

PIPS 'n' PIECES

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AUGUST 2023



Claudia Tolhurst - HMF, Deborah Hutton - Guest Speaker, Jane Goldsmith - Emcee

Celebrating 35 Years

Welcome to our winter newsletter!

It's been a busy few months since our last newsletter and we have a lot to fill you in on.

2023 is our 35th year as a registered charity and to acknowledge this significant milestone, the foundation hosted a celebratory lunch in February with Australian Media Personality and Skin Cancer Advocate, Deborah Hutton as the special guest.

The power of Deb's story was felt throughout the room as we heard about her first-hand experience with skin cancer. Deb told the audience about her career and how her face became known as a representative of a trusted brand. She has held numerous positions in her career as an ambassador for many different companies and been on the cover of many magazines.

When Deb shared a photo on her social media pages showing the scars from a

skin cancer removal, she had no idea of the impact it would have on everyday Australians, and so began her journey as an advocate for early detection of skin cancer.

We are extremely grateful for Deb and the support she provided in helping celebrate the Foundation's 35-year lunch.

We received incredibly positive feedback from our audience members about how good Deb was as our guest speaker and we have no doubt that many would have walked out of the room and booked a skin check appointment.

We are grateful to our major sponsors of the event, Newcastle Financial Planning group whose support enabled us to have such a fantastic guest speaker. The lunch was also proudly supported by Mint Business Centre, Evans & Wislang Solicitors, Quarry Mining, Jenkins Legal and Aspire Plastic Surgery.

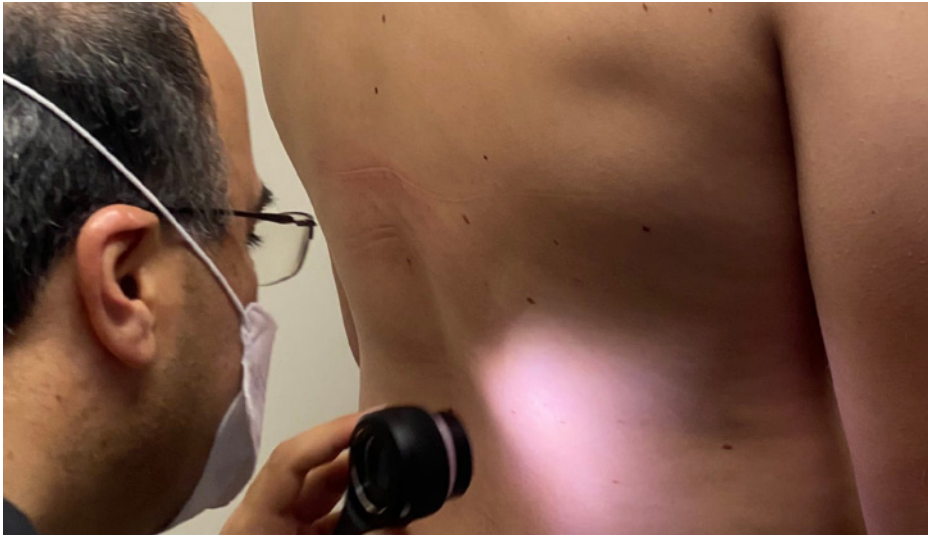
Canopy Bay
by Deborah Hutton



Proudly made in Australia

Designed by Deborah Hutton

As a result of Deb's skin cancer experience, she was inspired to create a range of UPF50+ headwear and the brand Canopy Bay by Deborah Hutton was born. A beautiful range of Australian made hats for men and women offering maximum protection from UV Rays. You can view the range, or find a local stockist on the website **Canopy Bay — Canopy Bay by Deborah Hutton**



Vale Ces Hill

In February we were saddened to hear of the passing of Ces Hill.

Ces was a long-time valued member of the HMF committee and volunteer. He played an instrumental role in promoting sun safety and awareness campaigns including looking after all the sun safe posters in the surf clubs for our Sun Safe in the Surf campaign with Hunter Life Saving Clubs many years ago.

Ces was also very involved in the school sun education visits.

At our first Block-out Ball he was the official photographer in a pre-digital era. When the photos were developed, he had cut everyone's head off.

He was quite a character- if he was selling raffle tickets, he would start to quiz the purchaser on their family name as he was sure he must know them or knew someone with the same name and wanted to know if they were related.

A very generous man, Ces donated his time and passion to HMF for many, many years and as late as last year was still calling in to the HMF office with a collection of Gimme 5 money boxes to donate. Our condolences go out to Ces' family and friends and we thank him for his invaluable contribution to HMF.

RIP Cecil

HMF Impact Statement

At the end of each financial year, we take a look back at the work we have been doing and the impact it has on the local community.

In the 12 months up to the 30th June 2023, we have completed:

- 6 Community Activations.
- 7 Community Education Sessions.
- 4 Spot Check Clinics – seeing 401 patients with 113 suspicious spots and 19 suspected melanomas.
- 3 High Schools Education presentations.
- 5 workplace education presentations.
- Delivered our SWAP project.
- Ran 1 successful fundraising and awareness campaign.

- Held 6 support group meetings.
- Provided over \$4,000 in practical support to melanoma patients.
- Provided partial funding for a Surgical Fellow position at the Calvary Mater.

We know the work we are doing is having a positive impact in the community and in some cases saving lives through education about early detection and prevention of melanoma.

Community support is essential for the success of any charitable initiative, and it's heartwarming to know that HMF receive continued support from our local community. On behalf of those who have benefited from the work we do, thank you for your ongoing financial support.

COMMUNICATIONS FROM HMF

We're making some changes to the way we communicate with our supporters at HMF and we wanted to let you know what they are.

Moving forward we will be sending a newsletter twice a year – in August and February.

Members will receive their membership renewal notice in July each year and notice of our AGM in November each year.

Melanoma stories – as part of our fundraising

campaigns, we will share a melanoma story with you twice a year in May/June, and October/November.

From time to time, you may also receive additional email correspondence about special events or special news.

If you receive a physical copy of our communications and would like to switch to email, we'd love to hear from you. Please send an email to claudia@hmf.org.au so we can switch you to digital communications.



SWAP – Sun-safe Workplace Awareness Program

In 2022 the launch of the State of the Nation – A Report into Melanoma, A National Health Priority highlighted the need for increased action and funding to address the alarming incidence of melanoma in Australia.

The report, commissioned by the Melanoma Institute Australia (MIA) and national patient advocacy organisation Melanoma Patients Australia (MPA) outlined a 5-point plan to achieve zero deaths from melanoma by 2030.

Step one in the 5-point plan was to invest in a national prevention and early detection awareness strategy which amongst other initiatives, included the need for explicit training for outdoor trades.

HMF had already been working on a Sun-Safe Workplace Awareness Program (SWAP) and looking to launch the program in 2023 as part of our 35-year birthday celebrations.

Thanks to a sponsorship from the

NSW Government Better Regulation Division, we have created an online training program specifically aimed to educate outdoor workers who, due to the nature of their work, are at an increased risk of skin cancer.

The training is a simple, easy to understand program consisting of 6 modules containing written content and short videos with a series of true/false questions at the end of each module. It provides employers and employees with the knowledge of how to protect themselves against exposure to UV radiation as well as the importance of early detection and the role it plays in successful treatment of melanoma.

The pilot program was launched in June and is currently being completed by a range of organisations. Upon completion, the program will undergo a thorough process of evaluation and refinement. Collecting feedback and data from participants is a crucial step in assessing the program's



Proudly funded by



effectiveness and will identify any areas for improvement. By doing so, we can ensure it meets the needs of the target audience and aligns with our goals of reducing melanoma incidence through education.

Expanding the program to a wider audience is a step we are truly excited about and will allow us to reach more people who will benefit from the information we provide.

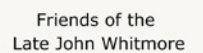
Fundraising

HMF RACE DAY – APRIL 2023

Our Race Day is always the highlight of our fundraising year, and this year was no exception. Scattered and sometimes heavy showers on the day didn't stop our guests from having a good time. Timberlina entertained the crowd with her interesting and candid judgement of our best dressed categories with the team from Evans & Wislang scooping the pool with awards for best dressed male and best dressed female. Special thanks to all of our Race Day Sponsors – with out you the day isn't possible.



Race Sponsors





RUNNING 8 FOR MELANOMA MATE

They say superheroes don't always wear capes – Sean Dunleavy has proven this to be true with his incredible act of completing 8 marathons, in 8 consecutive days in the 8 different states/territories of Australia.

Sean's hard work and commitment in completing this mammoth task is nothing short of inspirational.

Sean completed the run in memory of his step sister, Naomi, who tragically lost her life to melanoma when she was in her late 20's. His mission was to complete the task and raise awareness about melanoma in the hope that no other family has to endure the loss that his family suffered. In doing so he set himself a target to raise \$15,000 for HMF. Sean smashed the marathons and his fundraising target and raised a total of \$20,000. That money will not only help us with our education and awareness programs, but will also help HMF to ensure no melanoma patient in this region travels their treatment path unsupported.

We can't thank Sean enough!

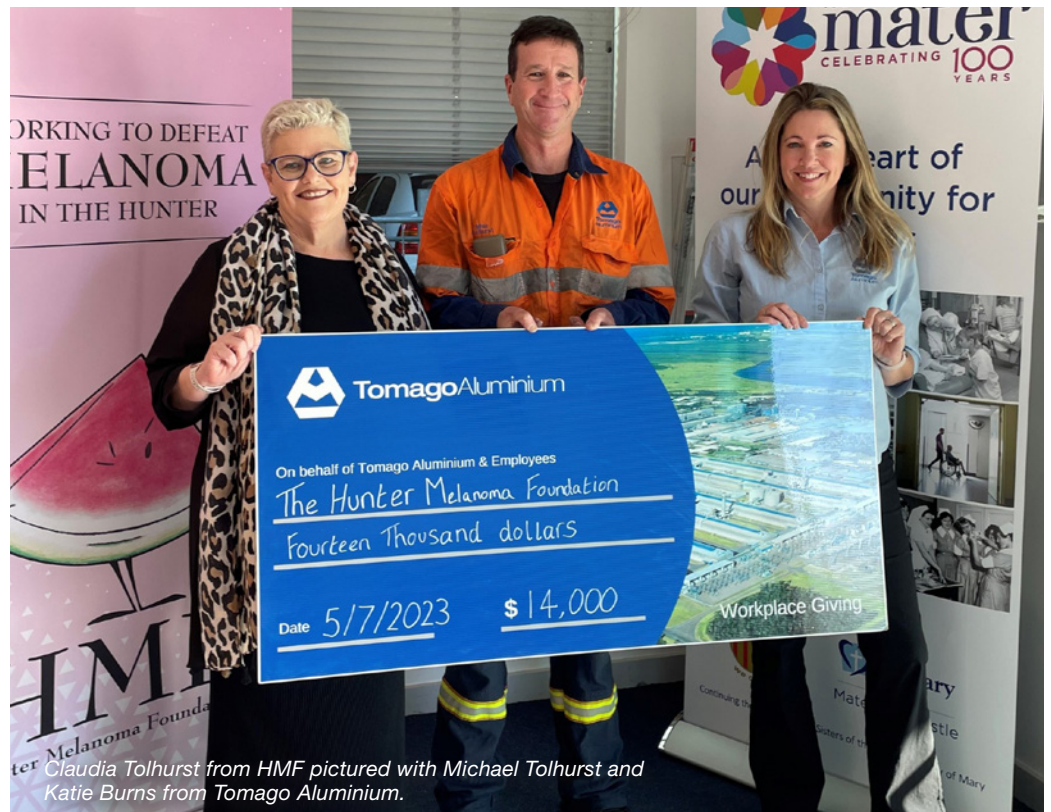
TOMAGO ALUMINIUM

Tomago Aluminium employees contribute a small amount of their weekly income to their workplace giving program. At the end of each financial year the pool of money is divided amongst local charities based on a staff nomination and voting system.

We were very pleased to be one of the local charities who benefited from this program with a \$14,000 donation to HMF.

The funds raised will contribute to the ongoing work we do in the community to achieve our goal to defeat melanoma.

Thank you to Tomago Aluminium and their employees for the generous donation.



Claudia Tolhurst from HMF pictured with Michael Tolhurst and Katie Burns from Tomago Aluminium.

THEY'RE
HEADED
TO THE
HOMELAND

NIA
VARDALOS

JOHN
CORBETT

MY BIG FAT GREEK WEDDING 3



Join us for a delightful day out at Event Cinemas Kotara where you will enjoy a champagne on arrival, popcorn and lunch delivered to your Gold Class seat as you sit back and drift off to Greece with the Portokalos family in My Big Fat Greek Wedding 3.



Sunday, 10th September 2023

Lace up for Melanoma

In May this year we took our Lace up for Melanoma campaign to Newcastle Netball Association.

The Lace Up idea started last year with Newcastle Rugby Union, in honour of the late David Wallace, a well-known figure in the Hunter Rugby Community through his involvement with their Referees Association.

David was a good friend of HMF and an advocate for prevention and early detection of melanoma. His idea to raise awareness in the local sporting community has been highly successful for both events.

The local netball community embraced the idea and HMF raised \$8,500 which will help us to continue our community education programs moving forward. It was a great opportunity to provide the netball community with some education on sun safety and included the installation of 2 sunscreen stations at the Newcastle courts.

Thank you to Newcastle Netball Association and all of its members who participated to make the event a success.



Yes, I would like to make a donation and/or become a member of the Hunter Melanoma Foundation

Hunter Melanoma Foundation Inc CFN 11111 ABN 75 185 968 305

New Membership Membership renewal Donation

I, _____

of, _____

hereby apply to become a member of the above named incorporated association. In the event of my admission as a member, I agree to be bound by the Rules of the Association for the time being in force.

Signature _____ Date _____

Phone (h) _____ (w) _____ (m) _____

Email address _____

Occupation _____ Date of Birth _____

Membership fees are **\$11.00 per year** (including GST) payable on 1 July each year. Members receive a regular newsletter.



