

## Dates and Programme for 2020

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



## Dates for next year

Below are the dates for your 2021 diary. Please note that the dates in **bold** were incorrect in the last newsletter - please amend your diaries/calendars!

At present we are trying to organise speakers who can either be there in person or via Zoom dependent on the Covid situation. As the Elizabethan Suite have been told not to take bookings until April at the earliest, the first two meetings of the year will be via Zoom

Monday 18 January – AGM plus social activity

Tuesday 2 March - Ellen Watters, Myeloma Nurse Specialist at Myeloma UK

Monday 12 April - Votes for Women – Elizabeth Sibbering (Sibby) Manchester Tour Guide

Tuesday **25** May

Monday 5 July

Tuesday **17** August

Monday 27 September

Tuesday **9** November

Monday 13 December – Christmas lunch



## Committee Members

Chair - Christine Hacking 07980 398109

Secretary - Joan Smith 0161 766 4669

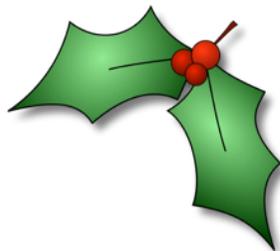
Treasurer - Mel Smith 0161 766 4669

Stephanie Skinner - 01706 662388

Chris Hodgson - 0161 654 8963

Ian Hodgson - 0161 654 8963

Martyn Warburton - 0161 797 9730



West Pennine Myeloma Support Group

Issue 73

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## Next Meeting

Our Next meeting will be on **Monday 14th December** at the normal time of **1.00 p.m.** Unfortunately the Elizabethan Suite is still closed so this will be via **Zoom**.

We will be using this as a social meeting prior to Christmas as this time we can't go for Christmas lunch. 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.

We know this Christmas will be different but whatever happens have a nice Christmas and keep safe and well.

## Sad News

We are sorry to tell you that Ron Taylor sadly passed away on 23 November. Ron heard about the group at a Myeloma InfoDay and had been a regular attender of the group We shall miss him.

We send our condolences to Linda and the other members of his family.

MYEWORD

## Update on Fundraising for Myeloma UK



Chris and Christine Hacking's sale has raised **£550** for Myeloma UK. A fantastic total.



## Christmas is Cancelled!

No Nativity this year because the 3 Wise Men face a travel ban  
The shepherds have been furloughed

The Inn Keeper has shut under Tier 3 regulations and had a slump in bookings

Santa won't be working as he would break the rule of 6 with Dasher, Dancer, Prancer, Vixen, Donner and Blitzen

As for Rudolph, with that red nose, he should be isolating and taking a test.

*With thanks to Christine Hacking*

## 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)

## Zoom meeting with Susana Castro

Susana Castro from Healthy Minds joined our November Zoom meeting to talk to us about stress management. Some may remember her as she joined us a couple of months ago to show us some relaxation techniques.

Her presentation was excellent, explaining exactly what is meant by stress and taking us through her flow charts.

Susana asked the group how they had filled their time during the last unusual months and it was interesting to hear how others dealt with stress in these unpredictable times. Stress comes in in all forms and guises - sometimes we don't acknowledge or recognise it but we unconsciously deal with it through such activities as exercise, gardening, decorating, talking to friends ... there are numerous other personal ways to feel better and lift the spirits. This is simplistic - others may need medical help but Susana focussed on the ways we could help ourselves.

We all thanked Susana for her very interesting and informative presentation and for spending the morning with us. And, she hoped we would complete her questionnaire!

A short footnote.

Zoom meeting may not be completely satisfactory but technology is certainly a lifeline nowadays and it has been lovely to keep in touch with the group. However unfortunately, technology is not available to everyone, so fingers crossed for 2021 when we can meet again in person.

*Many thanks to Christine McCleod for this*

**Puzzle:** Answer to the 'Breads' puzzle

The order is: muffins, sliced loaves, unsliced loaves, cobs, ciabattas, pitta breads, naan breads

**Sorry, no room for a puzzle this month.**

