



Dates and Programme for 2019

This year's programme:

Mon 23rd September - Mindfulness - Chris Green
Tues 5th November - The Galapagos - Russ Hedley
Mon 9th December - Christmas lunch

All meetings, except the 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 - 07980 398 109

Future Items

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

Puzzles Sorry, no room for puzzles this time!

Answer to Trackword 9 was BUTTERCUP

Answer to the Walking puzzle:- **walk 3 miles east**



West Pennine Myeloma Support Group

Issue 62

September 2019

Next Meeting

Our next meeting will be at 1 pm on **Tuesday 23rd September 2019.**

Our Speaker will be Chris Green who is a Bereavement Counsellor at Bury Hospice, on Mindfulness.

Dr Rocci, Consultant Haematologist, MRI

At the last meeting Dr Rocci talked about the new and developing treatments for Myeloma and the criteria for eligibility for these treatments. He explained that in some cases treatments were allowable for a mixture of scientific, political and financial considerations. He also talked about side effects and that you should always inform your doctor about these as it may be better to reduce the dose of the drug. As before, Dr Rocci was brilliant at answering questions and also at explaining things clearly in layman's terms.

MYEWORD

Myeloma & Me



MRI will be hosting a 'Myeloma + Me' patient and carer meeting at the Nowgen Centre, Manchester University Hospital on **Thursday 17 October** from **10.30 – 4.00**. There is no charge for the event but places are limited. Everyone can attend: patients, family members, friends and carers. It is open to everyone irrespectively to where they are treated and is a great opportunity for all the north west patients. If you wish to attend see the attached leaflet and send the completed registration form to Myeloma UK.

Research Opportunity

We have been approached by Louise O'Rourke a Trainee Clinical Psychologist based at the University of Liverpool who is researching 'fear of cancer recurrence in partners of cancer survivors'. If you are a **partner** of someone who has had cancer please consider taking part in this study, which aims to better understand worry about a partner's cancer returning. The survey will take around 20-30 minutes and will ask questions about how you think and feel about your partner's cancer returning and also about your own experiences of anxiety, low mood and worry. The responses that you give will be confidential.

Contact Louise at l.o-rourke@liverpool.ac.uk for more information. Further details can be found in the direct link to the study: https://livpsych.eu.qualtrics.com/jfe/form/SV_1GMAarFwMK7Wi2x

As a thank you for taking the time to complete the research, you will have the opportunity to be entered into a prize draw to be eligible to win one of six £25 high street vouchers.



Christmas Lunch - Monday December 9th

The suggestions for our Christmas lunch venue are Hopwood Hall College Restaurant in Rochdale, Rochdale Town Hall, Bury College Restaurant and 'Owens' in Ramsbottom. We hope to have the menus available at the meeting so we can decide where we are going and we will need to get an idea of numbers. Food choices will be taken at the November meeting. As usual there will be a cost of £5 per head with the balance being taken from our funds.



Hope Course

Macmillan will be running a 'HOPE' course in November this year at Royal Oldham Hospital. HOPE (Help to Overcome Problems Effectively) is a health and lifestyle coaching course for people with a cancer diagnosis. It can help build confidence and boost wellbeing after cancer treatment whilst supporting people to adjust to life after cancer, or to live well with the disease. Topics covered on the course will include managing fatigue, managing anxiety, fear of recurrence, mindfulness and other helpful tools for wellbeing. This is a **six week** course starting on **6 November** with weekly sessions lasting 2.5 hours each.

For more information or to book onto the HOPE course call the Macmillan Information and Support Centre on 0161 604 5244 (internal: 45244) or email macmillan.infocentre@pat.nhs.uk