E. CUMMINGS

"

THIS IS THE MONTH OF NUTS AND NUTTY THOUGHTS — THAT NOVEMBER WHOSE NAME SOUNDS SO BLEAK AND CHEERLESS — PERHAPS ITS HARVEST OF THOUGHT IS WORTH MORE THAN ALL THE OTHER CROPS OF THE YEAR.

"

— HENRY DAVID THOREAU

"

FALLEN LEAVES LYING ON THE GRASS IN THE NOVEMBER SUN BRING MORE HAPPINESS THAN THE DAFFODILS.

"

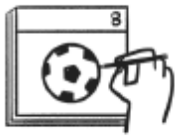
— CYRIL CONNOLLY

New Ways November

This month, we're encouraging you to try something new!

New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

1 Make a list of new things you want to do this month

THURSDAY

2 Respond to a difficult situation in a different way

FRIDAY

3 Get outside and observe the changes in nature around you

SATURDAY

4 Sign up to join a new course, activity or online community

SUNDAY

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show



27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



To view copy and paste the link below into your browser.

https://youtu.be/2y_D13eF62M



MelaNoMore Christmas Party



LAST CALL for our Christmas Party on **Tuesday 5th December!**

We have now contacted all of the members that we can, but if, for instance, you have changed your number and we cannot get through to you, now is your last chance to join us. So, if you haven't already been contacted, confirmed your attendance and selected your menu choices, please contact group@melanomore.net now! We have until Friday 10th November to submit final choices.

To all of those who are joining us – it will be a great evening, with Susanna Daniels, CEO of Melanoma Focus sparing the time to come along and tell us all about the patient support conference they run each year. With almost 80 attendees confirmed so far, we look forward to seeing you all there!

Surrey Heartlands Request

Surrey Heartlands is a partnership of organisations working together – with staff, patients, their carers, families and the public – to support people to live healthier lives.

<https://www.surreyheartlands.org/>

They are making a series of films about cancer. One of the films is about the changing perception of cancer. MelaNoMore has been asked if we have any patients who would be willing to participate.

The purpose is for patients to share what they thought of their diagnosis at the time (whether it was a negative/neutral/positive view) and how they feel now that they've been through treatment etc., highlighting what helped them through the diagnosis, treatment & living with and beyond. Also, to share if there were any examples of how behaviours around the perception of cancer, from others, influenced their feelings and thoughts.



The date for filming is the 21st November at Woodhatch in Reigate 10:30-2pm

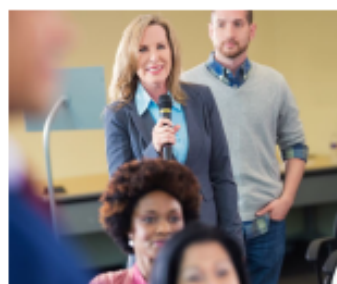
If anyone is interested in participating in this very worthwhile project then please drop an email to

group@melanomore.net



SSCA Voluntary and Community Sector (VCS) Forum

Bringing together Surrey and Sussex Voluntary and Community Sector organisations to share, learn and give a feedback about cancer-related projects in order to improve cancer patient experience



Overview

The SSCA VCS Forum will facilitate and enable a constructive relationship between SSCA and the VCS in Surrey and Sussex.



Working in partnership



In Surrey and Sussex



To improve experience of cancer patients

Meetings are held quarterly online or in person. Want to know more? Email rsch.sscappeteam@nhs.net



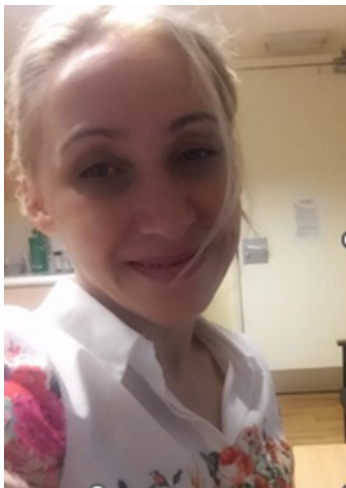
Working together | Improving together

"The forum enables our views to be heard and our needs taken into account when it comes to designing or improving access to cancer."

If anyone would like to be the MelaNoMore representative for this forum then please send an email to group@melanomore.net and we will put your name forward.

Please Join us for our WELL-BEING WEBINAR with Dr Vesna Gjorgjievska-Marsh talking about Dermatology.

Wednesday 22nd November 2023, 7 - 8 pm



Vesna studied in Macedonia for her medical degree and has been a doctor in the UK for the last 10 years.

- Speciality Doctor in Dermatology since 2016, working for Sussex Community Dermatology Service at East Surrey Hospital
- Qualified GP since 2011 working at East Surrey A&E
- Involved in teaching medical students at Brighton and Sussex Medical School, UK.

I have asked Vesna to focus her talk around the following:

- Since seeing my GP recently I have seen 2 dermatology doctors and a surgeon, how does it all knit together? How does dermatology fit in with the surgeons and oncologists?
- What specific training do dermatology doctors have to undertake?
- Is information exchanged between hospitals in the Surrey and Sussex Trusts?
- Why are patients from East Surrey sometimes sent to RSCH?
- What is the total scope of a Dermatology Doctor/Consultant? (I presume it is more than diagnosing melanoma and non-melanoma cancers)
- What causes moles or other skin deformity?
- How do you determine if any moles or blemishes look serious?
- Provide some examples (pictures) of what looks good and bad.
- How often should we get our skin checked?
- Tips on how to look after our skin.

If you have any further questions you wish to ask her please let me know by email at neil@melanomore.net and I will pass them on.

ZOOM joining details will soon be sent out next week by email.

News From The World of Melanoma

ScienceDaily®

The sunscreen paradox: Researchers warn of 'false sense of security'

Date: October 27, 2023

Source: McGill University, Canada

Summary: Sunscreen usage is climbing, but so are melanoma and skin cancer rates: this, researchers say, is the sunscreen paradox.

Sunscreen usage is climbing, but so are melanoma and skin cancer rates: this, researchers say, is the sunscreen paradox.

"The problem is that people use sunscreen as a 'permission slip' to tan," said Dr. Ivan Litvinov, an Associate Professor in the Department of Medicine and Chair of the Dermatology Division at McGill University and co-author with Dr. Sandra Peláez, Dr. Richie Jeremian and Dr. Pingxing Xie of two recent studies that explore the sunscreen paradox.

"People think they are protected from skin cancer because they are using a product marketed to prevent a condition."

Most people don't apply enough sunscreen or stay in the sun for hours after applying sunscreen in the morning. "This gives them a false sense of security," said Litvinov.

To understand the factors between varying incidence rates of melanoma in the Atlantic provinces of Canada, a group of researchers including Litvinov and Peláez conducted 23 focus groups.

In the study, they found that Canadians living in Nova Scotia and Prince Edward Island -- provinces with high melanoma incidence rates -- were more likely to report using sun protection, more aware of the health risks of sun exposure, and more apt to follow the UV index. Despite this, they also received more sun exposure due to warmer temperatures and a tendency to engage in outdoor activities.

Similarly, in a second study of the United Kingdom Biobank by Jeremian, Xie and Litvinov, the researchers documented that sunscreen use was surprisingly associated with a more than twofold risk of developing skin cancer.

The sunscreen paradox

"These combined findings suggest a sunscreen paradox, whereby individuals with higher levels of sun exposure also tend to use more but not an adequate quantity of sunscreen or other sun-protection measures, providing a false sense of security," said Litvinov.

Interventions to address knowledge and practice gaps in sun protection and skin cancer prevention must consider this sunscreen paradox and the unique norms of communities around the world, he added.

"Sunscreen is important, but it is also the least effective way to protect your skin when compared to sun protective clothing, rash guards, and sun avoidance. People can and should enjoy the outdoors, but without getting a sun burn or a suntan," said Litvinov.

News From The World of Melanoma

The Cancer Research UK (CRUK) Barts Centre, a partnership between Queen Mary University of London's Barts Cancer Institute and Centre for Prevention, Detection and Diagnosis at the Wolfson Institute of Population Health, Barts Health NHS Trust and CRUK, is part of a national network of 15 centres. Along with UCL, KCL and the Francis Crick Institute, the CRUK Barts Centre is a key partner in the CRUK City of London Centre, a world-leading hub dedicated to cancer biotherapeutics.



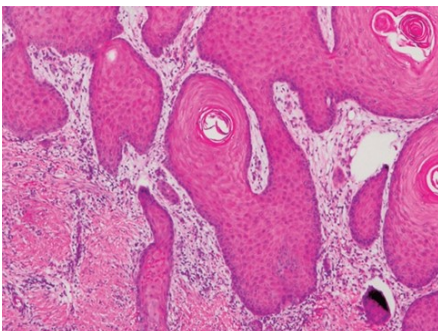
Posted on 12th October 2023 by [Charlotte Ridler](#)

New tool predicts risk of skin cancer spread more accurately than human inspection

A nationwide, cross-disciplinary effort led by researchers at Queen Mary University of London has developed a tool that predicts whether a type of skin cancer will spread. This could assist doctors in better treating individuals most at risk of aggressive disease. Teams in London, Glasgow, Southampton and Gloucestershire amassed samples from more than 200 people with skin cancer. Together, they harnessed machine learning to create a model that uses the activity of 20 genes to predict the risk of cancer spreading with more than 85% accuracy – surpassing current, unreliable human assessments of tumour diagnostic tissue. Ultimately, this tool could guide how we harness new immunotherapies for this type of skin cancer and help more people to survive their disease for longer.

Each year, around 50,000 people in the UK are diagnosed with Cutaneous Squamous Cell Carcinoma (cSCC), a type of skin cancer. The burden of the disease is growing, with diagnosis rising by about 5% annually as our population ages. While we can treat most cases of cSCC successfully, around 1 in 20 cases will metastasise, spreading to other areas of the body. Once the disease has spread, treatment becomes far more challenging and survival dramatically declines, with less than 30% of people surviving metastatic disease over five years.

If we could predict whose cancer is likely to spread, we could more closely focus on and monitor these individuals, giving them the additional treatment they need to control their disease. For example, a new immunotherapy called Cemiplimab was approved for treating advanced cSCC in the EU in 2019 that is showing positive results.



Skin tissue with cutaneous squamous Cell Carcinoma. Copyright © 2011 Valerie R. Yanofsky et al. CC-BY 3.0

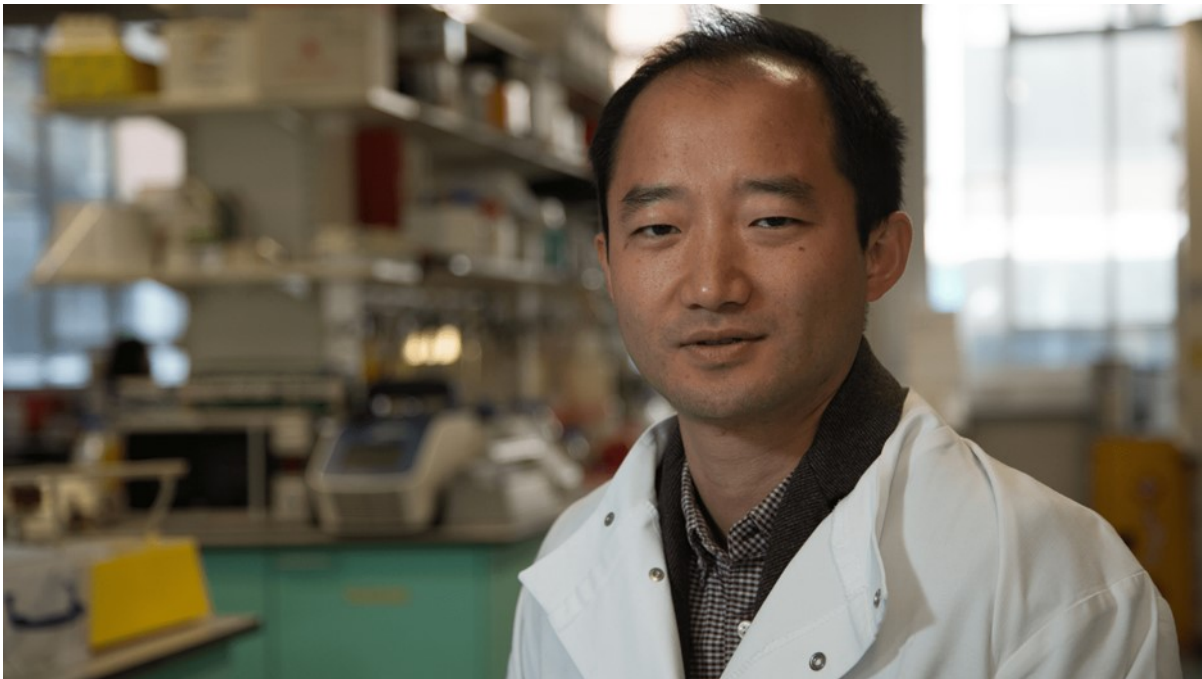
News From The World of Melanoma

Cont'd from previous page

Currently, pathologists examine images of each tumour to estimate the risk that it will spread, but this can be a highly subjective process that yields unreliable predictions. The question remains: how can we make better predictions and focus treatment on the right patients?

“Without all of us working together, it wouldn't have been possible.”

Dr Jun Wang, group leader at the Barts Cancer Institute, is the lead and corresponding author of a new study published in the Journal of the American Academy of Dermatology that reveals a promising new approach.



Dr Jun Wang, lead and corresponding author of the new

The study unites cSCC researchers from London, Glasgow, Southampton and Gloucestershire. It emerged from the UK cSCC clinical network led by Professor Irene M. Leigh CBE – a prominent leader in skin cancer biology research associated with Queen Mary University of London and a senior author on the new study.

“This network enabled us to pull together a large cohort of clinical samples from people with cSCC for the first time. It was a national effort,” comments Dr Wang. “It was also a multidisciplinary collaboration bringing together clinicians, bioinformaticians, biologists and pathologists. Without all of us working together, it wouldn't have been possible.”

Cont'd on next page

News From The World of Melanoma

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Identifying the tell-tale signs of cancer spread

The team collected tumour tissue samples from 237 people with cSCC across the four centres. In each sample, they used an approach called transcriptomics to look at how the cells' more than 20,000 genes were activated or deactivated. This approach catalogues all of the RNA molecules (transcripts) that a cell creates to turn the instructions in its DNA into action – for example, producing proteins or regulating the cell's function.

Dr Wang and team analysed this complex soup of transcripts in tumours that spread vs those that did not spread. They used state-of-the-art machine learning to reveal tell-tale differences between the two groups. This revealed a set of 20 genes whose activity levels together formed a signature indicating whether a tumour is likely to spread. This signature could predict metastasis with 86% accuracy, giving a more accurate and unbiased result compared with current, more subjective, assessment methods.

Professor Leigh comments: "We created a tissue bank that is unparalleled internationally, giving rise to these exciting findings of a transcriptomic signature associated with metastasis. The ability to identify high risk patients by a transcriptomic signature means that immunotherapy and other treatments can be targeted and clinical pathways refined to match potential outcomes."

"We created a tissue bank that is unparalleled internationally."

— Professor Irene M. Leigh

The next steps for the team will involve validating these results in a larger and more diverse patient cohort. Dr Wang is also eager to investigate some of the 20 genes highlighted in the new model to gain a better understanding of their role in cancer and whether they present promising new targets for therapies.

If validated through further testing, this model could provide an effective and unbiased means to reveal which patients with cSCC are at the highest risk of cancer spread. Ultimately, this would enable doctors to tailor their treatment and help more people with advanced cSCC to survive their disease for longer.

This work was made possible thanks to funding from Sanofi, Cancer Research UK, Barts Charity and the Academy of Medical Sciences.

News From The World of Melanoma



US student, 14, wins award for developing soap to treat skin cancer



Heman Bekele was inspired by Ethiopian workers labouring under the sun, and wanted to help ‘as many people as possible’

Edward Helmore

Wed 25 Oct 2023 13.58 BST

A middle-school teen has been named “America’s top young scientist” after developing a bar of soap that could be useful in the treatment of melanoma, a skin cancer that is diagnosed in about 100,000 people in the US each year and kills approximately 8,000.

Heman Bekele, a 14-year-old ninth grader from Annandale, Virginia, won the award after beating out nine other finalists.

“Curing cancer, one bar of soap at a time,” he said in his submission. “I have always been interested in biology and technology, and this challenge gave me the perfect platform to showcase my ideas,” he added.

He pitched his idea for a soap – the “skin cancer treating soap” – made from compounds that could reactivate dendritic cells that guard human skin, enabling them to fight cancer cells. In a video to the 3M Young Scientist Challenge, Bekele said he believed “that young minds can make a positive impact on the world”

Bekele’s idea came from living in Ethiopia to the age of four where, he told the Washington Post, he had seen people constantly working under the hot sun: “I wanted to make my idea something that not only was great in terms of science but also could be accessible to as many people as possible.” His mentor at 3M, Deborah Isabelle, described the teen to the outlet as “focused on making the world a better place for people he hasn’t necessarily even met yet”.

According to American Cancer Society (ACA), skin cancer is the most common of all cancers, with melanoma accounting for only 1% but causing the majority of skin cancer deaths. The society says the rates of melanoma have been rising rapidly over the past few decades, particularly among women over 50, and it is more than 20 times more common in white people than in Black people. At the same time, melanoma mortality rates have declined over the past decade because of advances in treatment.

After winning the award, Bekele told the judging panel he hoped to turn the soap into a “symbol of hope, accessibility and a world where skin cancer treatment is within reach for all”.

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

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.

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

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

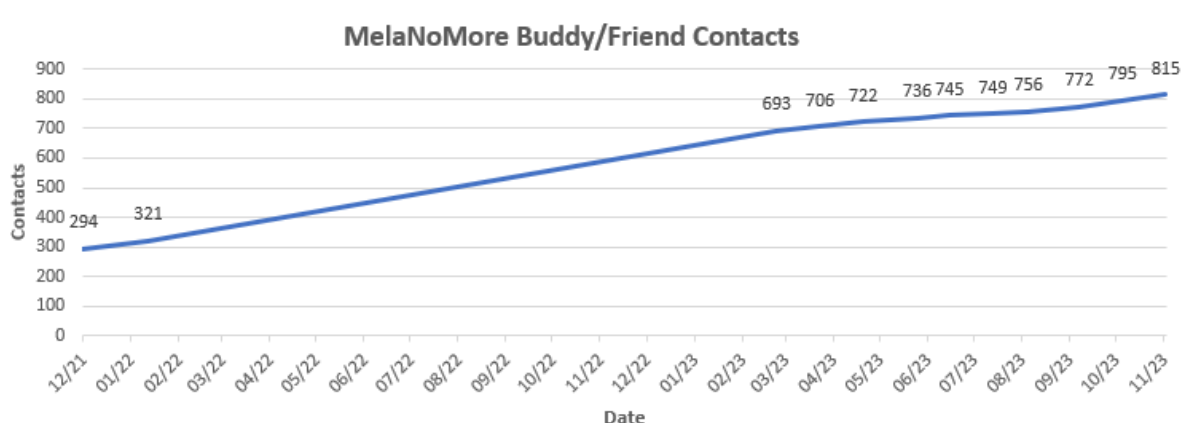
Chris Caswell, Lead – MelaNoMore Buddies

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 over two years Buddies have been in contact with 29 Friends to give support, shared 786 phone calls, texts, WhatsApps or emails. There have also been a total of 29 face to face meetings, including MelaNoMore group gatherings at the Loseley Park in April '22, the Summer BBQ in August '22, the Christmas celebration at the Hogs Back Hotel in December '22 and the recent Summer BBQ in August '23. This gives a total of 815 support contacts since inception in October '20.



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.

Guy Fawkes

by Ben Johnson

Remember, Remember, the 5th of November, Gunpowder, Treason and Plot!

Fireworks can be seen all over France every July 14th as the nation celebrates Bastille Day. Across the USA some ten days earlier on the 4th July, Americans celebrate their Independence Day. In Britain the words of a children's nursery rhyme "Remember, Remember the 5th of November, Gunpowder, Treason and Plot" are chanted as fireworks fly and bonfires gradually consume a human effigy known as the 'Guy'.



'Guy Fawkes or The Anniversary of the Popish Plot' by John Doyle, 1830



So who was this Guy? And why is he remembered so fondly 400 years after his death?

It could be said that the story started when the Catholic Pope of the day failed to recognise England's King Henry VIII's novel ideas on separation and divorce. Henry, annoyed at this, severed ties with Rome and appointed himself head of the Protestant Church of England. Protestant rule in England was maintained and strengthened through the long and glorious reign of his daughter Queen Elizabeth I. When Elizabeth died without children in 1603, her cousin James VI of Scotland became King James I of England.

James had not been long on the throne before he started to upset the Catholics within his kingdom. They appear to have been unimpressed with his failure to implement religious tolerance measures, getting a little more annoyed when he ordered all Catholic priests to leave the country.

A group of Roman Catholic nobles and gentlemen led by Robert Catesby conspired to essentially end Protestant rule with perhaps the biggest 'bang' in history. Their plan was to blow up the King, Queen, church leaders, assorted nobles and both Houses of Parliament with 36 barrels of gunpowder strategically placed in the cellars beneath the Palace of Westminster.

The plot was apparently revealed when the Catholic Lord Monteagle was sent a message warning him to stay away from Parliament as he would be in danger, the letter being presented to Robert Cecil, James I's Chief Minister. Some historians believe that Cecil had known about the plot for some time and had allowed the plot to 'thicken' to both ensure that all the conspirators were caught and to promote Catholic hatred throughout the country.

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



The Gunpowder Plotters

And the Guy?

Guy Fawkes was born in Yorkshire in 1570. A convert to the Catholic faith, Fawkes had been a soldier who had spent several years fighting in Italy. It was during this period that he adopted the name Guido (Italian for Guy) perhaps to impress the ladies! What we do know is that Guido was arrested in the early hours of the morning of November 5th 1605, in a cellar under the House of Lords, next to the 36 kegs of gunpowder, with a box of matches in his pocket and a very guilty expression on his face!



The arrest of Guy Fawkes

Under torture Guy Fawkes identified the names of his co-conspirators. Many of these were the relations of a Catholic gentleman, Thomas Percy. Catesby and three others were killed by soldiers while attempting to escape. The remaining eight were imprisoned in the Tower of London before being tried and executed for High Treason. They experienced that quaint English method of execution, first experienced almost 300 years earlier by William 'Braveheart' Wallace: they too were hanged, drawn and quartered*.

*Hanged, drawn and quartered: Victims were dragged on a wooden hurdle behind a horse to the place of execution where they were first of all hanged, then their genitals were removed, they were disembowelled and beheaded. Their bodies were finally quartered, the severed pieces often displayed in public.

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.

