

Dates and Programme for 2019



This year's programme to date.

Mon 8th April – Reflexology – Linda Holt

Mon 13th May - Afternoon tea at Summerseat Garden Centre

Tues 21st May – Workhouses and Asylums – Elizabeth Sibbering, Manchester Tour Guide

Tues 18th June - Manchester Open Top Bus Tour

Mon 1st July - tbc

Tues 13th August - Dr Rocci Consultant Haematologist MRI

Mon 23rd September - Mindfulness - Chris Green

Tues 5th November - The Galapagos Islands - Russ Hedley

Mon 9th December – Christmas lunch

All meetings, except the Afternoon Tea, Open Top Bus Tour and Christmas Lunch, will be held in the Elizabethan Suite, Bury Town Hall at 1:00 pm

Committee Members

Our full committee is as follows:

Chair - Stephanie Skinner 01706 662388

Secretary - Joan Smith 0161 766 4669

Treasurer - Mel Smith 0161 766 4669

Committee Members -

Ann Urmston 0161 653 6174

Chris Hodgson 0161 654 8963

Ian Hodgson 0161 654 8963

Christine Hacking 0161 652 4625



West Pennine Myeloma Support Group

Issue 58

March 2019

Next Meeting

Our next meeting will be at 1 pm on **Monday 8th April 2019**.

Our Speaker will be Linda Holt on Reflexology. She will do a few mini treatments as well as discussing the benefits of complementary therapy.

Dr Simon Ridley



At our last meeting Simon Ridley, Director of Research from Myeloma UK gave an excellent talk on Clinical trials, explaining the stages of a trial. He also highlighted the different trials currently being undertaken in UK hospitals for myeloma. As he pointed out there were often strict criteria for being able to participate in a trial and it might also mean attending the hospital on a regular basis.

MYEWORD

Puzzles

Answer to Trackword 6 was DIFFERENT.

Answer to 'What's the Time'. **10:53** is the correct time.
(As two of the times are slow and two are fast the correct time must be the middle one).

Trackword 7

I	T	I
O	O	D
N	C	N

Can you find the **9** letter word by tracking from one square to the next, going up, down, sideways or diagonally but only using each square once?

Answer in the next issue!

Future Items

Future items

If you have any items for future newsletters please contact Joan Smith 0161 766 4669 or joansmith.parrfold@btinternet.com

Legacy and donation

We reported in the last newsletter the sad demise of Bryan Sayle, a long-time member of the group. Bryan very generously remembered the group in his will. In addition Yvonne kindly chose the group as one of the charities to benefit from donations made at Bryan's funeral. As a result the group has received a total of £630 which is a real boost to our funds.



Afternoon Tea at Summerseat Garden Centre

We will be taking bookings for this at our meeting on Monday 8 April. So if you are not able to make that meeting please let Joan know if you wish to come together with any dietary requirements. If you do not have your own transport we will organise lifts for you. As usual we will charge £5 per head for the trip.

myeloma ²⁰¹⁹
INFODAYS

Myeloma Info Day

This year there is no Myeloma Info Day in Manchester. The nearest is Liverpool on Saturday 8 June 2019. We will take expressions of interest at the meeting in April and final bookings in May. As usual we will fund the cost of the Info Day although you will be responsible for any costs of transport.