



pips 'n' pieces

NOVEMBER 2020



PO Box 278 Waratah NSW 2298 • P: 02 4985 0103 • F: 02 4985 0101 • E: info@hmf.org.au • W: hmf.org.au
Facebook: facebook.com/hmf.newcastle • You Tube: HMFmelanoma • Instagram: hmfnewcastle



Chair's Report

Janelle Kirk

Well 2020 certainly hasn't been a year anyone could have planned for. The global pandemic has had an effect on all of us to some extent. For HMF, it has placed us in a position where we have to re-think how we do things, not only in relation to our fundraising and delivery of our education programs, but also in relation to how we meet as a committee and how we provide patient support.

I am proud to say, that we have continued to deliver the sun safe and early detection message during the pandemic via our website and social media pages, and where possible and practical via live video conferences using Zoom.

One of the Projects HMF undertook during lockdown, was to create a video on how to perform a self skin check.



One of the Projects HMF undertook during lockdown, was to create a video on how to perform a self skin check. It's a really simple process, takes around 10 minutes and could save your life. If you notice anything new, or changes in anything old, then it's time to visit your skin check specialist or GP regardless of what's happening in the outside world.

It's a really simple process, takes around 10 minutes and could save your life. If you notice anything new, or changes in anything old, then it's time to visit your skin check specialist or GP regardless of what's happening in the outside world. If you have concerns about visiting your GP, please take the time to have a tele health appointment so they can advise you on how to proceed.

We recommend checking your own skin at the change of every season, and undergoing a professional skin check at least once a year. If you have history of skin cancer, your Doctor will recommend more regular skin checks depending on your circumstances and medical history.

As we head into the warmer seasons of Spring and Summer and start to venture outdoors a little more, we're thinking about COVID-19 safety and social distancing, but it's important that we don't forget about our sun safety and skin care as well.

Remember to check the SunSmart app for your daily UV rating and apply sunscreen, hat, sunglasses, protective clothing whenever you're venturing outdoors, and remember to seek shade wherever possible.

As we get closer to the end of 2020 it's also a good time to remind you of our upcoming Annual General Meeting. This years AGM will be held via ZOOM conference on Monday 14th December at 6pm. We invite all of our members and potential members to attend regardless of whether they would like to hold a position. Further details on how to register attendance appear later in this newsletter.

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 Stanton, Michele Whitbourne

AMBASSADORS

Holly Edmunds, Tracy Garner, Patrick Langlois, Daniel Martine, Erin Lewis

EXECUTIVE OFFICER

Claudia Tolhurst

PUBLIC OFFICER

Jacqueline Evans



Treasurer's Report

Jacque Evans

At this time of year I would normally be telling you about all the fabulous fundraising events we've had in the past months, but 2020 has been far from normal.

We were forced to cancel our annual fundraising Race Day and Mad Hatter's High Tea. These two events have been a tradition at HMF for many years and have been an excellent source of fundraising as well an opportunity to mix on a social level with some of our long time and fabulous supporters.

We really look forward to a Covid free future when we can all join together, celebrate and raise funds (and a glass or two) for the cause we are all so passionate about. Until then, we will continue to work on new ways to raise funds in a covid safe way.

One of our recent fundraising efforts was via our HMF gift packs. You may have seen our Executive Officer, Claudia Tolhurst on NBN news a couple of times in the last couple of months. Claudia was promoting our Mother's Day and Father's Day gift packs which were a big hit and kept her and some of our volunteers on their toes collating orders, packaging and delivering. A big thank you to everyone who purchased a pack, who not only supported HMF, but allowed us to then support local businesses like Frame Promotional Products and Gemelli Estate Winery who have been big supporters of HMF for many years.



We really look forward to a Covid free future when we can all join together, celebrate and raise funds (and a glass or two) for the cause we are all so passionate about. Until then, we will continue to work on new ways to raise funds in a covid safe way.



We are very excited to announce that all of our merchandise is now available via our website through our online shop and with Christmas just around the corner, there are some great stocking fillers available.

We know this is a difficult time for everyone and the financial impacts of Covid 19 have been harder on some than others. If you'd like to support HMF, without any cost to you, you might consider opening a Community Reward account with Beyond Bank. Again this year, thanks to our supporters, Beyond Bank have donated over \$3,000 to HMF. The more you save in your Community Reward account, the more money Beyond Bank donate to HMF at no cost to you. There are local branches at Glendale, Hamilton, Cessnock, Greenhills and Singleton. If you'd like more personal service, Beyond Bank Mobile Manager Paula Pepper will come to you – just give her a call on 0407 481707.

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.



It's been 6 months since our last newsletter, 6 VERY LONG months.....and a lot has changed in that time as we all struggle our way through the global pandemic and find our way into the new normal.

The pandemic has forced many changes to our day to day lives, but one thing remains constant - our fight to defeat melanoma.

One of the issues Covid-19 brought with it, was a cancellation of skin check appointments. After discussing this with a local skin check clinic, I believe around 30% of patients cancelled their regular skin check during the height of the pandemic. If you were one of the 30%, please

make the effort to re-book as soon as possible – early detection is key to survival.

We are consistently adapting to the new normal and working on new ways to fundraise as well as ways to get the message out that prevention and early detection can be life saving.

In June we released our Check & Protect video – the first of it's kind in Australia. The video is a short animated film put together by a local animator, Nathan Cox. It provides a step by step guide to not only checking your own skin but includes tips on protecting your skin. The video is available to view on our website or u-tube channel. You can view the video here : <https://youtu.be/AGV2YVwupfY>

In April we started to think outside the square, and with everyone stuck at home and with Mother's Day fast approaching, we released our Mother's Day gift packs including free local delivery. The packs were very popular and brought some much needed funds into the foundation. So successful in fact, that we repeated the deal for Father's Day. Thank you to everyone who supported HMF by purchasing a Gift Pack and a big thankyou to the Volunteers who helped out with packing and delivery.

We will continue to work on the new normal and will keep you advised of our upcoming Covid friendly fundraising ideas.



In June we released our Check & Protect video – the first of it's kind in Australia. The video is a short animated film put together by a local animator, Nathan Cox. It provides a step by step guide to not only checking your own skin but includes tips on protecting your skin.

Vale John Stevenson

John Stevenson was one of the first patients treated at the Newcastle Melanoma Unit when it was established at the old Wallsend Hospital in 1981. John's melanoma was on his back and required extensive surgery and follow up treatment. He always considered himself one of the lucky ones and made a commitment to raise awareness to melanoma in the Hunter Region (at that time considered a 'hot spot') and to support the Newcastle Melanoma Unit in appreciation of the care he received.

After talks with the Melanoma Unit doctors and staff John took on the task of forming the Hunter Melanoma Foundation – a charity that would solely support melanoma patients, staff, research and awareness and education in the Hunter.

John called a meeting of interested parties in mid 1980's and over 200 people attended. The Hunter Melanoma Foundation became an incorporated body and registered charity in May 1989.

Members of the Foundation, led by John and supported by his wife Verna, worked tirelessly to raise funds through dinner dances, monthly (and much appreciated) cake stalls at the Wallsend Campus, regular raffles, golf days and the annual Christmas



Fete. In particular they were actively involved in raising funds for two NBN Telethons – in 1989 and 1991 – these funds formed the basis of the funding for the Mater Institute where the Melanoma Unit is located.

John was passionate about raising awareness – especially to the importance of early detection in men over 50.

We owe a huge debt to John without whose foresight and hard work the HMF would not be the driving force it is today – still committed to melanoma - raising awareness, supporting staff and patients and research in our region.

John passed away in early May this year. Rest in peace John.



In the Community

Again, the pandemic put a stop to our community awareness campaigns and as a result we have been raising awareness through digital means. As COVID restrictions start to ease, we will move our way back out into the community so that we can continue to reduce mortality rates from melanoma in the Hunter.

Spot Check

We are very excited to announce that we have received funding from two sources to run some much needed and potentially life saving skin check clinics here in the Hunter over the next 6 months.

With the financial support of Club Grants NSW - Western Suburbs (Newcastle) Leagues Club – we are delighted to be partnering with Hunter Surf Life Saving offering free Skin Check's one Sunday per month from November through to March to their members. The local Surf Life Saving community risk their lives on a regular basis to keep us all safe when we're at the beach and we are delighted to be able to offer this service to say thank you for the work you do

and return the favour by keeping them safe from the sun. Another grant from Novartis Australia, will allow us to offer the Spot Check program to the general public beach goes one Saturday each month over the same period.

We are very grateful to the Doctor's from Newcastle Skin Check who have volunteered their time to assist with Round 1 on the weekend of the 7th & 8th of November. Further dates are to be confirmed and announced on our Facebook page and website in the coming weeks.

















Nova Alliance Bank have also provided us with funding to provide each skin check patient with co-branded sunscreen samples.

HMF Merchandise

We have a variety of merchandise available for sale via our website shop.hmf.org.au. There are some great sun-safe items like hats and umbrella's that we are building on regularly and also some fun novelty items like watermelon candles and bath bombs. Some perfect stocking fillers and gift ideas with Christmas just around the corner.

COMING SOON – keep an eye out for our SPF50+ rash shirts which should be ready before Christmas.

Purchasing from HMF is not only supporting a local charity, it's also helping us to support local business in the Newcastle Hunter Region.

 BATH BOMBS \$6.50	 BLACK CANVAS HAT \$20.00	 KID'S BUCKET HATS \$20.00	 LIP BALM \$3.00	 WATERMELON SCENTED CANDLE IN A MUG \$20.00	 WATERMELON SCENTED CANDLES \$25.00	 HMF PENS \$3.00	 KEEP IT KUPS \$10.00
 BLACK TRUCKER CAP \$15.00	 GOLF UMBRELLA'S \$30.00	 LIP BALM PACK \$5.00 \$6.00 SALE	 PINK TRUCKER CAP \$15.00	 WATERMELON SUN HAT \$20.00	 WHITE CANVAS HAT \$20.00	 RE-USABLE FOLD UP SHOPPING BAGS \$10.00	 STUBBY HOLDER \$10.00

Practice What You Preach

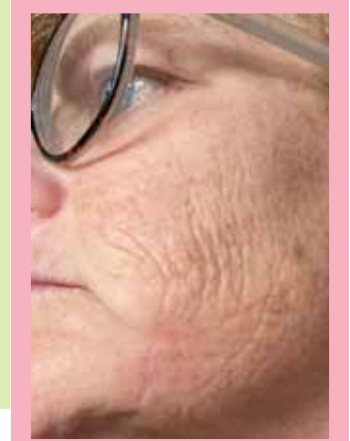
When I was a teenager, I spent my weekends at the beach with my friends. Back then, 'rash shirts' didn't exist and we didn't have the knowledge or education that we have access to now. When my tanned friends lied there in the full sun with tanning oil, I thought that was how you got a tan so I joined in the fun. Unfortunately, that led to many days of red raw sunburn, blistering, peeling and definitely no tan for me. The 'old wife's tail' treatment for sunburn was a nice hot bath filled with vinegar. Imagine treating a burn with that these days ?

As a result of that teenage behaviour, my family history and my role here at HMF, I am very diligent when it comes to checking my own skin. I'm always on the lookout for new spots or changes to existing spots and check my skin at the change of season, every 3 months. My annual skin check is due around July/August each year and I make sure I make the appointment when I get the reminder.

I attended Newcastle Skin Check in August, for my annual appointment, thinking there were no issues, because I hadn't noticed any changes. Unfortunately, I was wrong. Dr Azzi found a Basal Cell Carcinoma on my face sitting inside an existing scar that had been there for many years.

The moral to the story

1. Even if you're diligent with your self skin checks, it really does pay to have a professional take a look on at least an annual basis, and
2. Look after your skin now so you don't pay for it later in life



Notice of Annual General Meeting

Annual General Meeting 2020 Hunter Melanoma Foundation Incorporated

- Commencing at 6.00pm
- Via ZOOM – please email claudia@hmf.org.au or call 0412 955934 to receive an invitation to the Zoom meeting.
- Monday 14th December 2020

The HMF Committee consists of Chairman, Vice Chairman, Secretary, Treasurer, Melanoma Unit Liason and four committee 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 advice Claudia of your interest and attendance. 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:

David Wallace

You may remember back in the November newsletter last year, we shared the story of David Wallace. David was standing in line at the St George Bank, Kotara, between Christmas and New Year 2018, when the guy behind him gave him a tap on the shoulder and alerted him to a spot on his arm which turned out to be an aggressive melanoma.

David had the melanoma (not his first) removed within the fortnight and we shared his story in an effort to find the “Hero” that alerted him to the spot. Despite the attention the story got on our social media pages and newsletter we have never located the Hero in David’s story.

Unfortunately, David’s story doesn’t end there.

In April this year, David was being treated for what was thought to be a bladder infection. After not responding to antibiotics, further investigation led to a diagnosis of bladder cancer in early May.

In early June, David had surgery to remove a 28mm tumour from his bladder, later that month the tumour was confirmed to be an invasive melanoma.

A PET scan in early July found that the melanoma was also in David’s Gall Bladder.

During this time, David also had two further melanomas removed from his arm and his buttocks.

On the 21st of July, David was diagnosed with Stage IV melanoma and an MRI a week later confirmed that the melanoma had metastasized to his brain where he now had 10 tumours.

David started immunotherapy treatment at the Calvary Mater Newcastle on 7th August and has completed 3 treatment cycles with his 4th due this week (9th October).

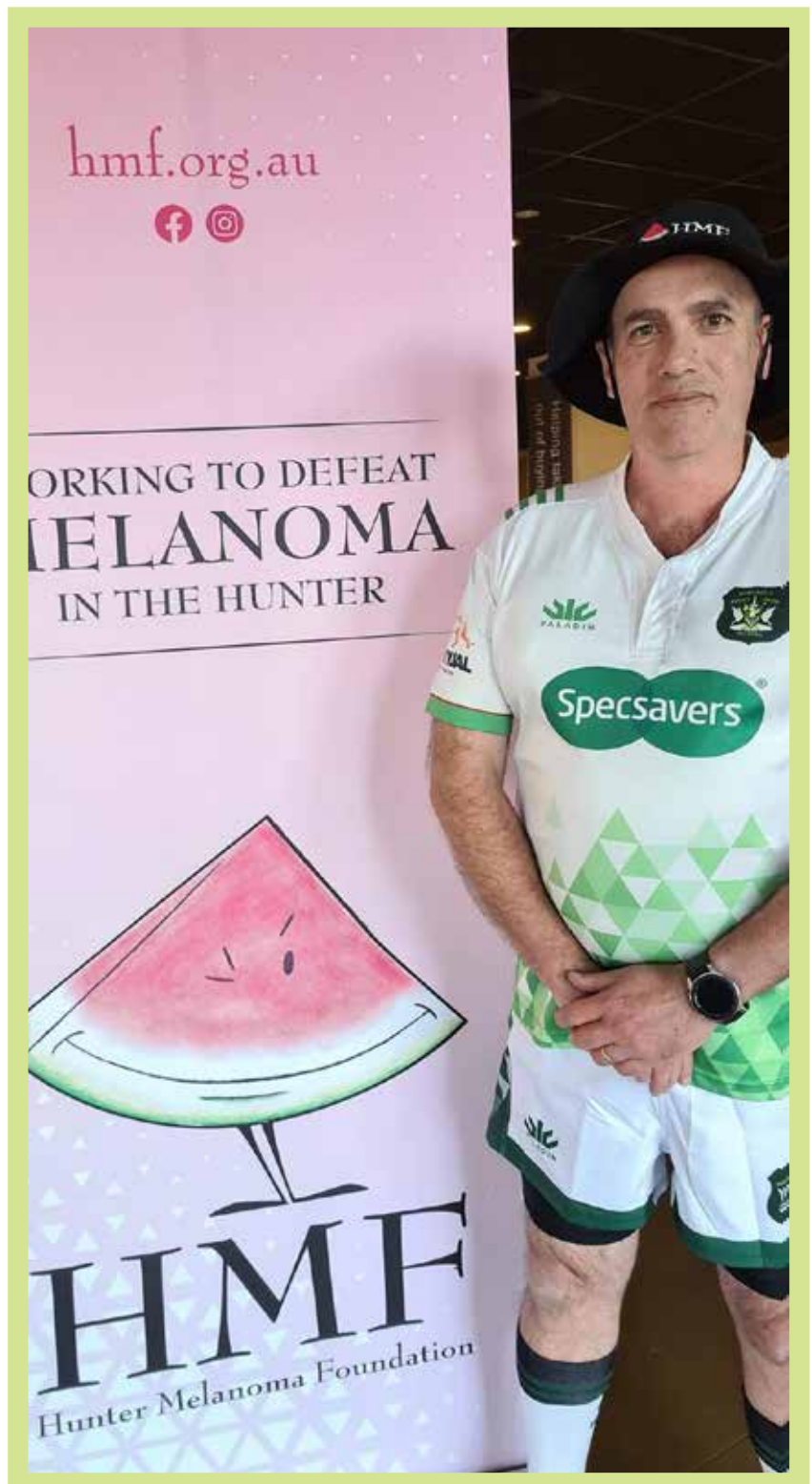
David is a well known Referee in the Newcastle & Hunter Rugby Union community and prior to COVID was working with HMF on a Melanoma awareness and fundraising round of local rugby. He continues to work towards that goal for next season and we look forward to helping him achieve it.

David has labelled himself the “HMF Poster Boy” and is allowing us to continue to share his story in the hope that it raises awareness about the importance of sun protection, prevention and early detection of melanoma.

We know the HMF community will be behind David and his family as he continues on his melanoma treatment path, and we thank him for allowing us to be a part of that journey.



David has labelled himself the “HMF Poster Boy” and is allowing us to continue to share his story in the hope that it raises awareness about the importance of sun protection, prevention and early detection of melanoma.





Not only are you helping your club, school or charity, you'll also get extra benefits.

BENEFITS:



Supporting clubs, schools and charities made easy



Special offers and savings exclusive to members



Digital Ritchies Card with an easy-to-use app



Free to join - start saving instantly



Exciting News!

Our Fundraising Partner Ritchies IGA, are launching their new Ritchies Card, incorporating the Community Benefit Program and this will not only benefit our organisation, but also all our members.

Since we started with this program, HMF has received \$4,693.70 in donations from Ritchies.

The program now has an App for both IOS and Android smart devices. For those members who don't have a smart phone, or would like a physical card, this option is also available and can be linked to the App.

Every month, our organisation will receive 0.5%* of our members' spend in Ritchies Stores PLUS our members will receive special offers and member only specials via the App.

*T&C's apply see <https://www.ritchies.com.au/ritchiescardterms>

Featuring monthly promotions, cheaper prices for you, Collect and Win, as well as games and lots more fun things to do, this is a great opportunity to support the Hunter Melanoma Foundation.



You can download the Apps by scanning the QR codes below - or search for Ritchies in the Apple App Store or Google Play.

Thank you for your support

A Bailey
A Moroney
All Saints College Maitland
Aussie Bob's Fish & Chips
B Bernasconi
B Murdoch
C Moran
Cessnock Wine Country Lions Club
D Farmer

I Pfennigwerth
J Drinkwater
K Byles
Koala Krane Port Stephens
Lions Club of Forster Tuncurry
Lions Club of Newcastle
M Reid
M Whitbourne

Michel's Patisserie Pender Place,
Maitland
Novartis Pharmaceuticals
O Streitberger
Orrett Family
R Sinclair
Suncorp Call Centre
Three Bears Kitchen
V Shoemith
West Group Newcastle



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 \$ _____

I have enclosed my cheque / money order made payable to: **Hunter Melanoma Foundation**

OR please charge my credit card Visa Mastercard

Card Number Expiry

Name _____

Address _____ Postcode _____

Signature _____

Please return your gift to: **Hunter Melanoma Foundation PO Box 278 Waratah NSW 2298.**