



## Dates and Programme for 2021

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

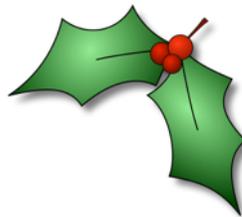
Treasurer - Mel Smith 0161 766 4669

Stephanie Skinner - 01706 662388

Chris Hodgson - 0161 654 8963

Ian Hodgson - 0161 654 8963

Martyn Warburton - 0161 797 9730



## Future Items

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



West Pennine Myeloma Support Group

Issue 74

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# MYEWORD

**We wish all our readers a very Happy New Year.**

**Let us hope 2021 is a better one!**

## Next Meeting - AGM

Our Next meeting will be on **Monday 18th January** at the normal time of **1.00 p.m.** Unfortunately the Elizabethan Suite is still closed so this will be via **Zoom**.

This will be our **AGM** but this part of the meeting will be fairly short. We will then have time for a chat as well as a quiz. 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.

## Previous meeting (see below)

Congratulations to Christine and Richard McLeod, the winners of the 'Festive Quiz'. Sorry, no prizes!

## Puzzle

S	E	I
N	H	L
G	I	D

### Trackword 11

Can you find the 9 letter word by tracking from one square to the next, going up, down, sideways or diagonally but only using each square once?

Answer next time

## Zoom pre-Christmas meeting on 14th December

We took part in the Christmas meeting of the Myeloma group and great fun was had by all. Some people wore Christmas jumpers while others wore full festive outfits or funny hats - it made us all feel happier under the current circumstances!

Many thanks to Joan and Mel who prepared a 'Festive Quiz' for us. It was very light hearted (not too taxing on the old brain cells) and very enjoyable. We both thoroughly enjoyed the meeting, having a good chat with friends really lifted our spirits and put a 'spring in our step'. We wish you all the best for 2021.

*Thanks to Linda & Barry Bowker for this*

## Sleeplessness

In the silence of night not a sound to be heard  
No people, no traffic, animal or bird  
Tossing and turning not getting to sleep  
Just a fast racing mind and counting of sheep.

The mind travels back to things of the past  
The children, the family, life has moved on so fast  
The good times the bad times remembering them all  
It's strange in the night just what we recall  
Family holidays, mine in the lakes,  
Summer, winter and half term breaks.

Thoughts of jobs for tomorrow that we have to do  
Unable to rest till I've been to the loo  
Back into bed the thoughts start again  
And outside now the patter of rain  
Up to the kitchen to make a fresh brew  
A glance at the clock its now half past two  
Still no sign of sleep and the silence is back  
So I go back to bed and snuggle in my sack.

*Many thanks to Chris Hodgson*

## 'This lockdown / tier thing'!

Nearly all of my friends, I've heard them say,  
'This lockdown / tier thing', it changes every day,  
Confusion at times, of that there's no doubt,  
Truth, rumour, myth - there's much about,  
But one thing's for sure let's all keep well,  
"Stay safe, stay in touch" it'll all be swell,  
'Corny or what' it may be so,  
But let's stay positive, it's the only way to go,  
New vaccines on board so we look ahead,  
To lockdown and tiers ... all but dead,  
Life back to normal would be great to hear,  
Fingers crossed, mine's a glass of beer!

*Many thanks to Martyn Warburton*