

PIPS 'n' PIECES

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NOVEMBER 2022



Focus on safety this summer

Summer is almost upon us and whilst we need to check the daily UV rating all year round, it's in the summer months when the UV is at its highest.

The warmer weather often leads to lighter, cooler clothing choices, but the first line of defence when protecting your skin is to wear sun-protective clothing. Clothing absorbs or blocks UV rays and remains one of the most effective ways to protect your skin against skin cancer and is the simplest way to stay safe.

If you're a lover of water in summer, the best way to protect your skin is with high sun protection swimwear. Shy Skin, a local Newcastle based company, design and create a range of swimwear and beach coverups in Australia, for Australian conditions. You can view and purchase Shy Skin swimwear through the HMF Website.

It's also very important to protect your eyes from the harsh effects of UV rays.

Most skin cancers around the eyes are Basal Cell Carcinomas (BCC). Squamous Cell Carcinomas (SCC) account for a smaller percentage of eyelid cancers. And while Melanomas are less common, they are a more dangerous form of skin cancer and can occur around and in the eye.

Of course, covering up and wearing sunglasses aren't the only important parts of your sun protection strategy. You should always seek shade where possible, apply sunscreen every 2 hours and wear a wide brimmed hat.



Spot Check is Back

For the first time since early 2020, Australians are returning to a near-to-normal life, or as normal as life in a post-pandemic world will allow. Cases are falling and restrictions are easing, and as they do, we feel more confident about re-introducing our life saving free Spot Check Clinics.

Spot Check will be held over 2 weekends this summer at the Cooks Hill Surf Life Saving Club at Bar Beach. The first weekend will be the 19th & 20th of November, with the final clinics on 21st & 22nd of January.

The Spot check program is only possible through the support of our generous sponsors – The Wests Group and Nova Alliance Bank, and the Doctors at Newcastle Skin Check who selflessly donate their time.

Keep an eye on our social media pages in the lead up to the clinics to book your spot for a free skin check, or contact the HMF Office on 02 49850103.



Spotlight on Sunscreen

In August we launched Spotlight on Sunscreen – a social media education program. HMF Committee member, Paige Hawkins, is our resident “Sunscreen Queen” and is sharing her knowledge with our followers to increase knowledge on all there is to know about sunscreen. Episode 1 was all about “What is Sunscreen?” and Episode 2 focussed on “What is SPF?” You can view these videos and upcoming episodes by following the Hunter Melanoma Foundation on Facebook and/or Instagram.

Hunter Cancer Hub

Cancer affects everyone differently. Finding the right support can be an overwhelming and lengthy task during an already difficult time.

The first of its kind, the Hunter Cancer Hub is a collaboration between eight cancer charities and aims to provide one location where families can easily access

all the support they need.

The HUB is located at 10D Bradford Close, Kotara (Behind Anytime Fitness).

HMF are proud to be a part of this collaboration and invite anyone effected by ANY cancer to attend one of the joint services sessions which are held on the first Tuesday of each month

between 4pm and 6pm.

If your need for support is more urgent, or you are unable to make the joint services session, you can email your contact number to support@huntercancerhub.org.au at any time and a staff member will give you a call to discuss your support options.

In the Community

It's so good to be able to go out in the Community again and deliver our education programs. In late July we were delighted to be one of the speakers at the Newcastle & Upper Hunter Men's Shed Men's Health Muster at Hexham Bowling Club. A great event bringing Men's Shed members together to hear about a range of issues including Melanoma, End of Life Planning, Cyber Security and Mental Health to name a few.

HMF are working hard to ensure we reach all members of the community we service. We were excited to have a presence in Muswellbrook on 22nd October at the Bengalla Community Open Day and again in Singleton on the 29th October at the Hunter Coal Festival Community Family Day thanks to the Bloomfield Group. Our UV camera is always a big hit at these community events making people aware of the sun damage they have but can't necessarily see.

Cessnock City council also invited us to deliver our sun



safe in the workplace education to their outdoor workers in late October.

If you're planning an event and would like HMF to attend, please reach out to claudia@hmf.org.au.

Fundraising

Each year I receive a visit from the Croker Family to drop off their annual fundraising cheque.

This year, the cheque was for \$7,705 – raised through their two businesses Koalakrane and Reliable Removals & Deliveries. The majority of these funds are raised through lolly vending machines placed in local clubs and pubs in the area.

The annual donation is in honour of their beloved Tara Croker who they sadly lost to melanoma in 2011 at the age of 32.

Thank you to the Croker Family for your continued support of the foundation and ensuring Tara's legacy lives on.



NOVA ALLIANCE

As part of Nova Alliance Bank's commitment to community, HMF were grateful to be a recipient of their community grants program again this year. The funding will be used to provide free co-branded sunscreen samples to community members at our Spot Check and other community events.

Knockers + Moles

Knockers + Moles is our signature joint annual fundraising event with the Hunter Breast Cancer Foundation. This year's event was another big success with funds raised exceeding \$30,000. Newcastle's Queen of Drag, Timberlina with her trusty helpers Foxxe Faux and Abork entertained the guests at the picturesque Peter Drayton owned Ironbark Hill Winery. Thank you to all of our sponsors and guests for making the event a success. You can view photos of the event on our Facebook page.



Elvis Movie Fundraiser

96 guests joined us on an early July Sunday to watch the epic movie "Elvis", and what a treat it was. The movie itself was a revealing look into the life and times of Elvis Presley. The music was as good as expected, but the story line was real eye opener into the manipulation of one of the world's most famous stars. Guests enjoyed a delicious lunch and desert served to them in the luxury of their Gold Class reclining seats and the feedback we got was nothing short of fabulous. Thanks to the team at Event Cinemas Kotara for their ongoing support of the Foundation, the event raised over \$3,000.



Celebrating 35 Years

On the 16th May 1988, the Hunter Melanoma Foundation was incorporated under the Associations Incorporation Act, 1984.

2023 will be our 35th Birthday and we plan on celebrating in style.

We have some exciting new projects to share in the new year to celebrate the milestone so stay tuned.

We are kicking off the celebrations with a fundraising lunch on Friday 17th February at NEX (Newcastle Exhibition and Conference Centre).

Our special guest speaker for this birthday celebration is Australian Media Personality, Entrepreneur, Author, Brand Ambassador and Skin Cancer Survivor, Deborah Hutton.

Make a note in your calendar and buy tickets now so you don't miss out.



35th Birthday Lunch

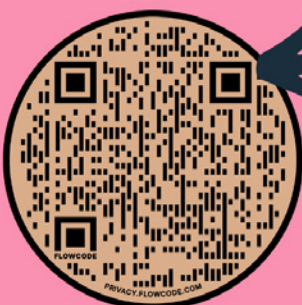
Date: Friday, 17th February 2023

Time: 12pm start

Where: NEX - King St Newcastle

Cost: \$120 (includes champagne on arrival and 2 course lunch)
Table of 10: \$1,200

REGISTER HERE



Keynote Speaker: Deborah Hutton

supported by



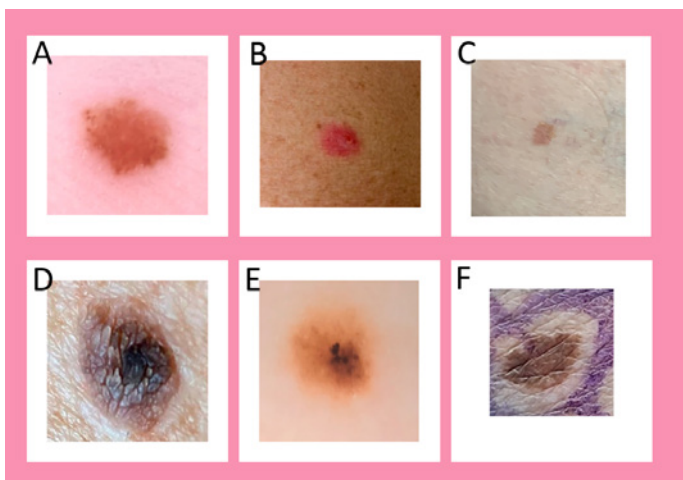
NEWCASTLE
FINANCIAL PLANNING
GROUP

When was your last skin check?

Why is it important to have an annual skin check performed by a Skin Doctor or Dermatologist?

The below picture is a slide from one of our community presentations. We display the slide and ask members of the public to indicate which of these 6 spots are melanomas. The answers are always varied. The truth is, all of these spots were biopsied as they were suspected melanomas. The top 3 spots A, B and C were confirmed melanomas, the bottom 3 were not melanomas despite showing typical signs of being a melanoma.

The message we're sending here is, get your skin



checked by a professional every year (minimum) as it's often the spots we think are ok that are the ones to be concerned about.

If you haven't had one in the last 12 months, this is your sign to book one.

NOTICE OF ANNUAL GENERAL MEETING

Annual General Meeting 2022 Hunter Melanoma Foundation Incorporated

This years is on Monday the 5th 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 President, Vice president, Secretary, Treasurer 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:



Sunsafe workplace

Sun Safety in the workplace is a focus area for HMF as we head into 2023, particularly for those businesses who employ outdoor workers.

We know that exposure to UV rays is 10x greater for those who work outdoors, yet there is no explicit requirement for sun safety training for those workers in line with other workplace health and safety guidelines.

HMF recently completed a survey of outdoor workers and were alarmed at the findings.

Whilst the percentage of workers who protect themselves with long sleeved shirts, sunglasses and wide brimmed hats was reasonably high at 82%, the percentage of workers who apply sunscreen before they go to work was very low at 23%. Of those that do apply sunscreen before work, 38% do not re-apply sunscreen throughout the day.

Another alarming statistic was that only 10% of those

surveyed apply sunscreen all year round. Most of those that do apply sunscreen only bother to do so in summer.

24% of those surveyed have already had a skin cancer diagnosis, but an alarming 66% know a colleague who works outdoors, that has had a skin cancer diagnosis.

Together we can work towards reducing workplace exposure to UV radiation. To meet health and safety requirements all businesses who employ outdoor workers should address UV radiation as a workplace hazard and ensure they have a sun safe policy in place to protect their employees which includes providing PPE to ensure protection. The employees themselves also have a responsibility to comply with these policies to ensure their own safety and protect themselves against UV radiation.

For more information on becoming a sun safe workplace, please contact claudia@hmf.org.au.

Yes, I would like to 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.

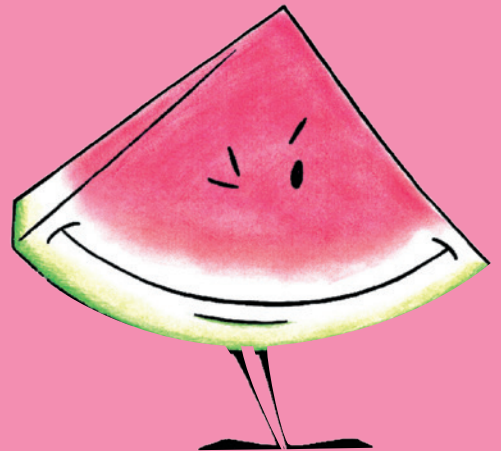
Signature _____ Date _____

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.



Thank you FOR YOUR SUPPORT

Bloomfield Group Foundation
Kristy Coulin
Tricia Evans
Jesse Field
Anthony Fowler
Allan George
Robyn Heaney
Murray Heddles
Dorothy Jackson
Ron Jenkins

Janelle Kirk
Koalakrane
Jacob LoCascio
Anne Manhood
Kaoirsten Marley
Barbara Murdoch
Beverley Murphy
Leonie Murray
Diane Outram
Vikki Shoosmith

Rob Sinclair
Ellen Skelton
Terry Smith
Michele Whitbourne
Jacqueline Williams
Monique Williams
Mark Williams
Monique Williamson
Jeni Wood-Eggs
Sally Wynne

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 /

CCV 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.