

Dates and Programme for 2019



This year's programme:

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 - A History of Clogs - Alex Fisher

Tues 13th August - Dr Rocci Consultant Haematologist MRI

Mon 9th September - Visit to Pathology Laboratory, Royal Oldham Hospital

Mon 23rd September - Mindfulness - Chris Green

Tues 5th November - The Galapagos - Russ Hedley

Mon 9th December – Christmas lunch

*All meetings, except the **Afternoon Tea, Open Top Bus Tour, Visit to Path Lab 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 59

May 2019

Next Meeting

Our next meeting will be at 1 pm on **Tuesday 21st May 2019**.

Our Speaker will be Elizabeth Sibbering on 'Workhouses and Asylums'. You may recall that Elizabeth came last year and gave us a very interesting talk about Ancoats.

Linda Holt

At our last meeting Linda gave a brief talk on what Reflexology was and we had a chance to try out a mini treatment on our own hands. Linda explained the benefits and in particular the way it helped one to relax but had other benefits too. Linda's contact details should anyone wish to contact her is Linda4feet@gmail.com or 07752 768391. She works from her home in Littleborough. She also mentioned YouTube videos for hand reflexology and in particular those by Samantha Lennie, should you wish to try hand reflexology on yourself.

MYEWORD

Puzzles

Answer to Trackword 7 was CONDITION.

Sorry, no room for a puzzle this time!

Transport for Greater Manchester: Please Offer Me a Seat Scheme



If you travel on public transport in Greater Manchester but find it difficult if you have to stand then there is a scheme whereby you can get a badge to indicate this to the rest of the travelling public. The scheme is designed in particular to help those with hidden disabilities and is very simple. You can apply on line at www.tfgm.com/seat or ring 0161 244 1000

Myeloma Research

We have had a request for patients to take part in research about perspectives of Multiple Myeloma and treatments and how patients feel about different types of treatment. As this will take up to 45 minutes of your time they will pay £60 to you and £40 to the group. If you are interested and want to know more ring Joan on 0161 766 4669. If you still wish to participate she will pass your contact details on to the researcher Gillian Maddison.

On the move

Joan and Mel are moving house. This may mean that there is disruption to our telephone number and email account. If you are not successful at getting through on our current number try Joan's mobile 07809 659 798.



Afternoon Tea at Summerseat Garden Centre

This has been booked for Monday 13th May at **2.30** p.m. The full address is Summerseat Garden Centre Railway Street Summerseat, Bury BL9 5QD

If you have not booked but wish to come please let Joan know (Tel 0161 766 4669). Similarly if you have booked but are no longer able to come please let Joan know so we can update the numbers



Open Top Bus Tour (Tuesday, June 18th)

We will be taking bookings for this at the next meeting on Tuesday 21st May. If you are not able to make the May meeting but wish to go on the tour please let Joan know. As usual we will charge £5 per head for the trip.

Pathology Lab visit

We have booked a visit to the Path Lab at Royal Oldham Hospital on Monday 9 September 2019 at 10.30 am This will be your opportunity to find out what happens to your bloods! We will take bookings for this trip at the July meeting.

Future Items

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