The Cambridge Melanoma Support Group

The Cambridge Melanoma Support Group was established by the Skin Cancer Specialist Nurses and is now run with the help of patients and their families. It aims to provide both practical and emotional support in a relaxed and friendly setting.

Members also benefit from presentations delivered on a wide variety of topics; past speakers have examined issues ranging from the histopathology of skin lesions to relaxation and hand massage.

The meetings are always on a Thursday evening 6pm – 8pm.
See upcoming dates on the right.

We also hold a summer social event (usually on a weekend in August) where we meet up at a place of interest chosen by members.

If you would like further information about the Cambridge Melanoma Support Group and to be kept informed of future events, please contact the skin cancer specialist nurses or our PA Karen Morton on 01223 348025 or email karen.morton@addenbrookes.nhs.uk

If you don’t have an email address, please speak with your Specialist Nurse or Karen Morton who can update you via more traditional methods.

Examples of recent talks:

- A counsellor / Cognitive Behavioural Psychotherapist gave a presentation on strategies for low mood and anxiety. She introduced Cognitive Behavioural Therapy (CBT) and Mindfulness, giving examples of how you might be able to use these to help yourself feel better.
- Interactive session asking group members to give feedback on patient information leaflets used by the skin cancer service. This helped us to make improvements and tailor our information to better suit the needs of our patients.
- A talk from Dr Kumar (Oncology Clinical Fellow) entitled: “Melanoma, the new treatment landscape”. This talk highlighted the recent advances that have been made in melanoma treatment and explained how some of these treatments work.
- Tai-chi workshop with a physiotherapist from Maggie’s Wallace Cancer Centre.