

Dates and Programme for 2020



Tuesday 11 August – History of Clogs – Mr N Bishop **Cancelled**
 Monday 17 August Zoom Meeting- Chris Martin
 Monday 21 September – Dr J Cavet, Consultant
 Haematologist, Christie Hospital



Issue 70

July 2020

Puzzle: Answer to the 'Chocolates'

1. Wispa
2. Twirl
3. Celebrations
4. Picnic
5. Double Decker
6. Snicker
7. Roses
8. Dime Bar
9. Quality Street
10. Buttons



				4	
	3	6			
	5				6
6				1	
			3	5	
	4				

Similar to Sudoku!
 Fill the grid so that every column, every row and every 3x2 box contains the digits 1 to 6.

MYEWORD

Next Meeting

Unfortunately the August meeting is also cancelled. We are holding another **Zoom** meeting instead on **Monday, 17 August** at **1.00 pm**. We are delighted that Chris Martin from Myeloma UK will be joining us on this occasion.

In the meantime I hope you keep safe and well.

Reflections on Lockdown

Please see Christine's reflection on lockdown as a separate sheet.

On line meetings

Because we have been unable to meet face to face we have now held two virtual Zoom meetings. The first had 12 members and was an opportunity to chat. The latest had 15 members and included a speaker, Susana Castro from Heathy Minds on 'Relaxation'. if you would like to join in future meetings do contact Joan and she can talk you through it, it really is quite simple.

Myeloma Info Days



Unfortunately these have been cancelled for this year. They are holding a series of webinars, the first was on 'Covid' on 14 July. We have been in contact with everyone who had paid their contribution and all have agreed to donate their contribution to Myeloma UK. We will also donate the balance of the fees from our funds.

Creative Times! Lockdown has given people a chance to get creative and Joyce has been busy doing these amazing embroideries.



Myeloma UK: Covid-19 and myeloma: ask the experts

The event was hosted by Suzanne Renwick from Myeloma UK and the panel of 4 experts were asked to consider frequently asked questions previously submitted by myeloma patients. The presentation was informative and it was interesting to hear the various approaches adopted by the regions.

Generally all reinforced the message that myeloma patients are at high risk of complications if they contract Covid-19. Hospitals have changed the way in which patients receive treatment in order to reduce risks of transmission and each consultant explained how they were doing this. Gradually services will address any shortcomings of lockdown and increase the capacity for treatment.

They talked about how the virus had impacted on treatment, but also the positive effects e.g. due to shielding, patients had not suffered the usual infections circulating in the community. They touched on the fact that a vaccine is still a way off and might not be suitable for myeloma patients. They said that if other people in the community were vaccinated, this would reduce transmission and offer greater protection. They stressed the importance of having the flu vaccine when offered by your GP.

In conclusion each consultant was asked what important message they wanted to give to patients once shielding is suspended.

These included:

Exercise and get fresh air when places are quiet; keep your distance; wear a mask in situations where you cannot avoid crowds/closeness of others; continue to wash hands frequently. In summing up, it was said that we should assume everyone is a potential carrier (remember asymptomatic cases) and that you are at a higher risk of picking up Covid-19 from family members.

For those who access Facebook this session was recorded and can be viewed under videos on the Myeloma UK Facebook page.

Many thanks to Karen & Alan Lees for this.

