



PIPS 'n' PIECES

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Welcome to 2024!

As we begin the new year, we at the Hunter Melanoma Foundation would like to extend our warmest greetings to all our supporters and well-wishers, patients and volunteers. We hope that this year brings you good health, happiness, and prosperity.

The past year has been challenging for some, but we are proud of the progress we have made in our fight against melanoma. Thanks to your support, we have been able to fund awareness and early detection programs that have saved countless lives, and have supported local melanoma patients and their families through some of their rockiest days.

In 2024, we are more committed than ever to our mission of saving lives through early detection and reducing the impact of melanoma on individuals, families and communities.

We have several exciting initiatives planned for the year, including new fundraising activities, community events, and partnerships with like minded organisations.

We look forward to working with you in the coming year and beyond. Together we can make a difference and help create a world free from melanoma.

Local sunburn cases highest in the state.

Newcastle Herald 1 December 2023.

The Newcastle Herald published an article in early December 2023 informing its readers of the latest data in relation to people presenting to emergency departments for sunburn in 2022/2023. With 184 cases reported in the Hunter New England Health District, unfortunately we were the highest area in the state. These figures indicated a 28% increase from the previous financial year.

The highest rates across the state were seen in the age group 5-24 which at HMF, we find alarming given that the most commonly diagnosed cancer in the age group 20-39 is melanoma.

In 2022 the Cancer Institute of NSW listed the top 25 melanoma hotspots in the state by Local Government Area with Port Stephens ranked 12th, Lake Macquarie 15th, Maitland 20th and Newcastle 24th. We've come a long way as Newcastle was ranked at number 1 in the late 1980's, but we have a lot more work to do to get the message across about sun safety and protecting our skin.



Tips to stay sun safe

Follow the '5S' rules of sun safety:

1. Slip on a shirt

Try and cover your body as much as possible by wearing long sleeved shirts and long pants whenever you're outdoors and the UV is above 3. There is a great range of clothing available that offers UPF50+ protection including swimwear, workwear and leisurewear.

2. Slap on SPF50+ sunscreen.

Check the expiry date on your current tube of sunscreen and apply it 20 minutes before you go outside. Re-apply every 2 hours, more often if sweating, swimming or towelling. You need 5ml of sunscreen for each body part – head/face, each arm, each leg, front torso and back – 35ml in total.

3. Slap on a wide brimmed hat.

Choose a hat that has a minimum 7cm brim to offer better protection. Extra points if it is made from UPF50+ material.

4. Seek shade whenever you can.

Don't forget though that UV can reflect off surfaces such as water, sand, concrete, snow etc.

5. Slide sunglasses.

Wrap around sunglasses offer the best protection and make sure they're both polarised AND have UV protection.

HMF News

STAFF

We are excited to announce that we have employed a new part-time staff member. This is a significant milestone for us, and we couldn't have done it without your support.

Your donations and fundraising efforts have helped us grow and expand our operations and we are busier than ever delivering our education programs to the community. With the addition of the new staff member, we will be able to achieve our goals more effectively and efficiently.

Please join us in welcoming Mrs Rebecca Boyd to our team.

Rebecca is no stranger to HMF. As a previous member of the Management Committee, she brings a wealth of experience and expertise to the organisation. Rebecca is extremely passionate about our mission and is committed to making a difference in the lives of those we serve. In the role of Fundraising and Administration Support, we are confident Rebecca will be a valuable asset to our team.



COMMITTEE

The HMF AGM was held on 4th December 2023. As a result of changes made to the HMF constitution in October 2023, there were some changes made to the titles of the Executive Committee Members.

Previous Title	New Title
Chairperson	President
Vice Chairperson	Vice President
Treasurer	Unchanged
Secretary	Unchanged

Given that Rebecca is now an employee of HMF, she resigned from her position as Secretary.

Paige Carter has accepted the role of Secretary and all other positions remain unchanged from the previous year.

President:	Janelle Kirk
Vice President:	Michele Timms
Secretary:	Paige Carter
Treasurer:	Jacqueline Evans
Committee Members:	Lisa Hamilton, Hannah Stanton, Leonie Murray

SWAP

Our Sun-Safe Workplace Awareness Program is proving to be very popular and keeping us very busy. We have delivered the program to over 20 workplaces since it was launched in 2023. It's great to see local businesses taking the welfare of their staff seriously when it comes to sun safety.

If you have a business and are interested in learning more about SWAP, please contact HMF for further information.

In The Community

Our impact in the local community has been growing steadily, both in terms of frequency and impact. We continue to run our education programs such as Spot Check and SWAP as we strive towards a world where we defeat melanoma. Whilst these formal education programs have an impact in the community, we know that some of our community education activations are also important and effective in raising awareness. If you are involved in a Community Organisation of any type, and would like to hear about our education programs please contact the HMF office.

COMMUNITY PARTNERSHIPS

CARDIFF BOOLAROO DISTRICT CRICKET CLUB

This year we are very excited to be partnering with the Cardiff Boolaroo District Cricket Club (CB's).

We are proud to partner with a like minded organisation that has an impressive commitment to player welfare. This partnership will ensure that their players, staff and volunteers are educated about the importance of sun safety both on and off the field.

We have supplied the club with 2 sets of playing kits in the customary HMF pink design. The shirts are made from lightweight, breathable UPF50+ protected fabric which not only offers the best in sun protection but has also started conversations around sun safety with opposition teams.



We see this partnership as an opportunity to help us spread the sun safe message in the high

risk cricketing community and look forward to building on the relationship in years to come.



LET'S SURF LAKE MAC

In November we had the opportunity to be involved in the inaugural Let's Surf Lake Mac event held over two weekends in November at Redhead Beach.

Once again, this was an excellent opportunity to work with a community who, due to the nature of the sport, are considered high risk when it comes to melanoma and other skin cancers.

We held a pop-up stall at the beach and took along our UV camera which is always a good conversation starter. The camera doesn't give an accurate picture of UV damage if the user has already applied sunscreen, so naturally this is one of the first questions we ask before using it. I was overwhelmed at the number of people who were at the beach for an extended period of time and weren't wearing sunscreen. Most alarming is that some of those people were professional lifeguards who spend their workdays exposed to UV Radiation.

This was another worthwhile exercise in helping us to raise awareness and start conversations about sun safety.

Fundraising



In March 2023, State Member for Newcastle, Tim Crakanthorp MP delivered a promise to HMF that an elected Labor Government would support our Spot Check campaign. Tim visited one of our early clinics and saw the value in the service we offered. We were very excited to receive grant funding of \$43,000 in November 23 which will allow us to deliver the life saving program to the local community over the next 12 months.

The Newcastle Knights have been actively supporting the local community in various ways. One of their initiatives is to partner with a different local charity for a 50/50 raffle at each of their home games. HMF was chosen as a partner for the home semi final on Sunday September 10th. A team of 22 dedicated volunteers from HMF gathered to sell tickets to Knights fans as they entered the stadium. The community responded positively and showed their support by breaking the record and raising \$23,640. Half of the funds raised went to one lucky winner, while the remaining funds were donated to HMF. We extend our gratitude to the Newcastle Knights for providing this opportunity and to the Knights community for their unwavering support.



Thanks to everyone who voted for HMF Executive Officer in the Westfield Local Hero program. We were delighted to have received \$5,000 in grant funding through this program.

Each year we partner with the Hunter Breast Cancer Foundation, a likeminded local charity, to participate in a joint fundraising initiative "Timberlina presents Knockers & Moles". The event was held in August and as always was a great success. Our guests always have a fabulous time at this event which has now been held over 3 consecutive years. Always lots of laughs, glitter and fun provided by our host, Local Drag Queen, Timberlina. The August event raised \$20,000 in much needed funding for both charities. But the benefits of this event extend far beyond the fundraising. This event gives both charities a stage to raise awareness with a wider audience and highlight the importance of the services we both provide in the local community. Both charities are dedicated to making a positive impact in our community and we're thankful to the HBCF team for their continued support and friendship.

Moving forward we're looking at making Knockers & Moles a bigger and better event for all and will be hosting every 2 years.

Spot Check

The Spot check campaign continues to be our most impactful campaign. We were delighted to be able to deliver another clinic in November 2023. As I write this email, we have one more clinic coming up in early February. As you read this, that clinic will have been completed and no doubt added to the below figures.

	1457	275	68
	RUNNING TALLY	SKIN CHECKS	SPOTS FOUND

Community Fundraisers



We are very grateful to the community members and organisations who host their own fundraising event with HMF as the beneficiary.

Most recently we extend that gratitude to the participants and donors of the Tomaree Twelve 2.0. This event was held in November and a group of 5 tackled a gruelling 12-hour non-stop ascent of Mt Tomaree. The group who are mostly employees of the Glencore Group completed a total of 126 laps up and down the mountain and raised \$6,666 for HMF.

The group chose to support the Hunter Melanoma Foundation because their 6th team mate and colleague, Christie is a stage 3 melanoma patient who is currently undergoing treatment. Amazingly, in a show of strength and resilience, Christie participated by joining the crew for the first and the final lap of the challenge.

We wish Christie all the best for her treatment and thank the Tomaree Twelve crew for their dedication and support.

From 24th November through to 24th December, Newcastle Rowing club members Di Peers and John Johnston hosted a fundraiser for HMF by challenging themselves to complete a 100km erg challenge. Di and John chose HMF after Di had a malignant melanoma removed early in 2023. Di completed 102km and John 240km raising \$1,155 for HMF in the process. They also organised for local Doctor Steven Lindsay to give a general health talk to 20 members providing information on skin cancer prevention and early detection. Well done Di & John – thank you for your support.

If you're interested in hosting a fundraiser for HMF in any format, please don't hesitate to contact us info@hmf.org.au.



Save the Date



HMF Race Day

NEWCASTLE
RACECOURSE
EST. 1905

Saturday, 25th May 2024



OUT OF THE SUN RUN.

HUNTER MELANOMA FOUNDATION



We are excited to partner with H Events as a part of the NEW Lake Macquarie Triathlon Festival to bring you the OUT OF THE SUN RUN – charity 5km run (or walk).

Join us at 6pm on Friday 15th March, 2024 for an unforgettable BRIGHT NIGHT of fun, fitness and fundraising.

Our 5km OUT OF THE SUN RUN (or walk, or roll) is the perfect opportunity to get active, enjoy the beautiful dusk scenery of Lake Mac and support a great cause. Whether you're a seasoned runner, or just looking for a fun way to spend your evening with a walk, this event is perfect for you.

We encourage all participants to wear fluorescent clothing to make this event more vibrant and exciting. Bring the family along for an evening stroll. Runners will be given priority start.

Cross the finish line and hang around for our prize draw – you've got to be in it to win it! We'll have a BBQ cooking and live music so you can relax post-race and soak up the atmosphere.

There's an option to have a greater impact by fundraising through sponsorship, but there's no pressure.



Sign up today and be a part of this amazing event that will leave you feeling energised and fulfilled knowing you're helping a local charity in it's fight to defeat melanoma.

We can't wait to see you there.



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.



