



pips 'n' pieces

MARCH 2020



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Chair's Report Janelle Kirk

Welcome to our first newsletter of 2020.

As we move into a new year and decade, I'd like to acknowledge the outgoing and incoming committee members as decided at our AGM in December.

After 9 years of invaluable contribution, we sadly bid farewell to Kristy Brown. Kristy has held various positions on the committee since she joined in 2011 after losing her beautiful mum to melanoma.

Kristy's demanding job and family commitments have increased alarmingly over the past couple of years and she didn't feel she could give HMF the commitment she would like to. We know Kristy will remain a valuable volunteer and contributor to HMF and we hope to see her comeback to the committee at some time in the future. There is no one more committed to patient advocacy than Kristy and her presence will be missed. We wish her all the best for the future.

We also said goodbye to Lizzie Macansh who has been on the HMF committee for the past 3 years. Lizzie is a melanoma patient who was lucky enough to have spotted her melanoma early and have it removed without further treatment required. Working in the Childcare industry, Lizzie is a staunch advocate for Sun Safety and continually spreads the message of sun protection within the industry. She also has an amazing social network and an ability to fill a room at any fundraising event we've held in her time at HMF. Family commitments have led to Lizzies resignation and we thank her for her valuable contribution since joining the committee in 2017.



The past few months have seen us being very active in the local community, particularly at local sporting events such as the Newcastle Jets Soccer game and local running and triathlon events. These events are an ideal opportunity for us to raise our profile and to raise awareness about sun protection and early detection.

As we bid farewell to Kristy and Lizzie, we extend a warm welcome to Andrew McMahon who has joined the HMF committee. Andrew has a very strong background in the not For Profit Sector and we look forward to working with him in our mission to defeat melanoma.

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The HMF Race Day is usually on at the end of April, but this year, that date clashed with ANZAC Day. As such our race date for 2020 is Saturday 9th May. We are looking forward to a fun filled day of raising funds. Details of the race Day are advertised later in this newsletter. We'd love to see you all there.

HMF 2020 Committee

CHAIRPERSON

Janelle Kirk

SECRETARY

Rebecca Boyd

MELANOMA SUPPORT

GROUP Lisa Hamilton

PATRON

Paul Cave AM

VICE CHAIR

Andrew McMahon

TREASURER

Jacqueline Evans

GENERAL COMMITTEE

Leonie Murray, Hannah

AMBASSADORS

Holly Edmunds, Tracy

EXECUTIVE OFFICER

Claudia Tolhurst

PUBLIC OFFICER

Jacqueline Evans

Stanton, Michele

Whitbourne

Garner, Patrick Langlois,

Daniel Martine, Erin Lewis



Treasurer's Report

Jacquie Evans

This is my second year on the HMF committee and after Kristy's resignation I have taken over the role of Treasurer. I'm looking forward to continuing the great work that I am so passionate about and hope to see you all supporting our fundraising events throughout the year.

Race Day – this is one of our major fundraising events every year so please support it if you can. It's always a fun filled event. Tickets are available through try-booking or by contacting Claudia at the HMF office on 02 49850103.

Newcastle Jets Raffle – thanks to everyone who contributed to our raffle. We had an overwhelming response to ticket

sales. Congratulations to our winner Chris MacPherson who purchased his winning ticket at the Newcastle Insurance Professionals Golf Day which HMF were beneficiaries of.

We have a few organisations who are holding fund raising events for us in the coming months and we are grateful for their contribution. The team at the Suncorp Call Centre held a wine tour in early March with all proceeds going to HMF. Thank you for your generosity. If your club or social group are interested in raising funds for HMF please contact Claudia so we can support you in any way we can.



Foundation News

Claudia Tolhurst

I hope you all had a wonderful Christmas with your family and friends and that 2020 is the start of good things to come for each and every one of you.

It's been a busy few months at HMF and we have a lot of things happening as we move into the new decade.

High School Program

I was kept busy in early December delivering our live play to local High Schools in the last few days of the school year, and have started the year with a further couple of schools requesting our presentation. If you have a connection with a local school that might be interested in hearing our presentation, please don't hesitate to contact me at the HMF office on 02 49850103.



Newcastle Jets

One of our major community awareness events so far this year was an activation at the Newcastle Jets game on 9th February. We had an awesome response to our request for volunteers and a team of 35+ very generous people donated their time to help make the event a success. The weather on that weekend was drought breaking rain so crowd numbers were lower than anticipated, but we still handed out UV wrist bands and information packs to a crowd of around 4,000 people. The Newcastle community were very generous donating their loose change to our donation buckets and overall it was a successful event. We also ran an activity at half time reminding the crowd to slip, slop, slap, seek and slide. Thanks to all those who volunteered making the day a successful one and a special thanks to the team at the Newcastle Jets for allowing us access to their fans for the day.

Doyle Partners Surfest Women's Pro

HMF were chosen as the charity partner for the crowdfunding initiative for the 2020 Doyle Partners Surfest Women's Pro, which kicked off finals week on Monday, 2 March.

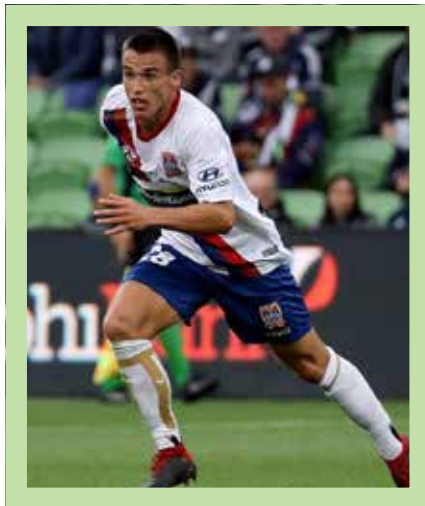
This year, 96 organisations contributed funds to ensure that the Women's Pro remained a key event in the Surfest calendar. These businesses nominated local charities for the event's key partnership, with Hunter Melanoma Foundation being drawn from the hat of nominations.

The Foundation was the beneficiary of a silent auction that was held as part of the crowd funders cocktail party.

A huge thank you to the 96 organisations in their commitment to supporting local events and particularly womens' sport. We were particularly excited to hear that the collective efforts also enabled Surfest to provide parity of



prize money to the women competing at Merewether Beach. We are very grateful to have been given the opportunity to raise money to assist us in our mission to defeat melanoma in the Hunter. The fit with a professional surfing event provides the Foundation an opportunity to raise awareness of this deadly disease, particularly amongst athletes who spend so much time in the sun.



Meet our Ambassador

When we delivered our Skin in the Game project to the Newcastle Jets, we had the opportunity to get to know a little bit about the players. It was at the skin check sessions where we first met rising star Patrick Langlois, Newcastle Jets midfielder. After spending 5 minutes with Pat we felt he would be a good fit to represent HMF to try and get the sun protection and early detection message out.

Pat was raised right here in Newcastle, and played soccer here for various local clubs. He completed his HSC at Newcastle High in 2017. When he's not playing professional football he is studying - Bachelor of Electronics and Electrical Engineering by correspondence through the University of Southern Qld.

In his down time Pat loves yoga, walking his dog and swimming at one of our beautiful local beaches – with the appropriate sun protection of course.

Pat has been doing some great promotional work for HMF in the short time he's been with us, in particular some video's for our social media pages so make sure you're following us on Facebook and Instagram to check them out.

In Memory of Bob Sloper

Bob Sloper was an easygoing friendly guy who had a love of cycling. One of Bob's daughters, Tracy Pirlo, told us of her Dad's love of sunbaking in his younger days and how as a family they spent a lot of time on the beach or in the sun.



In April 2019, Bob's GP removed a mole from his shoulder. A mole that turned out to be a melanoma which had sadly already spread to his organs & his brain. Bob put up a brave fight with varied treatments including immunotherapy but sadly lost his battle with melanoma in August 2019 just 4 months after his diagnosis and one month short of his 77th birthday.

Claudia met the Sloper family in late

February when they made a \$1200 donation to HMF. Money was raised by family, friends and cycling mates who all donated to the cause in Bob's memory.



Bob's wife Pam, also a keen cyclist, said their friends in the cycling community had been a tremendous support to her with not only donations to HMF but with food, flowers and friendship.

A huge thank you goes out from HMF to the Sloper family and all those who donated. The funds raised will contribute to our mission to defeat melanoma here in the Hunter.



The Kaden Centre

Our amazing Support Group leader, Lisa Hamilton, arranged for a guest speaker from the Kaden Centre to present at the February Support Group meeting. I was so impressed with the information shared that I asked Olivia from the Kaden Centre to share the information in our newsletter.

It used to be the case that, when diagnosed cancer, your doctor would recommend that you rest and not exert yourself. However, extensive research is now showing that remaining or becoming physically active throughout diagnosis, treatment and recovery can have huge benefits for both your physical and mental health.

In 2019 the Clinical Oncology Society of Australia (COSA) put out a position statement calling for exercise to be embedded as part of standard practice in cancer care. Regular physical activity has been shown to help counteract the adverse effects of cancer treatment, improve efficacy of some cancer treatments, reduce cancer reoccurrence and reduce all-cause and cancer-specific mortality in some types of cancer (research mainly been conducted on breast, colorectal and prostate cancers). However, exercise is not a cure, it is a complimentary therapy to be used alongside prescribed medical treatment.

Is exercise safe?

YES! As long as you seek expert advice from an Exercise Physiologist or a Physiotherapist that is trained in the management of cancer. When drawing up an exercise program, they will take into account your age, stage and type of cancer, medication, previous or planned surgeries, side effects and other pre-existing injuries and conditions. From this that can tailor a safe and effective program to help you reach your health and wellness goals.

What can I get out of exercise?

Everyone will have different goals depending on their health status and lifestyle. For some people, being able to complete their every-day tasks will be the priority, whereas others may be working towards returning to work or sport. Other benefits include mitigating the side effects of treatments such as reductions in fatigue, improved sleep quality, increased bone density and muscle mass, improved mental health and falls prevention. Exercise has also been shown to improve the body's own immune system by increasing the mobilisation and activation of Natural Killer cells (those that attack cancerous tumours) and increasing the number of blood vessels to the tumour

itself. It can also increase your tolerance to completing a full treatment regime and reduce your recovery time and disability from surgery.

How much and what is recommended?

The current cancer specific exercise guidelines are for individuals to complete 150 minutes of moderate intensity aerobic exercise (e.g. walking, cycling, dancing etc) and 2-3 resistance training sessions (e.g. lifting weights) per week. If that amount seems unachievable, try breaking it up into smaller chunks, e.g. a 15 minute walk in the morning and afternoon. Also remember that "more is better than some, some is better than none"- even a small amount of regular physical activity can have positive effects on your physical and mental health. Specific recommendations should be tailored to the individuals' medical history, current symptoms/injuries and their capabilities by an accredited Exercise Physiologist or Physiotherapist. This ensures exercise is safe and effective.

About us...

The Kaden Centre is a charity organisation that specialises in exercise therapy and wellness for those at any stage of their cancer journey. It is run by Exercise Physiologists and Physiotherapists who are all specifically trained in oncology management and base all treatment off the latest medical research. If you are interested in talking to a member of our team, call us on 02 4001 0113.

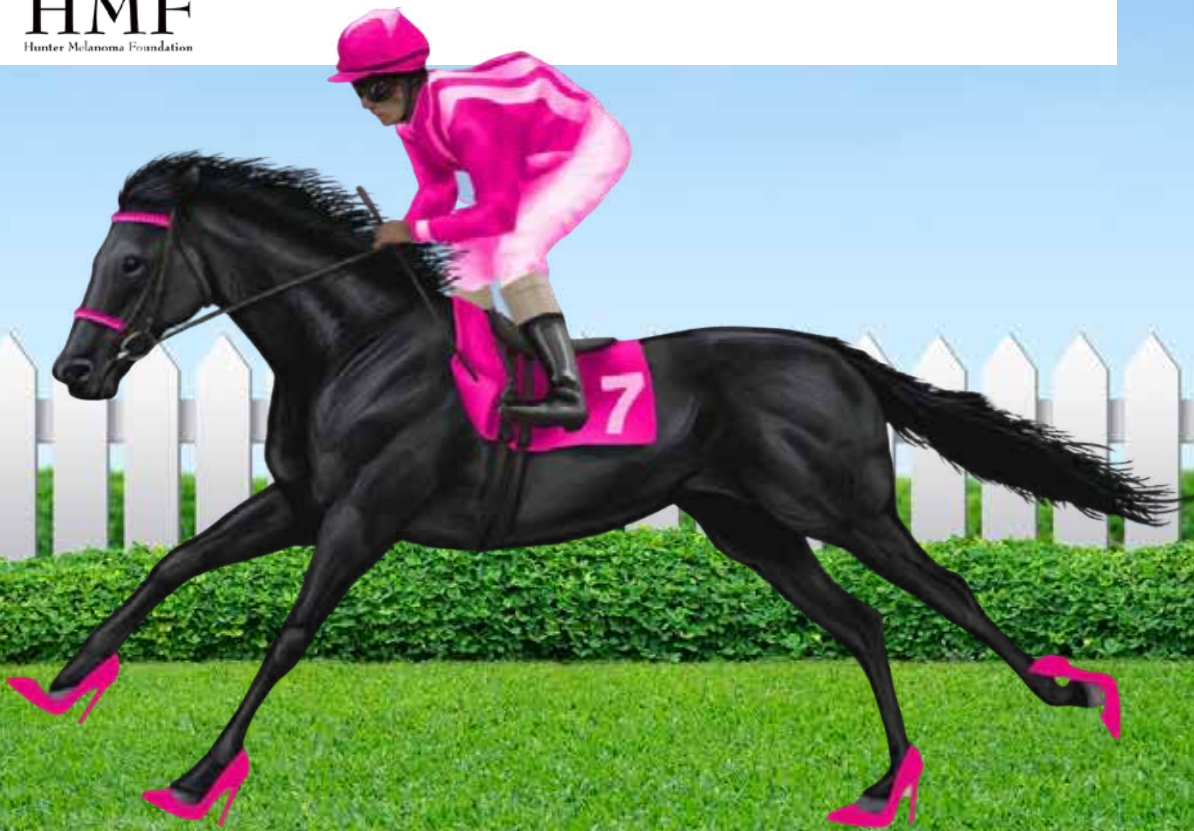


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KICK UP YOUR HEELS

AT THE



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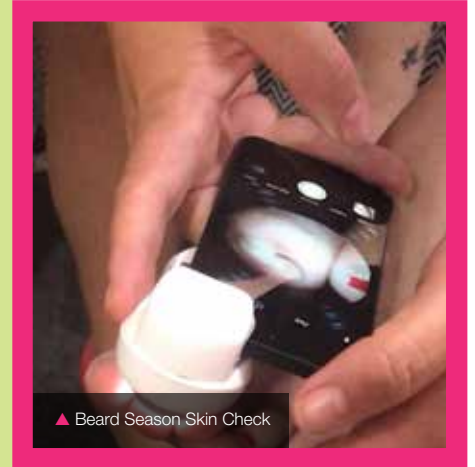
Saturday, 9th May

Tickets in the Stables Marquee \$80pp includes entry to the race track and marquee with a delicious buffet lunch, complimentary drink on arrival and tote & bar facilities.

Call Claudia to reserve your table on 49850103 or book online at trybooking.com

Prizes for Best Dressed and Best Hat

HMF meets Beard Season



HMF Committee member Jacquie Evans and I took a day trip to Sydney in early April to meet Jimmy Niggles ESQ.

Jimmy is the CEO of Sydney based melanoma charity “Beard Season” and his mission is to champion the early detection of melanoma.

Jimmy lost his good mate Wes Bonney to melanoma back in 2010. He was only 26.

At his wake, around a table full of schooners, Jimmy and his mates decided to start something in memory of Wes, something that would have an impact. As they looked around the bar they saw some farmers with epic beards and decided beards were the way to go. Beard Season encourages men to grow full beards in winter and when asked why they’re growing their beards, those men would talk about Wes and encourage people to get their skin checked. And that’s how Beard Season was born.

Jimmy has been campaigning for a National Free Skin Check program and in the process, with funding from the Merivale Group, has been completing free skin checks at some of Sydney’s most iconic beaches this summer – Newport, Collaroy and Coogee.

The Beard Season “Skin Check Huts” were set up on each occasion for a total of 11 days. Two Doctors were on board each day to complete the skin checks. The number of people who participated was astounding 421 at Newport,



247 at Collaroy and 340 at Coogee. In total, over 11 days, 3 venues, 1008 skin checks.

But the results were what was truly amazing. Of the 1008 people who were checked, 608 spots were deemed to be suspicious and referred on for further assessment.

That’s a total of 608 lives potentially saved through early detection.

In the coming months, HMF will be working hard to obtain funding to see if we can deliver a similar service here in the Newcastle and Hunter Region, because as we all know, skin checks save lives.

“ The Beard Season “Skin Check Huts” were set up on each occasion for a total of 11 days. Two Doctors were on board each day to complete the skin checks.

HMF Funds new Centrifuge

In our November 2019 newsletter you read an article from Associate Professor Nikola Bowden detailing the research work she has been doing for many years in relation to treatment of melanoma.

Over the past 10 years, HMF have provided funds for different projects including scholarships, equipment and travel to enable Nikola to complete research which is now proving successful through clinical trials.

One of the pieces of equipment we funded in 2012 was a centrifuge which unfortunately, late last year, stopped functioning effectively and needed to be replaced. The HMF Committee approved funding to purchase a new centrifuge which will enable Nikola and her team at HMRI to continue their vital research.



▲ Pictured Associate professor Nikola Bowden, with Post Doctoral Researchers Moira Graves & Michelle Wong-Brown.

Breakthrough treatment expanded on PBS

Source : The below is an edited version of a Media Release 1/3/2020 from the Hon Greg Hunt, Minister for Health.

The start of autumn will bring with it a new sense of hope for over 2,000 Australians with advanced melanoma, with the Morrison Government expanding subsidised access to breakthrough melanoma treatment options on the Pharmaceutical Benefits Scheme (PBS) from today.

On March 1, the current PBS listing of Opdivo® (nivolumab) will be expanded to include adjuvant treatment of completely resected stage IIIB, IIIC, IIID and stage IV malignant melanoma.

Opdivo® is a breakthrough immunotherapy which works by blocking proteins and helping the body's own immune system to find, attack and destroy cancer cells.

It is estimated more than 1,500 patients might otherwise pay more than \$100,000 per course of treatment without the PBS subsidy.

The listing of Opdivo® as an adjuvant therapy will provide healthcare professionals and patients with an affordable treatment option to treat melanoma earlier, rather than watching and waiting for the cancer to

possibly return.

The Government is also expanding the listing of Opdivo® and Yervoy® (nivolumab and ipilimumab) to allow use as a first-line therapy in the treatment of BRAF V600 mutant positive Stage III or Stage IV unresectable or metastatic melanoma.

Without the subsidy, it is estimated more than 600 patients might otherwise pay more than \$100,000 per course of treatment.

Australia has one of the highest rates of melanoma in the world—11 times higher than the worldwide average. Tragically, one Australian will die every five hours from melanoma.

These significant expansions will provide melanoma patients with a new breakthrough form of treatment, with less side effects and a greater chance of recovery.

Each of these listings has been recommended by the independent Pharmaceutical Benefits Advisory Committee.

Newsletter

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Thank you for your support

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Friends & Family of Bob Sloper.



A special **THANK YOU** to PKF Accountants and Business Advisers for their support.



Yes, I would like to help fight melanoma.

Enclosed is my gift to be used for research, treatment, education, service and care for melanoma patients in our region.

Please find enclosed my tax deductible donation for \$ _____

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