

# MELU

**(Mesothelioma and Lung Cancer)**

## Luncheon Club



# About MELU

The MELU Luncheon Club is for patients with mesothelioma or lung cancer who are being (or have been) treated at Leicester's Hospitals.

Patients and their carers are invited to meet up for lunch in a social setting once a month. The meetings are held throughout the year at different venues. The monthly luncheons consist of two courses, lunch and a sweet and will be charged at £5 per head.

Each month we hold a raffle to raise funds to support group travel and activities, so donations of unwanted gifts are appreciated.

We think it is important to have quarterly meetings to which we invite speakers to come and talk to the group about such things as treatments, trials, managing pain and symptoms, diets and other subjects that may be of interest to patients with mesothelioma or lung cancer.

Previous speakers have included a thoracic surgeon, a pain specialist, a dietitian, an oncologist, a research nurse and complementary therapists.

## Recent trips have included:

- Great Central Steam Railway
- Archery at Leicester Outdoor Pursuit Centre
- Skittles and pub lunch
- Bruntingthorpe Airfield tour with lunch in the Watch Tower
- House of Lords to meet with Lord Alton and Admiral West
- Other visits include: Mount St Bernard Abbey, Skegness, Rutland Water, Leicester Gas Museum, Abbey Pumping Station, Leicester Cathedral, Nottingham Christmas River Cruise and many more.

# What can MELU do for me?

The group provides a social setting outside of the hospital for you and your carer to meet and share your cancer journey.

Patients and carers have told us that they feel more supported and less isolated by meeting others in a similar situation. It makes them feel normal again and helps them see that managing their disease can be similar to managing long-term conditions such as diabetes. They say it helps them to feel more confident talking in a social rather than clinical setting and they leave feeling positive, motivated and inspired by having shared their experiences with others.

By taking part in the social activities that MELU run, patients (as well as carers) realise that they can do more than they ever thought they could while living with and managing their disease.

Patients and carers can speak to specialist nurses at the

**“A feeling of genuine well being as well as satisfaction of helping others”  
Patient.**



**“It has been uplifting meeting people who are going through similar experiences as you” Patient.**

**“It relieves the stress to me as a carer to have a day out with others”.**

# How to join MELU

You can join MELU at any time: you can attend all of the meetings or the ones that fit in with your personal diary. If you are not up to attending the whole day or the activity doesn't interest you, you are still welcome to come and join us for lunch.

Just contact us and register to receive monthly updates.

**We look forward to welcoming you to the group.**

## For more information please contact:

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