

Dates and Programme for 2020



Monday 21 September – Dr J Cavet, Consultant Haematologist, Christie Hospital

Tuesday 3 November – Stress Management, Susana Castro, Healthy Minds, Bury

Monday 14 December – Christmas lunch?

Puzzle: Answer to the 'Sudoku'

5	1	2	6	4	3
4	3	6	5	2	1
1	5	4	2	3	6
6	2	3	4	1	5
2	6	1	3	5	4
3	4	5	1	6	2

Puzzle: A word puzzle. Below are anagrams of 6 items for a 'Full English Breakfast'. Can you solve them?

GASEOUS PARKS

DEANS KEBAB

MS CRAB LEGGED

RILE CLOG BAND

BRASH SHOWN

PADDLING BUCK



West Pennine Myeloma Support Group

Issue 71

September 2020

Next Meeting

Unfortunately the Elizabethan Suite is still closed.

Our next meeting will be on **Monday 21 September** at the normal time of **1.00 p.m.** and will be via Zoom. Our speaker will be Dr Cavet, Consultant Haematologist at Christie Hospital. I will send the link details to everyone who has previously attended on Zoom but if anyone else would like to join do let me know. I will be happy to help you get on to the system.

Myeloma Masks

If you have not already ordered one you may wish to purchase a Myeloma UK mask, thus both supporting them whilst helping to keep us safe.

Masks can be purchased for £7.00 including delivery. These can be ordered on line or telephone Myeloma UK on 0131 557 3332.

Photo of Joan with her mask!



MYEWORD

Zoom meeting with Chris Martin (Support Group Co-ordinator, Myeloma UK) on 17 August



Chris's opening address explained that the purpose of his presentation was to outline what Support Groups are doing at this moment in time in terms of coping with Covid-19 and the ways that Myeloma UK is continuing to offer ongoing support to patients, carers and family members. They are extremely aware of the additional stress and worry that is being experienced and as an organisation they are doing their best to provide continuity of service. Contact with Myeloma U.K has increased dramatically, particularly at the outset of the pandemic, and with the majority of staff working from home this had been a far from easy time for all concerned. He emphasised the measures to follow to keep as safe as possible including self-isolating, shielding, social distancing, and above all keeping in touch with your healthcare team 'Stay safe - Stay in touch'.

'Research and Policy' is still continuing through their 'Patient Advocacy Team' and is fundamental to the ongoing approval of U.K Myeloma treatments. Particular emphasis is placed on working with clinicians and more recently through weekly online forums with the NHS England Cancer Charity where issues from current shielding guidelines through to delivery of systematic anti-cancer treatments are discussed and reviewed.

Chris described how Myeloma UK, through their 'Patient and Family Services Team', is continuing to provide information in relation to services associated with everything a myeloma diagnosis brings. Over 80 publications exist online and are in print and their 'Infoline' is available to offer support and answer questions.

Fundraising is a significant issue for Myeloma UK. and this had been thwarted greatly with the cancellation of many fundraising events. With no funding from the Government or NHS he asked that people remain inspired to continue to raise funds where possible and to consider 'virtual events' such as quiz nights and coffee mornings. He linked this with the importance of Support Groups and the major role they play in bringing members together by keeping in touch, checking on one another and seeing what everyone is up to.

continued



He described how some of the different support groups throughout the U.K are operating and using technology to aid the process. The use of Zoom, WhatsApp or phone are increasingly obvious ways of doing this. Myeloma UK are involved with 100 Support Groups at present and are hoping to see this number rise to over 140 by 2023.

Chris ended his presentation by re-iterating the need for everyone to take care and stay safe. Myeloma UK will continue to strive to work to the best of their ability and represent people's interests both now and in the future. He thanked members for listening and Joan similarly thanked him for his participation and the helpful insight he had provided about Myeloma UK.

Many thanks to Martyn Warburton for this.

Zoom meeting September 1st

We held a further Zoom meeting on 1 September. This was an opportunity to share with each other at what stage of treatment we were at. Some people had experienced delays in treatments because of COVID, especially stem cell transplants. Others had experienced telephone consultations which had not been as popular especially when they did not know the doctor and there was some concern about continuity. Joan has passed on these concerns to one of the Consultants.

Dates for next year

Normally in September we would be organising next year's programme and dates. As soon as we know that we can go ahead we will do so. If you have any suggestions for topics for future meetings do let Joan know (telephone 0161 766 4669)

or (joansmith.parrfold@btinternet.com)

