



Dates and Programme for 2021

As the Elizabethan Suite is still closed meetings continue to be via **Zoom**.

- Monday 12 April - Votes for Women – Elizabeth Sibbering (Sibby) Manchester Tour Guide
- Tuesday 25 May - Trish Morgan Maggies Centre, Oldham
- Monday 5 July - Elizabeth Davies, Pharmacist, MRI
- Tuesday 17 August -
- Monday 27 September -
- Tuesday 9 November - Samaritans
- 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 76

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MYEWORD

Next Meeting -

Our Next meeting will be on **Monday 12th April** 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 Sibby, Manchester Tour Guide on '**Votes for Women**'. Sibby has been to the group twice before and her talks are both interesting and informative. I will this time 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 (Ellen Watters, Myeloma UK)



At our last meeting on March 2nd, Ellen Watters from Myeloma UK informed us of the work that the Info line had been doing during the pandemic. Ellen then talked about tips on Living Well with Myeloma.

After this she answered questions from the group. We were delighted to see some new faces on the Zoom call and we had the best turnout for our on line sessions.

Puzzle:

Towns in Britain - Answers

Fill in the missing vowels.

1	BLTN	Bolton
2	LDS	Leeds
3	GLSGW	Glasgow
4	CCRNGTN	Accrington
5	RDNG	Reading
6	SHBRN	Ashbourne
7	SHFFLD	Sheffield
8	PL	Poole
9	CRW	Crewe
10	BRDN	Aberdeen



From Myeloma UK: **Lymphoma, Leukaemia and Myeloma Lecture - Monday 19 April 6pm - 7pm**

Chris Martin from Myeloma UK has contacted us to say that **Prof Chris Whitty** (The UK Government's Chief Medical Adviser) will be hosting an **online lecture** on Lymphoma, Leukaemia and Myeloma.

For more information and to register please click on the link below and follow the instructions:

<https://www.gresham.ac.uk/lectures-and-events/lymphoma-leukaemia-myeloma> (You may need to copy and paste, or type in, this link.)

Please feel free to share with anyone else you think maybe interested in this lecture.



Maggies Oldham

Maggies provides support and advice in a reassuring environment for you or someone you care about who has been diagnosed with cancer. You can either book an appointment for a one-to-one session at the Centre or just ring up. In normal circumstances you would just drop in but in these difficult times you do need an appointment. Maggie's have a team of specialists i.e. cancer support specialist, clinical psychologist, benefits advisor - all there to help. At the moment their sessions are on Zoom. Christine Hacking tried Tai Chi and thoroughly enjoyed it. This on a Monday afternoon, 2.00 pm -3.00 pm. There is a relaxation session on Tuesday afternoons 2.00 pm -3.00 pm and a gentle exercise session on a Friday afternoon. Maggie's Centre is based at Royal Oldham Hospital Tel:0161 989 0550. Open Monday-Friday, 9.00am-5.00 pm.

We are delighted that Maggie's will be talking to us at the May meeting about their services and also running a short relaxation session.

Fives!

	1			
	2			
3				
?				4
				5

Fill the grid with the digits 1 to 5 so that no column, row **or diagonal of any length** contains the same number more than once. What number should replace the question mark?

Hint: I started with the number to the right of the ? and bear in mind the diagonal rule!