

Dates and Programme for 2020



- Tuesday 19 May – **Cancelled**
- Monday 29 June – Dr J Cavet, Consultant
Haematologist, Christie Hospital
- Tuesday 11 August – History of Clogs – Mr N Bishop
- Monday 21 September – tbc
- Tuesday 3 November – Stress Management,
Susana Castro, Healthy Minds, Bury
- Monday 14 December – Christmas lunch

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

Dealing with the Shut Down

Living at home with this new situation
Just the house and the garden, complete isolation
Good moments, sad moments, some of frustration
Only shopping for food and of course medication

The house and the garden have never looked better
We've even had time to write the odd letter
I've cooked and baked, the freezers are full
The house cleaned and polished, nothing looks dull
Out in the garage, Ian has passed many hours
Constructing, repairing and planting of flowers
We have not yet been bored, having plenty to do
This may come later, before the crisis is through

We're missing meetings, car trips and camping weekends
But we are well, hope you are, all good wishes we send

Chris & Ian Hodgson



West Pennine Myeloma Support Group

Issue 68

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MYEWORD

Next Meeting?

As mentioned in the last newsletter the May meeting is cancelled. However we will start back as soon as it is safe to do so. In the meantime I hope you keep safe and well and enjoy this somewhat different newsletter.

Message from our Chair

We are living in difficult and indeed dangerous times - the last few weeks have been so different to our ordinary way of life. Self-isolating - now that in itself is difficult when you are used to jumping in the car/ hopping on the bus or tram to go here, there and everywhere - staying in one place and not meeting up with people has been challenging to say the least! But self-isolate we must if we are to beat this virus. Can I encourage you to be strong - to live each day for what it is - don't think I have so many more weeks left in isolation - be thankful for each day. Stay safe and we will see you soon.

Christine Hacking

Puzzle: Answer to Trackword 10 was BEEKEEPER

'It's not all bad.....!!!'

When your 90 year old neighbour knocks on your door,
You wonder what's happening as you're really not sure.
'Anything you want, I'm off to the shop'? Not Asda or Morrison's just the local Co-op.
'Thought I'd call round, see what you need'. How fantastic this is, what a fabulous deed.

'Locked down' is no hardship when such deeds are done,
Bringing people together makes the battle half – won.
'Covid-19'what's in a name. Isolation a nuisance, a bit of a pain.
Let's see what's changed..... for better or worse. One thing's for sure it's not always a curse.

When you telephone old friends you've not talked to for years,
It's great to renew, to catch up and chat and allay all those fears.
Wondering why you've left it 'til now but daft as it seems though, it gives you a 'wow'.

Hat's off and big thanks for being kept safe. To the doctors and nurses we give them a wave.
To milkman and postman and volunteers too. These are the people please take your due.
Isolation is certain it's not about 'me', it's supporting each other which is proving the key.

From knitting to painting, d-i-y to stamp collecting, from exercise and cooking we keep on reflecting.
That lock-down in essence has provided the source to stay healthy and strong by following a course.
Of keep looking forward of that's there's no doubtfor all things Myeloma.....it's what it's about.

Who knows just how long this isolation will last. Hopefully soon it's a thing of the past.
We've rekindled a lesson that people are kind and relate to each other with big heart and mind.
So much evident at present and weeks coming too, let's remember forever what people can do.

Stay safe all and take care.

Martyn Warburton April 2020