

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 current 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

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



MYEWORD

West Pennine Myeloma Support Group

Issue 65

January 2020

We wish all our readers a very Happy New Year!

Next Meeting - AGM

The next meeting will be the AGM on **Monday, 13 January**. As is usual at the AGM we provide a sandwich lunch. The business part of the meeting usually lasts about 30-40 minutes and is an opportunity for you to have your say on our plans for next year. It is followed by a fun team quiz!



Christmas Lunch

It was a real pleasure to see 31 members of the Myeloma Group at the annual lunch. The venue, Owens in Ramsbottom, lived up to expectations, with good food, relaxed atmosphere and efficient service. Our thanks go to Mel and Joan for organising this event and we look forward to seeing everyone at the AGM in January.

Best wishes for a Happy New Year.

Chris Hodgson

Election of Committee Members

Each AGM we need to elect the committee for the following year. I hope some of you might be interested in becoming a committee member. If you want to know what is involved here is a brief 'job description' of each role.

All committee members – attend committee meetings (2 per year), help to plan topics for meetings, welcome new members

in addition

Chair – chairs all the meetings and committee meetings

Secretary – organises agendas, prepares minutes, books speakers, arranges trips, applies for grants, deals with any correspondence

Treasurer – keeps records of all income and expenditure and pays any bills, e.g. room hire. Aids with grant applications. Currently also prepares Newsletter but this is only because current treasurer has IT skills and could be done by another committee member

This year we also have a **vacancy** on the committee. If you would like to stand for any post or wish to nominate someone (with their permission) for a post let Joan know.

Puzzle A Christmas cracker puzzle this month!

There are a certain number of books on my bookshelf. I took a book which is 6th from the right and 4th from the left. How many books are on my shelf? (Answer next time)



Date for your diary



Myeloma UK have announced the Myeloma Infoday in Manchester will be on Saturday 2 May. We will take bookings for this at the February meeting.



Trips in 2020

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

5k Your Way (5KYW)

As mentioned at the November meeting 5KYW is a support group encouraging people (and their families, friends and health care professionals) who are living with and beyond cancer to start/get back into regular exercise. 5KYW has expanded to nearly 50 Parkruns over the past 12 months and continues to grow. In Greater Manchester there are 5KYW's at both Wilmslow and Stretford ParkRuns. They meet on the last Saturday of every month and walk parkrun together (although if people prefer to jog, run or just stand and cheer that's absolutely fine). The walk is followed by a coffee.

Although both these runs are far away 5K your way hopes to get Oldham (Alexandra Park) organised soon and of course there are local ParkRuns at Heaton Park, Chadderton, Worsley Woods and Bolton. All are non-competitive and you can run, jog or walk

There is much more info at www.5kyourway.org where people can register for both 5KYW and parkrun.