

Dates and Programme for 2020



This year's programme so far:

- Monday 13 January - AGM plus Quiz
- Tuesday 25 February - North West Air Ambulance
- Monday 6 April - History of Clogs - Mr N Bishop
- Tuesday 19 May - Stress Management,
Susana Castro, Healthy Minds, Bury
- Monday 29 June - Dr J Cavet, Consultant
Haematologist, Christie Hospital
- Tuesday 11 August - tbc
- Monday 21 September - tbc
- Tuesday 3 November - tbc
- Monday 14 December - Christmas lunch

All meetings except Christmas Lunch will be held in the Elizabethan Suite, Bury Town Hall at 1.00p.m

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:-

- Chris Hodgson - 0161 654 8963
- Ian Hodgson - 0161 654 8963
- Christine Hacking - 07980 398 109



Future Items

Future items. It is great to see Chris contributing to this newsletter. If you have any items for future newsletters or mini reports on the meetings please contact Joan Smith 0161 766 4669 or joansmith.parrfold@btinternet.com



West Pennine Myeloma Support Group

Issue 64

November 2019

We wish all our members a Merry Christmas

Next Meeting - Christmas Lunch

Our last meeting of the year will be our Christmas Lunch at **12:30** pm on **Monday 9th December** at **Owen's Restaurant** in **Ramsbottom**.

The full address is: 10 Railway Street, Ramsbottom, BL9 0AL and it is just opposite the steam railway station.

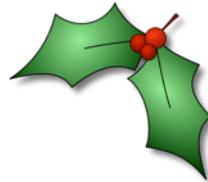
If you have not already booked it is now too late to do so. If for any reason you are no longer able to come please let Joan (joansmith.parrfold@btinternet.com) or 0161 766 4669 know as soon as possible. If you have not paid your £5 contribution towards the cost of the meal, just pay Mel on the day.



MYEWORD

Sad News

As most of you will know Ann Urmston passed away on 21 October. Ann was the founding chair of the group which was set up in 2007 and chaired the group for many years until her husband Vince became very ill and subsequently died. Some of the group attended her funeral. A large number of people attended including family, friends and ex colleagues, showing how much she meant to so many people. She leaves a son, Ben and his partner, Zab. We send them our sincere condolences. Ann was a lovely lady and will be a big loss to the group.



Trips in 2020 and future meetings

As you will know we organise mini trips to nearby locations. We have agreed to have a tour of the **ITV studios on Saturday 14 March**. We will have more details in the next newsletter.

As you can see from the back page, much of the programme for next year has been arranged. The rest of the programme is being planned by the committee and we will take further ideas in January at the AGM as well as other ideas for trips.

Puzzle Solution to The Challenge is **815**.
(For each row, add and multiply the numbers in the first two boxes and write the results in the third box. So, $5+3=8$ and $5 \times 3=15$ giving 815)
No room for puzzles this month - sorry!



Russ Hedley - Galapagos Islands

Our meeting in November was a talk by Russ on the Galapagos Islands. It was very interesting, explaining the whereabouts of the Islands, how they originated from volcanic activity and then on to their wildlife. Amusing commentary, excellent photography and films all added to the enjoyment of the afternoon. There was a good turnout for this talk – keep coming everyone to continue making our group a great success.

Chris Hodgson

The group were enthralled so much so, we are considering inviting Russ back next year on another topic. You can decide if you would like this at the AGM.



Myeloma and Me

This seminar was held at MRI on October 17th and overseen by Dr Rocci and his team. It was an excellent, informative day with lectures from a specialist nurse, Clinical Psychologist, Social worker, Dietitian, Pharmacist and Palliative Care Consultant. All these were very well presented with visual backup. The final speaker was a Myeloma patient who gave his view of dealing with his own pathway; he was very entertaining. His way of living with the disease was one of positivity, which has always been my husband, Ian's, way. To quote him, "I've got it so I have to get on with it". This was a brilliant day and all credit to Dr Rocci and his team who made it possible - Thank You, *Chris Hodgson*.