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Joyous June or Damp Squib?

Is your glass half full or half empty?



Joyfulness is all about finding the joy in life, even when things are difficult. Research has shown that experiencing positive emotions in a 3-to-1 ratio with negative ones leads to a tipping point beyond which we naturally become more

Action for Happiness is a charity who provide lots of useful resources aimed towards helping people take practical action on becoming happier. Their monthly calendars are packed with actions to help create a happier and kinder world. This month their theme is **Jump Back Up July** it outlines daily actions to help you **appreciate the little things and find more joy.**



https://www.actionforhappiness.org/media/1023622/july_2021.jpg



NEWSLETTER

The Virtual Café



23rd June



Attendance: 7



Guest: Speaker: Sarah Browne, Healthwatch Community Engagement Lead

Topic: Healthwatch Surrey

Healthwatch was set up to ensure that the views and experiences of people across the country were heard clearly by people who run and plan health and social care services. A Healthwatch exists for every county in the UK; each have their own web-site.

Healthwatch Surrey is an independent organisation that gives people a voice to improve and shape services and get the best out of local health and social care services.

It enables people to share views and concerns about local health and social care services, we provide evidence-based feedback to commissioners and providers to influence, inform and, if necessary, challenge decisions and plans and we can provide, or signpost to, information about local services and how to access them. We provide the free independent advocacy service for people wishing to make a complaint about poor NHS care. This enables complainants to take forward a case to the Ombudsman or the Courts with expert assistance.

All Local Healthwatch have core funding by central government via the relevant local authorities. However, each local authority ultimately determines the amount paid to their Local Healthwatch for the duration of their concession.

In addition, Local Healthwatch are able to generate income from other sources by carrying out particular pieces of work e.g., specific engagement or research activity.

There are many more FAQs on their website which are worth reading and provide a good oversight of the Healthwatch organisation, which can be found at <https://www.healthwatchsurrey.co.uk/about-us/faqs/>

Sarah has been working at Healthwatch Surrey for over 3 years. Her main responsibility is to plan and implement the Healthwatch Community Engagement strategy. She ensures that Healthwatch hears from everyone across Surrey by using a coordinated and focused approach incorporating visiting GPs, hospitals, community providers, Voluntary Community and Faith Sector (VCFS) groups, social care and targeted outreach in every Surrey Integrated Care Providers (ICP).

We were pleased that Sarah and her volunteer colleague Alice Walker joined us on the VC, as it provided us an opportunity to express some of the experiences (both good and bad) we had encountered, both at GP Practices and RSCH and Frimley Hospitals. The range of topics covered:

Mislaid biopsies

GPs texting

Failure of electronic prescription service

NEWSLETTER

The Virtual Café (Cont'd)



Guest: Speaker: Sarah Browne, Healthwatch Community Engagement Lead

Topic: Healthwatch Surrey

Feedback reports are written and distributed to organisations such as:
Surrey Borders Partnership
RSCH
Midwifery
Adult Social Care

Our thanks go to Sarah and Alice for attending this Virtual Café and explaining what Healthwatch Surrey is about and hearing our views and comments.

Let's celebrate the end of Lock-down

Note that our happy hour which was scheduled for the 13th of July (the second Tuesday of the month) has now been rearranged for the 20th July in anticipation of the end of Lock-down on the 19th July.

We will be meeting at the Onslow Arms at West Clandon, which has ample outside meeting space, at 6pm for a celebratory drink. Further details will be sent out nearer the time.



Block Out the Date:

Topic

Guest Speaker

Happy Hour	20th Jul	6:00 pm	End of Lock-down celebration at Onslow Arms	
Virtual Café	21st Jul	10.00 am	Surrey and Sussex Cancer Alliance	Boba Ranglelov
Happy Hour	3rd Aug	7:00 pm	Prehabilitation/Rehabilitation	June Davis
Virtual Café	25th Aug	10.00 am	Macmillan	Mark Witcombe



THE INTERVIEW

This month we talk to:

Kate Upshon, Lead Macmillan Clinical Nurse Specialist Skin Cancer

Founder clinical member of MelaNoMore

Q: How and why did you enter the nursing profession?

A: When I was young, like many other children, I just knew I wanted to be a nurse. For some, dreams change, but for me that wish remained. I started working at the RSCH in 1997 and qualified as a nurse in 2000, so some 24 years ago and the time has rushed by. My career has been varied; I initially worked as a surgical nurse, then undertook midwifery training, had a spell at Frimley hospital as a transfusion practitioner, back to oncology surgery at RSCH and then into chemotherapy assisting research programmes. In 2005 I achieved a BSc, Cancer care and became a Cancer Nurse Specialist (CNS) in 2015. I took up my current role of Lead Skin CNS in Sep 2019.

Q: What does your job involve?

A: I am the team lead for the CNS'. There are 4 of us at present and the team will also include an Advanced Nurse Practitioner in the future. I provide leadership to the clinical team, develop new roles/ways of working in order to enhance the service for skin cancer patients. The team is involved in administering all manner of skin cancer treatments and also running research trials to assist with research. I still very much enjoy being hands-on with skin and maxillofacial patients. Of course, the team covers the entire pathway of the patient from diagnosis through to cure and follow up.

Q: What are the best and worst aspects of your job?

A: The best aspect of the job is that I can really get to know our patients and their families and know that we do make a difference for them. Like every job there are the less exciting parts which for me is the Admin. National Standards have to be adhered to, this involves a lot of paper work and with staff isolating with or from Covid, the manpower to deal with this has been less than usual.

Q: How do you relax?

A: Relax? – I've forgotten what that means! My second job is a taxi driver running my very energetic kids to various sporting activities. But when I do get the time, I enjoy going out with friends for meals. I also enjoy canvas painting.

Q: What is your favourite food..... and tippie?

A: A meal at a Thai restaurant would always be my favourite. I am probably the most invited person to gatherings! - I'm not a lover of alcohol and can always be relied on to be the driver of the group. Just provide me with an orange squash or fizzy water and I will be happy.



THE INTERVIEW (Continued)

Q: How did you cope during lock down and what are you most looking forward to doing now that covid restrictions are being lifted?

A: Unfortunately, I have had to isolate three times, once when I actually got it (prior to vaccine) and other times when I had been in contact with others. St Luke's coped well during the height of the pandemic. Its location enabled it to be isolated fairly easily from the main hospital. Currently RSCH is Covid free and we have no Covid patients.

We had to transfer our qualified staff to the Intensive Care Unit (ICU) during the pandemic, but despite this we provided a full service. Bigger surgeries were cancelled due to a lack of wards and appointments were mostly by telephone, but we always met with patients if the need was there.

Like many others I just want to go on holiday!

Q: What do you dream of doing that is achievable?

A: From a professional perspective, I want to ensure we have a well-trained, robust and sustainable team who are able to deliver treatments and well-being to all skin cancer patients now and into the future.

From a personal point of view, I want to ensure that I my kids turn into well balanced adults. I used to play a lot of hockey and I want to get back into that..... and of course I want to win the lottery!

Q: How do you see your job changing in the next 3-5 years?

A: There is no doubt that the volume of patients will increase and we will be busier still in the coming years. One of the ways to increase efficiency will be through the introduction of "Patient Passports". This document will be a record of your journey with skin cancer. It will not just be a record of appointments, diagnoses and treatments but it will also be an educational tool. It will provide advice on many things e.g., how to check your skin, side effects of treatments and mitigation, what to expect on your pathway. The aim is to provide the patient with better understanding and control of their condition and to ensure the pathways are smoother. New treatments are expected to be introduced as a result of the trials which are currently up and running.

Many thanks to Kate for talking to us. We wish her and her team every success in the future.



Enjoy the Summer
flowers and feel good.



News From The World of Melanoma

We are intending to provide information on this page of what other charities and support groups are doing within the world of melanoma.

This month we are focussing on **Cancer Support UK** and **The British Skin Foundation**.



Cancer Support UK provides practical and psychological support to people with cancer, during and after the treatment period. We support people with all kinds of cancer across the UK. Our services are designed and delivered by people who have experienced cancer themselves to improve the experience of others.

We believe emotional or psychological support for people with cancer is essential to recovery, and there is a growing body of scientific research to support this. Psychosocial factors play a significant role in the progression of cancer and can dramatically affect a person's quality of life.

This is why we have now refocused our services to concentrate on emotional and practical support – to make the biggest impact we can, with the resources that we have, for people living with cancer.

Our Cancer Coach programme is an eight-week structured peer support and resilience course – delivered by phone – for people nearing the end of cancer treatment, or who have finished physical treatment. Developed by a range of experts, the programme offers much needed encouragement and emotional support, which is fundamental to recovery. Groups are run by people who can empathise and understand what it's like – as they have experienced cancer themselves.



Our Cancer Kits include a range of practical items for adults and children currently experiencing cancer. They have been designed by people who have had cancer themselves, to provide practical and handy items that people will find genuinely useful during their treatment. We have Cancer Kits, Chemo Kits and Kids' Kits, which we supply free of charge and can be ordered directly from our website.



Editor's Comment

Cancer Support UK took a conscious decision to step away from being another cancer research charity and have focussed all their efforts into providing UK support through their Cancer Coach programme and practical help with their free Cancer Kits. They support people with any type of cancer. They are well funded and had an expenditure 2019 of circa £450k. Well worth a look.

<https://cancersupportuk.org/>.

News From The World of Melanoma



The British Skin Foundation is the only UK charity that raises money to fund research into all types of skin diseases, including skin cancer.

Sixty percent of British people currently suffer from or have suffered with a skin disease at some point during their lifetime. Whilst some skin conditions are manageable, others are severe enough to kill.

<https://www.britishskinfoundation.org.uk/>

We are here to help change that by raising money for vital research to help find cures and treatments for common skin conditions like eczema or acne, through to potential killers like malignant melanoma.

Founded in 1996, the British Skin Foundation has supported 400 research projects and awarded £16,000,000 in funding across all skin diseases.

Whilst we are dedicated to raising money for research, we also aim to raise awareness of skin diseases in the wider community. We're committed to educating people about the different skin conditions, helping to reduce stigma and promote understanding.

Supporting the science

The British Skin Foundation raises money to fund research into all skin diseases, including skin cancer.

Our research ranges from finding out why skin cancers spread, to prevention of skin cancers by using better sunscreens. In 2019, researchers at Newcastle University developed a pioneering melanoma test which predicts whether an early melanoma is likely to spread or return.

Recent research projects include:

- *Are patients with psoriasis predisposed to heart disease and stroke, obesity and depression?*
- *Mental health problems in eczema and psoriasis.*
- *Better diagnosis of severe allergic reactions to medication.*
- *Lichen sclerosus and urinary incontinence.*
- *Finding out why skin cancers spread.*
- *Prevention of skin cancers using better sunscreens.*
- *The role of bacteria in leg ulcers.*

BSF also test a number skin products and if their prestigious logo is found on a product than you can rest assured it has been thoroughly tested and is safe to use.

Editor's Comment

If you are interested in skin disease and skin cancer research, then this no-nonsense site is the one for you. For those that enjoy the macabre there are a number of nasty looking photos of skin disease!

Buddies and Friends



Have you just received your diagnosis?

Are you still on the road to recovery?

Are you undertaking treatment?

MelaNoMore

Buddies

Let's talk

Are you feeling Anxious, Fearful, Apprehensive?
Does your family/carer need help to understand your situation?
Do you just want to chat with someone who understands what you're going through?

MelaNoMore has now established '**Melanomore Buddies**' allowing Buddies and Friends to get together

For further information visit www.melanomore.net (click on Support Icon) or email: melanomore.buddy@gmail.com



Chris Caswell, Lead –

The MelaNoMore Buddies system continues to offer support via the Buddy / Friend one to one pairing. A Buddy, who perhaps has had more experience of the melanoma path and process, is paired with a Friend, who is possibly newer and in need of support and a listening ear.

This pairing offers support to share information, to discuss worries and concerns on a one to one basis, without the constraints of appointment time slots. This support pairing is away from the standard clinical appointments, on a more frequent basis, probably weekly or more.

Contacts may be of quick ad hoc text or WhatsApp messages, interspersed with longer possibly weekly phone calls.

We currently have 11 Buddy /Friend pairs operating, and they have shared 112 phone calls, and sent 80 texts, WhatsApps or emails between them since the Buddy Scheme launch nine months ago, in October last year. I can even report that we have now have a second pairing that have met up face to face ,despite our troubled times.

Buddies and Friends report that scheme is very worthwhile and of benefit to both parties. From personal experience, conversations cover a wide range of topics and concerns, not necessarily in relation to melanoma, and can be on a sharing friendly basis, both ways.

If you wish to join this support group, as either a Buddy or a Friend, please send an email to

Melanomore.buddies@gmail.com

This page is for your contributions to the Newsletter. There are no limits on content.

During the month of June it was Fathers Day. In celebration of Father's Day, the supermarket Aldi invited people to submit their funniest dad jokes, with stand-up comedian Mark Watson was enlisted to judge the best entry. What do you think?

Why did the man fall down the well? Because he didn't see that well!

*** The Winning Joke ***

*I once hired a limo but when it arrived, the guy driving it walked off!
I said "Excuse me? Are you not going to drive me?"
The guy told me that the price didn't include a driver...
... so I'd spent £400 on a limo and have nothing to chauffeur it!*

What did the daddy buffalo say to his son when he left for work? Bison

What did the pirate say on his eightieth birthday? "Aye Matey!"

What do you call a zombie who cooks stir fries? Dead man wok-ing

I was wondering why the frisbee kept looking bigger and bigger, and then it hit me

I was stood behind a customer at an ATM and he turned around and said "could you check my balance?" - so I pushed him. His balance wasn't that great.

Why did the scarecrow get an award? Because he was out standing in his field!

We hope you enjoy this Newsletter. Please let us know or if you have any suggestions for improvement or any articles may wish to publish. You can contact us on:

melanomore@googlegroups.com



MelaNoMore VACANCIES

We continue to have vacancies on the Committee and are also in need of volunteers to assist the Committee with tasks or roles - such as:

- *Website designer
- *Linked sites project
- *Minutes Secretary
- *Health & Wellbeing lead
- *Deputy Newsletter Editor

If you are interested in helping out with any of these roles or wish to join the Committee, then drop a line to

melanomore@googlegroups.com

Include your phone number and we will ring you back to discuss with you.

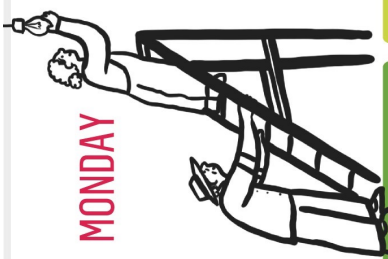



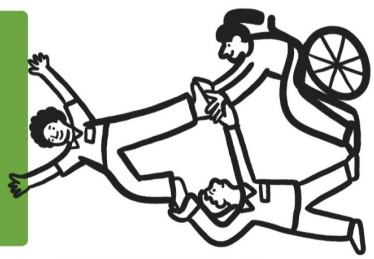


Jump Back Up July 2021



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Get the basics right: eat well, exercise and go to bed on time	 6 Pause, breathe and feel your feet firmly on the ground	 7 Shift your mood by doing something you really enjoy	1 Take a small step to help overcome a problem or worry 2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	9 Put a problem in perspective by seeing the bigger picture 16 Find fun ways to distract yourself from unhelpful thoughts	3 Be willing to ask for help when you need it 10 Reach out to someone you trust and share your feelings with them	4 Find something to look forward to today
12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	8 Avoid saying "must" or "should" to yourself today 15 Set yourself an achievable goal and take the first step	23 Remember that all feelings and situations pass in time 30 Reach out to a friend, family member or colleague for support	11 Look for something positive in a difficult situation 17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter 24 Choose to see something good about what has gone wrong
19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down 29 Be a realistic optimist. Focus on what could go right	25 Notice when you are feeling judgmental and be kind instead 31 Remember we all struggle at times - it's part of being human	 25 Notice when you are feeling judgmental and be kind instead	 25 Notice when you are feeling judgmental and be kind instead

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

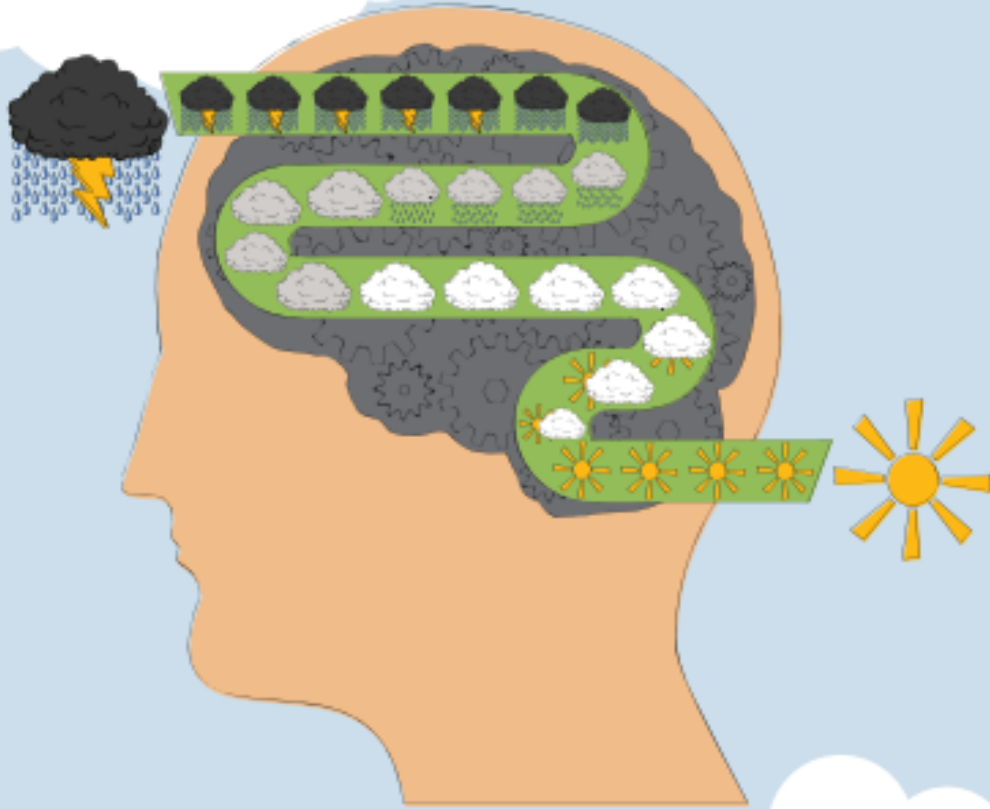


ACTION FOR HAPPINESS



Connect with people
www.actionforhappiness.org

If you can't **CHANGE** it,



change the way you
THINK about it

ACTION FOR HAPPINESS

Find ways to bounce back
www.actionforhappiness.org