

PIPS 'n' PIECES

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NOVEMBER 2021



Spring into action to protect your skin.

Spring is one of my favourite seasons.....warm days, cool nights slowly building in to the summer months. As we come out of hibernation due to winter and lockdown it's a great time to start thinking about your summer skin care routine.

Here are a few tips we've put together to help get you started :

1. SELF SKIN CHECK

When was the last time you performed a self skin check ? We recommend you check your skin at the beginning of each season. If you missed checking your skin at the beginning of Spring, now would be a great time to take 10 minutes to look after yourself. Don't forget summer is just around the corner, so set a reminder in your phone or diary to check again on the 1st December. If you need help, you can check out the video on our website. If you see something new, changing or unusual, make an appointment with your Doctor.

2. BOOK A SKIN CHECK

We know a lot of skin check and other health appointments were skipped during lockdown. When was the last time you had your skin checked by a professional? We recommend you have a professional skin check at least once every year. Your Doctor will advise if they need to see you more regularly. Pick up the phone, and make that booking today.

3. CHECK YOUR SUNSCREEN

Did you know that sunscreen has an expiry date ? Check your stock of sunscreen now and make sure it is still in date. If not, throw it away and buy some more to ensure you stay protected. We have our own branded sunscreen available via our online shop and have some great specials

available leading into summer.

4. DOWNLOAD THE SUNSMART APP

The SunSmart app is free and a great tool to alert you to WHEN to protect your skin. Daily alerts advise what the predicted UV reading is for the day and the times during the day when sun protection is required. If the UV is above 3, you need protection.

5. COVER UP

Make sure you always have a wide brimmed hat, long sleeved shirt and sunglasses on when you're out in the sun. Wear sunscreen and re-apply every 2 hours and don't forget to protect your eyes with sunglasses.

HMF Gimme 5!

WHERE IT BEGAN....

The HMF Gimme 5! money box campaign was created in memory of Scott Polglase, who lost his battle with melanoma in 2006 at the age of 28. One of Scott's quirks was his aversion to five cent pieces. He would empty them out of his wallet at every opportunity. To honour his memory his family began the five cent collection to help HMF in their mission to defeat the disease that took their much loved husband, son & brother.

The idea expanded beyond Scott's family, and we were able to print special money boxes to hand out in the community at every opportunity. Today, 15 years later, we still hand the money boxes out and will continue to do so. This campaign is a perfect example of how a little from many can add up to a lot for one. In fact, the campaign to date has raised more than \$47,000 – that's a lot of five cent pieces.

WHY THE CHANGE.....

With the removal of five cent pieces from the economy rumoured to be on the horizon, and in consultation with Scott's family, we decided to re-vamp the Gimme 5! Campaign to ensure Scott's legacy continues for many years to come.

HOW DOES IT WORK.....

Gimme 5! Is now an annual event to be held in October, where participant's sign up to complete 5 activities per week or 5 in total for the month. The activity can be absolutely anything ! This year we had a lot of people walking and/or running, but we also had people reading, singing new songs, doing

yoga classes, and various other activities. HMF Executive Officer, Claudia Tolhurst, completed 5 Random Acts of Kindness as her Gimme 5 activity.

Participants were encouraged to obtain sponsorship donations for their activities, and at the time of writing this newsletter, the Gimme 5! Campaign has been a great success with over \$20,000 raised.

We had a range of people sign up including melanoma patients, melanoma survivors, families who have been affected by melanoma, and even Newcastle's Super Star Drag Queen, Timberlina, who alone raised more than \$2400.

The planned corporate side of Gimme 5! was impacted by the COVID-19 lockdown and we were forced to make some last minute changes to ensure it could be held. In total we had 10 teams registered including 4 from Quarry Mining, and one each from Just Dig Deeper, Beyond Bank, Broadley Signs, BNI Action, Newcastle Skin Check and Niche Real Estate & Property Solutions.

An event like this doesn't happen



without the support of local businesses through sponsorship, and we were lucky to have some of the best sponsors on board in Genesis Fitness, Niche Real Estate & Property Solutions and H Events.

Thank you to everyone who sponsored, participated, or donated to make this such a successful event. We look forward to growing this event every year.



Proudly supported by



NEWSLETTER

If you're currently receiving a hard copy of our newsletter and would like receive an electronic copy, please send us an email to info@hmf.org.au and we will add you to our email list.

Spot Check Update

Thanks to the team at Novartis Pharmaceuticals, we have secured funding to continue with our Spot Check clinics this year. The Covid-19 pandemic and subsequent lock down has made the planning of this or any event difficult, but we are now moving forward with planning. Dates will be advertised on our website and social media pages, so keep an eye out if you want to take advantage of a free skin check.

Thanks to continued funding from The West's Group through the NSW Club Grants scheme, we are in a position to take a pilot of the Spot Check program into the Workplace this year, and look forward to seeing the results.

We were also delighted to receive a share of the \$40,000 in community grant funding from NOVA Alliance Bank.

Since their establishment in 1964 as a local credit union, NOVA Alliance Bank has proudly supported a range of local charities with their grant program.

NOVA Alliance Bank CEO, David Franklin, said that the Board with the support of staff and members agreed



that providing personalised grants to support local community programs was an important but vital change to this year's grant structure.

"With the devastation of COVID-19, we re-evaluated our grants program to determine how we could make a difference that counted," David said.

"Instead of providing a fixed grant to all recipients, we took the time to evaluate each program, the resources required, and the funds that would see the best possible social outcomes.

"We are hopeful that these personalised grants will not only help community groups and charities to drive positive change in the community, but to inspire others to do the same."

This funding allows HMF to purchase co-branded sunscreen samples to hand out at the Spot Check clinics and contributes to education on the prevention of melanoma.

Thanks for your ongoing support team NOVA.



Beyond Bank's Double Donation Day

The last couple of years have been particularly challenging for many Australians, businesses and charities due to the COVID-19 pandemic.

We've had to postpone many of our fundraising events and have changed the way we deliver our services to support those who need it most.

Our partner, Beyond Bank, wants to make a difference. They have offered us a chance to double our donations, supported by their foundation.

Donations received by the Beyond Bank donation portal on Tuesday 16th November, and Wednesday 17th November will be matched dollar for dollar up to \$10,000.

Help support the Hunter Melanoma Foundation by making a donation on 16th or 17th November.

www.beyondbank.com.au/donate

Thank you for your support - we simply couldn't do it without you.



Change and growth in the Melanoma Unit

CHERYL COOLEY NURSE MANAGER

The last 6 months has seen some staffing changes and there is more to come by the end of the year, starting with some new faces in 2022.

There have been Nursing achievements and unit progress

MEDICAL

Dr Ralph Gourlay has vacated his Surgeon Role, melanoma role and his role as Director of Surgery with his success in acquiring the Director of Medical Services position for Calvary Mater Newcastle.

Ralph has provided excellent clinical care to melanoma patients in the Melanoma Unit over 25 years. We wish Ralph the very best in his new role and luckily we will still see him around the hospital.

Dr Adeeb Majid was successful in gaining the Director of Surgery position and we wish him well in this role.

Dr Martin McLeod has resigned from his Staff Specialist Position and has been successful in gaining a Visiting Medical Officer Position at Calvary Mater Newcastle, Dr McLeod will no longer be involved in melanoma management. We wish Martin well and will also continue to see him around the hospital.

Dr Michael Reid will retire at the end of the year. Mike has provide a valued service to the Melanoma Unit over 15 years with delivery of wide local excisions, biopsies and skin checks to the community. Mike is well respected by staff, colleagues, patients and will be sadly missed. We wish Mike well in his fishing and golfing adventures.

Recruitment into this position is under way.

ADMINISTRATIVE STAFF

Tammy Knoke Administrative Officer commenced Maternity Leave in September, Michelle Waterman is relieving in this position till Tammy returns late next year. We wish

Tammy well with the new addition to her family.

Kristi Urwin Administrative Officer will also commence Maternity leave early in the New Year. As yet this position is not filled. We wish Kristi well on the birth of her 1st bub.

NURSING STAFF

Peta King and Kahlee Michel have professionally developed and achieved Clinical Nurse Specialist Status, this is of significance for Surgery including the Melanoma Unit as they are the first for our service. They are setting the bar high with quality projects and great outcomes.

Sheina Wagstaff has achieved Medication Endorsement after a year of much study.

Sandra McKendry has almost

completed her Dermatology Graduate Certificate which will deliver greater knowledge in skin cancer management and the ability to share this information with other nursing staff.

We are proud of our nursing staff accomplishments.

DATA BASE

A new data base is currently being built and should be ready for trial soon. The data base will provide us with the ability to collect in-depth information on melanoma. This data will be used for inclusion in clinical trials and research. Information can be provided for example to the Hunter Melanoma Foundation for accurate delivery of education to community groups.

HMF SUNSCREEN



www.hmf.org.au



SAVE THE DATE!

Timberlina

presents

**KNOCKERS
+ MOLES**

In the Vines
5th February 2022

Next year, Timberlina's Knockers & Moles event, a joint fundraiser for the Hunter Melanoma Foundation and the Hunter Breast Cancer Foundation, is coming to you from the Ironbark Hill Brewhouse at Peter Drayton Wines. Last year, the event sold out in 3 days! Keep an eye on our Social Media pages and your emails for the announcement of when tickets go on sale for this event....you don't want to miss out!

**HUNTER
Breastcancer
FOUNDATION INC**

Proudly Supporting



HMF
Hunter Melanoma Foundation

*MSCAN
Podcast*



The Melanoma and Skin Cancer Advocacy Network (MSCAN)

are a Melbourne based organisation who are committed to representing the voice of those impacted by a melanoma or skin cancer diagnosis and their families.

They have recently released their SPOT ON Podcast, a free resource that gives you a baseline understanding and knowledge about skin cancer, and helps navigate you through the journey ahead through diagnosis and treatment.

You can listen to the Podcasts through Apple Podcasts, Spotify or Google Podcasts.

NOTICE OF ANNUAL GENERAL MEETING

Annual General Meeting 2021 Hunter Melanoma Foundation Incorporated

This years is on Monday the 6th December at 5.30pm at a venue to de decided. Please contact Claudia on 0412 955934, or claudia@hmf.org.au if you're interested in attending.

The HMF Committee consists of Chairman, Vice Chairman, Secretary, Treasure, and general committe members. The HMF Committee enables the Foundation to continue its commitment to funding melanoma research, community education and awareness programs and patient facilities.

If you are interested in supporting the HMF by becoming a committee member please advise Claudia of your interest in attending. If you are unable to attend the AGM a Nomination Form can be forwarded to you for completion.

Hunter Melanoma Foundation Inc – Nomination Form

I, of and
I, of

Being financial members of the Hunter Melanoma Foundation Inc, do hereby nominate:

..... for the position of

I, accept this nomination

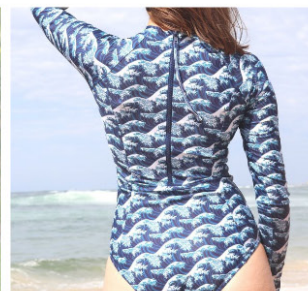
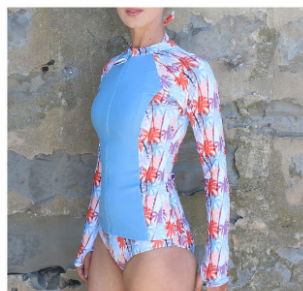
Signature Dated:

We've got you covered this Christmas

If you're starting to think about Christmas, (let's face it, who isn't?), then you might like to consider a gift from the HMF Shop.

There's something for everyone in every price range starting from \$3 !

Visit the HMF Website, or give Claudia a call 0412 955934.



HMF Membership

We have witnessed a decline in memberships this year, I suspect the COVID-19 Pandemic may have contributed to that given that we were in lockdown and unable to get out and about.

HMF Membership is vital to our survival and it's important that we not only maintain, but increase our membership base each year.

The cost of annual membership is low, only \$11 per year and is due in July.

If you have missed renewing your membership, or would like to join HMF, please complete and return the membership form in this newsletter or visit our website hmf.org.au to sign up online.



Yes, I would like to become a member of the Hunter Melanoma Foundation

Hunter Melanoma Foundation Inc CFN 11111 ABN 75 185 968 305



I would like to renew my membership

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 _____

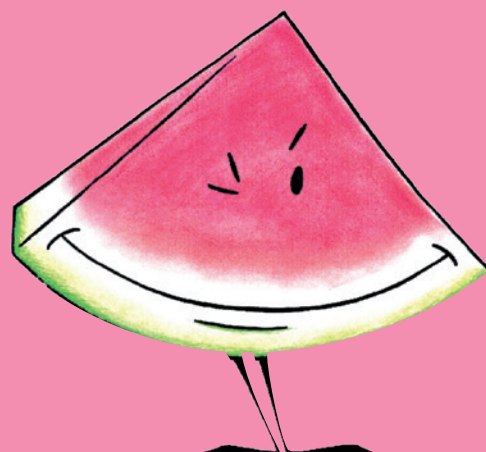
Phone (h) _____ (w) _____ (m) _____

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.

Thank you FOR YOUR SUPPORT



Anne Manhood
Ann-Maree Carlyle
Barbara Murdoch
Brian Diemar
Brian Grace
Colleen Clacherty
David Downie
David Wallace
Fay Welsh-Farm
Gwenda SMITH

Hunter Women Connect
Ian Pfennigwerth
Jack HENRY
Janet O'Loughlin
Jono Allan
Judy & Ray Mouthaan
K B Clarke
Lorraine TOLHURST
Luminous Skin Cancer & Scar
Centre
Margaret Mathieu

Margaret Stickens
Michelle Whitbourne
Mrs Lorraine Saunders
Robert Sinclair
Robyn Cutcliffe
Robyn Heaney
Ronald & Kay Jenkins
Terry Smith
Trish Roach
Veronica CORBETT

PKF

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

Payment Details

PLEASE COMPLETE BOTH SIDES OF FORM & RETURN TO ADDRESS BELOW OR IN REPLY PAID ENVELOPE

I enclose payment for \$11 membership I would also like to make a donation of \$ _____ Total amount: _____

A cheque made payable to Hunter Melanoma Foundation is enclosed OR please charge my Bankcard Visa Mastercard

Card Number Expiry Date /

Signature _____ Date _____

Thank you!

Yes, I would like to receive regular copies of the HMF newsletter posted to the address overleaf Via Email

Please send me information about leaving a bequest to the HMF please remove my details from the HMF mailing list

Yes, I would like to find out more about becoming a HMF Volunteer. Please contact me.