



Dates for 2023

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 - Secrets of the Waterway, Russ Hedley
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

Myeloma UK Impact Report

 MyelomaUK

Myeloma UK have produced this report which shows:

- *How they funded **2 major new studies** on diagnosing myeloma earlier.
- ***Pioneered clinical trials** for testing multiple treatments at the same time.
- *Created a **peer buddy service** that provides one-to-one support.

See link below:

<https://www.myeloma.org.uk/documents/myeloma-uk-impact-report-2022/>



MYEWORD

West Pennine Myeloma Support Group

Issue 94

March 2023

Next Meeting

Our Next meeting will be at the Fusilier Museum on **Monday April 3rd at 1pm**. Our speaker will be Stephanie Melia on 'Improving Sleep Patterns'.

Trips for this year

At the last meeting we voted for our choice of outings and a visit to **Bridgewater Gardens** and **Afternoon Tea** at Falshaws were the clear winners. The charge for each trip will be £10, with the rest of the cost met from group funds.

We will go to Bridgewater Gardens in May/June and will agree the date at the next meeting, so please bring your diaries! We will go for afternoon tea later in the summer.

Future Items

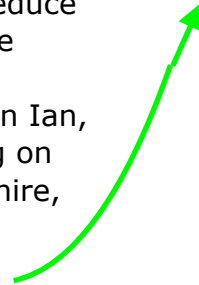
If you have any items for future newsletters or mini reports on the meetings please contact Joan Smith 0161 766 4669 or joansmith.parrfold@btinternet.com

Previous meeting - A Honey Experience

With his car loaded to the brim with all things 'beekeeping', group member Ian Hodgson unloaded his equipment, his vast knowledge, and certainly much humour into his passionate presentation about beekeeping. Initially encouraged by his mum and, later as a teacher being responsible for tending two school beehives, he decided to go on a beekeeping course and that was it, he has never looked back. In fact, so much so, that at one stage he considered starting a commercial operation but settled for producing honey from his home which certainly proved to be a treat for members as Ian provided a 'taster session' which included three honeys to try. **'Hap- bee- ness' for all!**

Ian definitely looked the part as he started his presentation dressed in his beekeeper outfit. His talk focused on a variety of topics ranging from bee types (Queen, worker, drone), bee habitats (location and wild bees), hive types (basket, cottage style and polystyrene), honey production (role of the bees and timescales), use of equipment (hive components, brace cone, spinner), and importantly, bee longevity.

'Swarming' proved to be an interesting subject too as several members had experienced or suffered its impact first hand. Ian emphasised that a beekeeper's aim was always to reduce or stop swarming and that 'travelling' bees could become agitated, harder to control and often harmful to both beekeepers and the public alike. Members chuckled when Ian, thinking too about the financial implications of swarming on beekeepers, dryly stated that as someone born in Yorkshire, he recognised that "a swarm in May means low pay"!



A Honey Experience continued

Ian amused members with many anecdotal stories including his experiences of keeping hives on Haworth Moor through to transporting them home, the bees escaping during the journey in the car and the 'blue lights' of an approaching police vehicle 'scaring him to death' as he tried to capture them.

The presentation was thoroughly enjoyed by all and this was emphasised by the number and variety of questions asked which Ian answered with relish. As a parting shot members were able to purchase jars of Ian's honey with a donation from sales kindly being given to the support group.

Thank you Ian for a super event and finally, just to say to all group members,..... **'Bee Happy'!!**

Thanks to Martyn for this amusing report.

Puzzles: Answer to Trackword 18: **'BEEKEEPER'**

N	I	N
O	N	T
I	T	E

Trackword 20

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!