

PIPS 'n' PIECES

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FEBRUARY 2023



Welcome to 2023

Happy New Year and welcome to the 35th year of the Hunter Melanoma Foundation.

2022 was another successful year at HMF as we continue to work towards our goal to defeat melanoma in the Hunter.

We've had a busy year of fundraising featuring our joint event with the Hunter Breast Cancer Foundation, Knockers & Moles, and our own signature events such as the Race Day, 2 Movie Days, Lace up for Melanoma and Gimme 5. Our fundraising events play an important role in allowing us to fund the ongoing projects we do in the local community.

We also secured some funding thanks to the local companies and businesses who provide us with Grants or donations from time to time to help us deliver our programs. This year was no exception to the generosity of the local community with HMF receiving funding or donations from Koaladrane, Nova Alliance Bank, Beyond Bank, The Wests Group, Bloomfield Group Foundation, Orrett Family, AGL.

The education space started to open up after the interruptions of the Covid Pandemic giving us access to

deliver our schools program to local high school students. We also delivered our workplace education program to local companies including Bengalla Mine, Custom Fluid Power and Cessnock City Council.

Our social media presence is growing each month on all three platforms of Facebook, Instagram and Linked In and we continue to deliver education to our followers through these networks.

We had some great activations in the community in 2022 which included Belmont Rotary Club, Newcastle Show, Men's Shed Muster, Paddle NSW Harbour Series, Singleton Mines in the Community Day, Muswellbrook Bengalla Mine Community Day. At each of these events there was great community engagement with our volunteers especially with the UV camera when it was available. Of course, our Spot Check program will always be our most impactful program and 2022 was no exception.

We're excited to see where 2023 takes us and have some great plans to put into place to work towards our goals and celebrate our 35th year.

Celebrating 35 Years

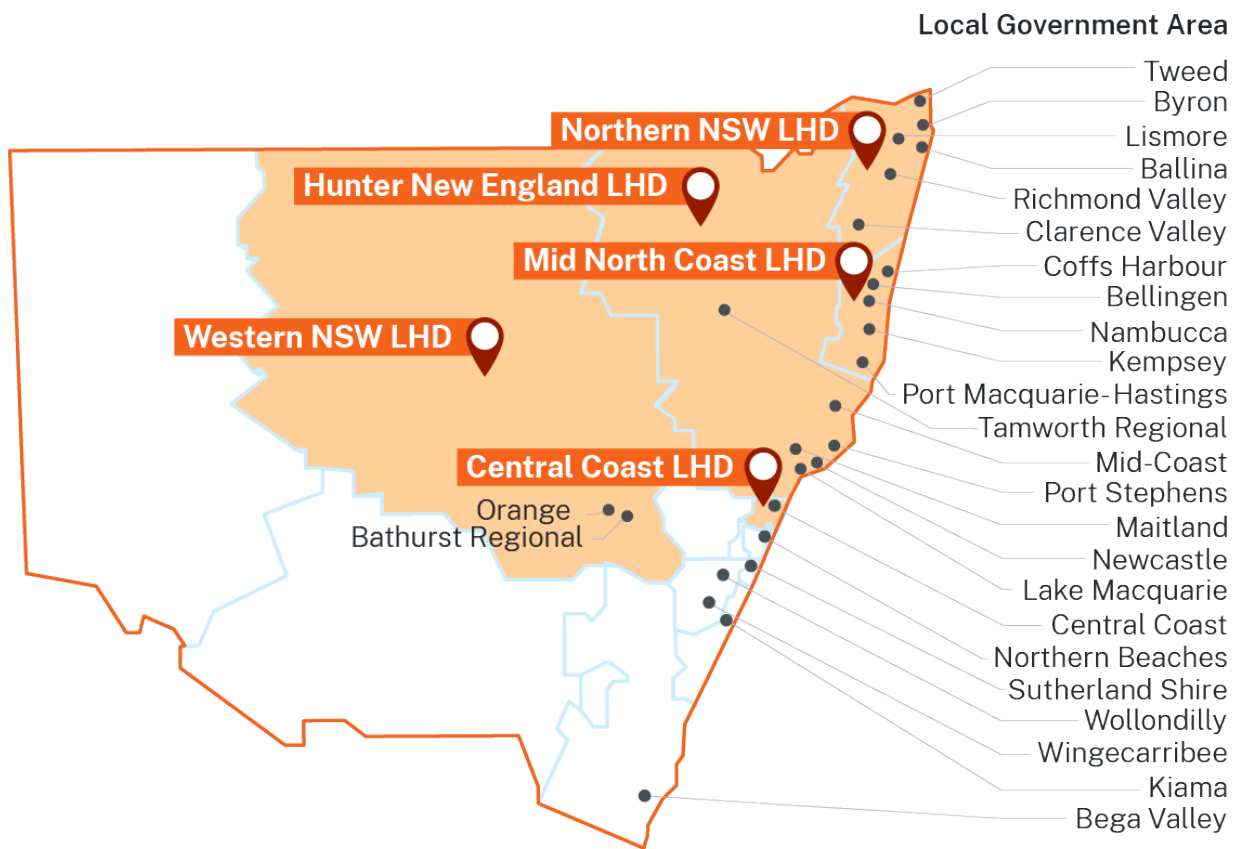
In 1981, Dr Bob Sillar and his colleagues co-founded the Newcastle Melanoma Unit when they realised that Newcastle had the highest incidence of melanoma in Australia and possibly the world.

After a successful start, and with the support of local Surgeons, General Practitioners and Dermatologists, they realised that in order to achieve their objectives, they needed community support which resulted in the formation of the Hunter Melanoma Foundation (HMF). The Foundation was initially formed in 1986 and in 1988 was

incorporated under the Associations Incorporation Act to become a Registered Charity.

Over the past 35 years, the education and awareness programs of the HMF have made a significant contribution to reducing the rates of melanoma in the local community.

Whilst progress continues to be made, we still have some work to do according to data released in November 2022, by the Cancer Institute of NSW. The data shows the local areas across NSW with the highest burden of melanoma.



MELANOMA HOTSPOTS BY LOCAL HEALTH DISTRICT

1. Northern NSW LHD
2. Mid North Coast LHD
- 3. Hunter New England LHD**
4. Central Coast LHD
5. Western NSW LHD

MELANOMA HOTSPOTS BY LOCAL GOVERNMENT AREA

A local government area represents a specific area within a local health district.

- | | | |
|----------------------------|---------------------------|-----------------------|
| 1. Ballina | 10. Bathurst Regional | 20. Maitland |
| 2. Lismore | 11. Mid-Coast | 21. Wollondilly |
| 3. Richmond Valley | 12. Port Stephens | 22. Wingecarribee |
| 4. Clarence Valley | 13. Kiama | 23. Tamworth Regional |
| 5. Byron | 14. Kempsey | 24. Newcastle |
| 6. Coffs Harbour | 15. Lake Macquarie | 25. Bega Valley |
| 7. Sutherland Shire | 16. Orange | |
| 8. Port Macquarie-Hastings | 17. Nambucca | |
| 9. Tweed | 18. Northern Beaches | |
| | 19. Central Coast | |

To read more: [cancer.nsw.gov.au/prevention-and-screening](https://www.cancer.nsw.gov.au/prevention-and-screening)

Prioritise your health this year.

As we settle into a new year and start to think about ideas to prioritise our health, we urge you to make healthy skin a priority on your list of goals. Here are a few simple steps you can take to help you achieve your skin goals ;

1. Make sure you're checking your skin at every change of season. You can learn how by visiting the HMF website to view our Self Skin Check video.
2. Book your annual skin check – some clinics have long waiting times so the sooner you book, the sooner you get in.
3. If you notice a new or changing spot that you're concerned about, and your skin clinic is booked out, book an appointment with your GP and ask them to perform a simple biopsy. If the results are concerning, a referral to a skin clinic will prioritise your appointment.
4. Go through your sunscreen supplies and check the expiry date. An expired sunscreen will not offer you the protection you need.
5. Plan your outdoor trips to ensure you're well covered when it comes to UV protection.
6. Download the Sunsmart app and set yourself up to receive daily UV alerts. They're a great reminder to cover up when the UV is above 3.
7. Keep a wide brimmed hat, umbrella and tube of sunscreen in the car so you don't get caught off guard with no sun protection for impromptu outdoor activities.
8. Invest in a rash shirt or sun protective swimsuit to keep you covered at the pool or beach.
9. We often miss areas when applying sunscreen – make sure you cover your hands, feet, neck and ears.
10. Invest in a bakslap so you can apply sunscreen to your hard to reach areas like your back.

Your future skin will thank you!

HMF COMMITTEE 2023

Executive Officer – Claudia Tolhurst

Chairperson – Janelle Kirk

Vice Chairperson – Michele Whitbourne

Secretary – Rebecca Evans

Treasurer – Jacqueline Evans

Public Officer – Jacqueline Evans

Support Group Facilitator – Lisa Hamilton

General Committee Members – Leonie Murray,
Hannah Stanton, Paige Hawkins



Spot Check

Our Spot Check campaign is by far the most impactful and measurable program that we run at HMF. The program launched in the summer of 2019/2020 and has been growing in strength and popularity ever since. We were able to run 2 weekend clinics this summer with the Doctors from Newcastle Skin Check donating their time to see a total of 401 patients over the 2 weekends.

In those patients there were 113 suspicious spots that required further investigation including a suspected 19 melanomas.

In total over the last 3 years, Spot Check has provided 1,217 members of our community with a free spot check resulting in 239 suspicious spots and 58 suspected melanomas. To date, this campaign has potentially saved the lives of 58 people through early detection.

An interesting observation from Dr Tony Azzi from Newcastle Skin Check is that the people who are coming to the free clinics are generally the younger generation who don't normally get their skin checked. With melanoma being the most commonly diagnosed cancer in the 20-39 age group we are pleased to see the message is starting to impact that particular demographic and they are taking their skin seriously.

Surgical Fellow

In our June 2022 newsletter we introduced you to Dr Sai Krishnan. Dr Krishnan was appointed to the Newcastle Melanoma Unit as a Surgical fellow for 12 months from February 2022. A position which was proudly partially funded by the Hunter Melanoma Foundation.

The surgical fellow position was created to not only provide a training opportunity for a specialist surgeon, but also to reduce waiting times for new melanoma patients for their surgical appointment.

The 2021-2022 financial year has seen 778 referrals for patients with melanoma to the unit, an increase of 110 for this period compared to the previous year.

Whilst the patient numbers have increased, there has been no increase in benchmark timeframes for patients to be seen, largely due to the appointment of the Surgical Fellow position.

As a result of these figures and the positive impact the position is having on local melanoma patients, HMF have worked hard in 2022 to be able to partially fund the position for a further 12 months.

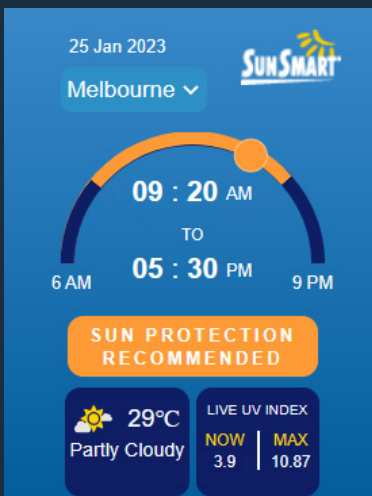
Dr Krishnan is approaching the end of her 12 month term and has certainly had an impact on the melanoma unit. We will miss her smiling face around the building and take this opportunity to thank her for her contribution and wish her all the best as she moves on to further



Dr Sai Krishnan

advance her career.

The new surgical fellow position will be filled and announced in our next newsletter.



Sun Smart App

By far the easiest way to access daily UV readings and sun protection times, the SunSmart app has recently undergone a major upgrade. An initiative of the Cancer Council Victoria, the updated app now offers sun protection times and UV readings around the world as well as a seven-day weather and UV forecast. The app is easy to use with options to send an alert each morning so you can prepare your sun protection for the day ahead.

Host a Fundraiser

We love it when our supporters hold fundraisers on behalf of the HMF. Some, who have lost a loved one to melanoma, decide to honour their memory by holding a memorial event. Some just want to help in whatever way they can. Whether it's a ball for 400 guests, a high tea with a few friends, a corporate golf day or a sponsored trek around Australia... we'd love to hear from you!

There are some conditions you will need to meet and a form to complete to ensure all is in order. We will help in whatever capacity we can to ensure your HMF fundraiser is a success!

To obtain an Authority to Fundraise, please contact the HMF office on 02 49850103, or send us an email info@hmf.org.au.

Hunter Melanoma Foundation



Race Day



Event details

NEWCASTLE
RACECOURSE
• EST 1907 •

Saturday
22nd April 2023

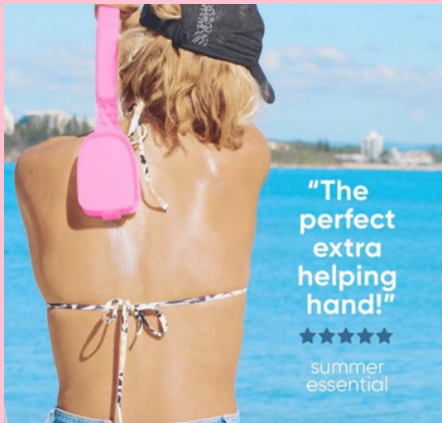


Tickets

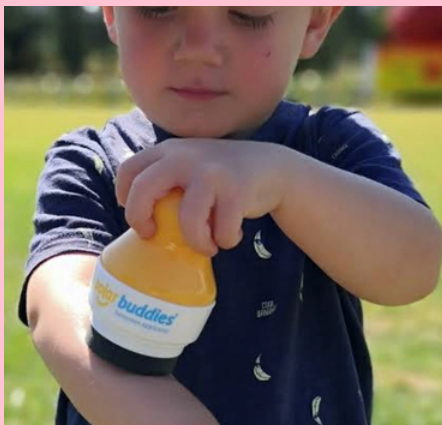
\$ 155 PP
TABLE OF 10: \$1550

Your ticket includes Race Day entry to the trackside marquee, 2 Course lunch, 5 hour drink package (beer, wine, soft drink), a race book and a day of fun!

We've got you covered with these new sunscreen applicators.



Bakslap - a helping hand for hard to reach places



Solar buddies - a game changer for hands free application

Available on the HMF website

[SHOP](#)



The National Association for Loss and Grief (NALAG) is an independent, not-for-profit registered Charity which was formed after the Granville Train Disaster in 1977. Today, NALAG is and has been a proud leader and provider of grief and loss support, training and education for over 45 years.

Our main purpose is to help people find a voice for their grief, learn ways to cope, and find hope and healing after loss.

As Branch coordinator of the NALAG Hunter Branch, Rhonda White coordinates activities in the Hunter region and acts as a Loss & Grief Support Worker. This often involves helping people who are bereaved but also includes supporting people who are experiencing a host of other losses such as the impact of changed circumstances; diagnosis of chronic and life threatening illness; the impact on carers; anticipatory grief; grief at the loss of independence; the losses experienced due to natural disasters; the pain and aloneness of silent sorrow.

At the Hunter Branch, we are looking to promote our services in our local

area. We're here to listen! NALAG provides a free, confidential, grief and loss support service across NSW, delivered by our team of trained volunteers and staff. We provide telephone, zoom and facetime opportunities and, in some of our Branches, face to face support and counselling is available.

We also through our website, provide information and resources about grief and loss and ways to support others experiencing loss. We provide training for professionals in responding to loss, grief and trauma.

If you have any questions or would like to enquire about organising to speak with one of our trained grief support team members, please contact us by telephone on 02 6882 9222 at our Head Office in Dubbo or contact us through the local Hunter branch. rhonda@nalag.org.au

Many of our volunteers have been on their own grief journey – so have their own lived experience in addition to their grief and loss support training enabling a supportive ear to anyone that utilises our services.



NALAG
National Association for
Loss and Grief (NSW) Inc

We would love to chat to anyone who may think that our service could be helpful to them. Please contact our Head Office on 02 6882 9222 or info@nalag.com.au www.nalag.org.au

Yes, I would like to make a donation and/or 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.



