

## Dates and Programme for 2019



This year's programme:

Tues 5<sup>th</sup> November - The Galapagos Islands - Russ Hedley  
Mon 9<sup>th</sup> 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](mailto:joansmith.parrfold@btinternet.com)



West Pennine Myeloma Support Group

Issue 63

October 2019

## Next Meeting

Our next meeting will be at 1 pm on **Tuesday 5<sup>th</sup> November 2019.**

Our Speaker will be Russ Hedley who will be talking about The Galapagos Islands.

## Path Lab Visit

Those who went on the path lab visit at Oldham said they had enjoyed it very much and were impressed both by the scale of the operation as well as by the helpfulness and enthusiasm of the staff. They were very impressed by the technology and the way that the results could be used to determine treatment.

## Myeloma UK Infoline



Myeloma UK will be piloting the Infoline being open every Saturday from Saturday 5 October up to and including Saturday 21 December from 10am until 1pm, should anyone wish to use this service (0800 980 3332).

MYEWORD

## Christmas Lunch - Monday December 9th



At the last meeting we agreed to go to **Owens** Restaurant in Ramsbottom for the Christmas Lunch. This will be on **Monday 9 December** at **12.30**. The menu is attached. At the November meeting we will take final bookings together with people's choices. A £5 payment will be taken then and the balance for the meal will be paid from Support Group Funds. If you wish to come but are not able to come to the meeting on 5 November do let Joan know your choices by email ([joansmith.parrfold@btinternet.com](mailto:joansmith.parrfold@btinternet.com)) or by phone (0161 766 4669)

## Dates for your Diary

The dates for next year's meetings are shown below. The programme is being planned by the committee and we will take further ideas in January at the AGM.

Monday 13 January - AGM plus Quiz  
Tuesday 25 February  
Monday 6 April  
Tuesday 19 May  
Monday 29 June  
Tuesday 11 August  
Monday 21 September  
Tuesday 3 November  
Monday 14 December – Christmas lunch



## Chris Green, Bury Hospice

Chris talked to the group about Mindfulness. She briefly explained the ideas behind the technique as well as outlining some of the benefits that research had shown. These included reducing stress, helping to sleep and even improving the immune system. We also had the opportunity to experience mindfulness and take part in three short exercises.

For those wishing to find out more see the resources that Chris recommended below:

Books:

Mindfulness for Health - D Penman & V Burch

Mindfulness - Finding Peace in a Frantic World  
- M Williams & D Penman

Hardwiring Happiness - Rich Hanson



Mindfulness Sessions:

Bury Hospice, every Thursday 9:30 am

Manchester Buddhist Centre, daily meditation 1-2 pm

For other local sessions look on-line

## Puzzle - A bit different this month!

2	6	812
9	1	109
4	7	1128
5	3	?

### The Challenge

What number should replace the question mark in the grid?