



Dates and Programme for 2021

As the Elizabethan Suite have been told not to take bookings until April at the earliest we continue to meet via **Zoom**.

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



West Pennine Myeloma Support Group

Issue 75

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MYEWORD

Next Meeting -

Our Next meeting will be on **Tuesday 2nd March** at the normal time of **1.00 p.m.** Unfortunately the Elizabethan Suite is still closed so this will be via **Zoom**.

Our Speaker will be Ellen Watters from Myeloma UK. Ellen is a specialist in Myeloma and she will be talking about 'Living well with Myeloma'.

I will send the link details to everyone who has previously attended on Zoom but if anyone else would like to join please let me know. I will be happy to help you get on to the system.



Previous meeting (AGM)

We held our AGM on 18 January and are delighted that we had our highest number ever on Zoom. After the business part of the meeting we had time for a chat and for a short general knowledge quiz.

Puzzle: Answer to Trackword 11: SHIELDING

Towns in Britain

Fill in the missing **vowels** to find the towns in Britain

1	BLTN	
2	LDS	
3	GLSGW	
4	CCRNGTN	
5	RDNG	
6	SHBRN	
7	SHFFLD	
8	PL	
9	CRW	
10	BRDN	

Breaking News!!

We have just received news that our grant application from the National Lottery has been approved and we should shortly receive £922. So thank you to all those who play the lottery!



Webinar - Myeloma UK



Myeloma UK are hosting a webinar '**Coping as a Carer**' on Thursday March 4th at 5-6 pm. For further details contact: infodays@myeloma.org.uk

Look Good Feel Better



"You may already be aware of our confidence-boosting Workshops for people living with cancer and the current pandemic has not stopped our work. Instead of the face to face workshops we normally run across the country these have been moved online and we have used time this year to add some more.

For over 26 years Look Good Feel Better has run skincare, nail care and makeup workshops for women, teens and young adults. These two-hour sessions are a great way for women to connect with one another, share tips and experiences and learn some very useful, practical tips from our wonderful team of expert volunteers. Three years ago, we were able to launch our skincare and grooming Workshops for men, alongside online tutorial support and a comprehensive 'Manual for Men'. All these services were successfully moved online in April and will continue to run once we return to face to face Workshops."

If you are interested in attending an online Workshop you can contact them by email at info@lgfb.co.uk or call 07545 551531 or look at the website www.lgfb.co.uk

Myeloma UK welcomes NICE approval



The National Institute for Health and Care Excellence (NICE) has recommended the use of **lenalidomide as a maintenance treatment** for newly diagnosed myeloma patients in England and Wales who are eligible for high-dose therapy and stem cell transplantation (HDT-SCT).

This is the first maintenance treatment for myeloma to be made available through the NHS and is currently considered the global gold standard for HDT-SCT eligible patients.

Lenalidomide maintenance has been studied in several clinical trials including Myeloma XI the largest trial conducted in myeloma with over 4000 participants. Results showed that lenalidomide maintenance following HDT-SCT increased remission time and improved overall survival. Further details can be found on their website.