

Dates for 2023

(The programme planned to date is shown below. If anyone has any suggestions for future speakers or topics please let a member of the committee know.)

Tuesday 21 February - Beekeeping, Ian Hodgson

Monday 3 April - Improving Sleep, Stephanie Melia

Tuesday 16 May - Dr Philip Crea, Consultant Haematologist MRI

Monday 26 June - Will Writing, Ed Stojanovic

Tuesday 8 August - tbc

Monday 18 September - tbc

Tuesday 31 October – Underground Manchester, Keith Warrender

Monday 11 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





Issue 93

West Pennine Myeloma Support Group

February 2023

Next Meeting

Our Next meeting will be **on Tuesday February 21st** at **1 pm.** Our speaker will be Ian Hodgson on Beekeeping. I am told there will be an opportunity to taste and purchase some honey!

Previous meeting - AGM

Fifteen members were at the AGM on Monday 9 January 2023 as a lot of members were unwell and sent apologies. At the meeting Christine picked out some of the highlights of last year including afternoon tea and the Christmas lunch as well as an enjoyable visit to Manchester Cathedral. She felt we had a number of excellent speakers including Amanda Lane, Advanced Nurse Practitioner and the Dietitian.

The group agreed that the committee remain for the next year (see list below).

After the business part there was a quiz with the winning team (by half a point!) being Linda and Barry Bowker, Elizabeth Coleman, Yvonne Sayle and Mel Smith. Well done!

Trips for this year

Usually at the AGM in January we choose our outings for the year. As so many people were unable to attend the meeting in January we have postponed this until February's meeting. So do come along to help us decide. A list of possible trips is shown below and **attached is a more detailed list**. So have a good look and make your choices!

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

Possible Visits

Bolton Museum

Elizabeth Gaskell House

Museum of Science & Industry

Whitworth Art Gallery

Manchester Art Gallery

Townley Hall (Burnley)

Greater Manchester Fire Museum

Greater Manchester Police Museum

R4GM Recycling Education Centre

Afternoon Tea

Maggies Centre

National Football Museum

Bury Art Gallery & Museum

Queen Street Mill Textile Museum

Pankhurst Centre

Portland Basin Boat Museum

RHS Bridgewater Garden

Greater Manchester Fire Service Training & Safety Centre

Manchester Museum

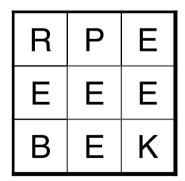




Wednesday 22nd February 5pm-6pm Steroids

There will be a talk about the use of steroids in myeloma treatment. This session is for patients, family and friends who want to learn more about what steroids are and why they are used.

You will need to log onto Myeloma UK website before the date to **register** for the event



Trackword 19

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 in the next issue!

Puzzles: Answer to Trackword 18: 'CHAMPAGNE'