

## Dates and Programme for 2020

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

Monday 14 December – Christmas 'get together', via ZOOM



## Dates for next year

Here are the dates for your 2021 diary.

At present we are trying to organise speakers who can either be there in person or via Zoom dependent on the Covid situation.

Monday 18 January – AGM plus social activity

Tuesday 2 March

Monday 12 April

Tuesday 24 May

Monday 5 July

Tuesday 16 August

Monday 27 September

Tuesday 8 November

Monday 13 December – Christmas lunch



## Committee Members

Chair - Christine Hacking 07980 398109

Secretary - Joan Smith 0161 766 4669

Treasurer - Mel Smith 0161 766 4669

Stephanie Skinner - 01706 662388

Chris Hodgson - 0161 654 8963

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Martyn Warburton - 0161 797 9730



West Pennine Myeloma Support Group

Issue 72

October 2020

## Next Meeting

Our Next meeting will be on **Tuesday 3rd November at** the usual time of **1.00 p.m.** Unfortunately the Elizabethan Suite is still closed so this will be via **Zoom**.

Our speaker will be Susana Castro from Healthy Minds. Susana joined us a couple of months ago and gave us some relaxation techniques, this time she will be talking about **Stress Management**.

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.

## Zoom meeting with Consultant Haematologist

This was the third time Dr Cavet had joined the group and as always he was excellent. He briefly outlined what Myeloma is and then talked about treatments. He also outlined how Covid had affected what they are currently doing. He was excellent in answering questions too and everyone seemed to find his session both enjoyable and informative.

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## Wellbeing Coaches



Macmillan offer free remote coaching to work towards making a positive change in your life. Can work over the phone or via video call. Visit [Macmillan.org.uk](http://Macmillan.org.uk) or call 0800 808 00 00 (7 days a week 8.00 am to 8.00 pm).

**Puzzle:** Answer to the 'Full Breakfast'

PORK SAUSAGES  
BAKED BEANS  
SCRAMBLED EGG  
GRILLED BACON  
HASH BROWNS  
BLACK PUDDING

## 'Breads' Puzzle:

In the bakery aisle of the supermarket the pitta breads are next to the naan breads. The cobs are between the unsliced loaves and the ciabattas. The sliced loaves are between the unsliced loaves and the muffins. The ciabattas are next to the pittas.

If the muffins are the first item, **what is the order of the breads on the shelf?**

## Future Items

If you have any items for future newsletters or mini reports on the virtual meetings please contact Joan Smith 0161 766 4669 or [joansmith.parrfold@btinternet.com](mailto:joansmith.parrfold@btinternet.com)

## Fundraising for Myeloma UK

Chris and Christine Hacking held a cake sale, raffle and sale of books and jigsaws from their drive on Saturday 10 October. They raised **£410** for Myeloma UK. Well done!



## MyelomaWebinar



Myeloma UK is having a webinar on 'Living Well with Myeloma' on 5 November 5-6pm. You need to register for the event at [myeloma.org.uk/help-and-suppo...](http://myeloma.org.uk/help-and-suppo...) or go to the **website.**

There will be a panel of four Nurse Specialists including Ellen Watters from Myeloma UK whom some of you will have met.