

Dates for 2022



Monday 19 September – Underground Manchester, Keith Warrender

Tuesday 20 September - Visit to Manchester Cathedral

Tuesday 1 November - What do blood tests mean?

Amanda Lane, Advanced Nurse Practitioner

Monday 12 December - Christmas Lunch

Committee Members

Chair - Christine Hacking 07980 398109

Secretary - Joan Smith 0161 766 4669

Treasurer - Mel Smith 0161 766 4669

Chris Hodgson - 0161 654 8963

Ian Hodgson - 0161 654 8963

Martyn Warburton - 0161 797 9730

Karen Lees - 0161 761 3699

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

Foot Massage

Dorothy told the group that she uses a foot massage which she finds helps with her neuropathy. It is a Beurer Shiatsu – FM90 foot massage and costs £129.99.



MYEWORD

West Pennine Myeloma Support Group

Issue 89

September 2022

Next Meeting

Our Next meeting will be on **Monday 19th September** at the normal time of **1.00 p.m.** Our speaker will be Keith Warrender on 'Underground Manchester'.



Dates for 2023

We have booked the dates for next year at Fusilier Museum. We will be planning the programme and will hopefully have some information on this in the next newsletter.

Monday 9 January

Tuesday 21 February

Monday 3 April.

Tuesday 16 May

Monday 26 June

Tuesday 8 August

Monday 18 September.

Tuesday 31 October

Monday 11 December



Myeloma UK are holding a National Support Group Meeting on **Zoom**, on **Wednesday 14 September, 5pm-6pm**. if you would like to attend click on the link below (or type in the address) and complete the online registration form.

<https://www.myeloma.org.uk/help-and-support/national-support-group-meeting/>

Visit to Manchester Cathedral

Our next group outing will be to Manchester Cathedral on **Tuesday 20 September 2022** at 11.00 am. We are meeting at **Victoria Station** concourse at **10.45**. If you prefer to meet at the Cathedral let Joan know so we don't wait for you. If you have not already paid your £1 contribution you can pay Mel on the day.



Sad News

David Goldie sadly died on 17 August after a short illness. David joined the group 10 years ago and had been a regular attender except when travelling to Thailand which he loved. We send our condolences to David's family.

Fish and chips lunch

We have decided to go ahead with this and go to 'Lords', which is on Manchester Road in Whitefield (near to the Mercedes showroom). We decided that we would not be able to subsidise the cost but people would pay for their own meal. Bring your diaries and we will agree a date.



Previous meeting - Something for everyone - Nutrition!

Guest speaker, Joe Coram, Community Dietitian from Bury Nutrition and Dietetic Service, provided members with a revealing insight into **'Myeloma and Nutrition'**. Initially explaining his wide ranging personal role from dealing with specific nutrition issues, management of treatment-related side effects, assessment and recommendations for specialised routes of nutrition support and, the appropriate use of vitamin and mineral supplementation, Joe provided members with much information perhaps not previously fully considered or known about.

His thought provoking presentation included the impact of how Myeloma can affect diet and the importance of symptom management when poor appetite, taste changes, nausea and other associated conditions are causing difficulties. He outlined the common issues around bone pain, infection, impaired kidney function and neurological problems and how nutrition can be supportive. He also mentioned however that some nutritional measures, such as encouraging a special diet for myeloma, had no specific evidence to support it. It is better to follow a healthy and balanced diet, which follow the principles of healthy eating that apply to the general population as a whole.

Member's questions were answered fully and with honesty and Joe summarised his talk by saying that sometimes there are no particular 'rights or wrongs' when considering nutrition. All aspects should be considered dependent on an individual's personal circumstances. Ending his presentation he gave useful links and contact details for the British Dietetic Association, Myeloma UK, Bury Nutrition & Dietetic Service. Members thanked him for a most enjoyable session.

(Thanks to Martyn for this.)