

Dates for 2023



Tuesday 16 May – Dr Philip Crea, Consultant Haematologist MRI

Friday 26 May - Visit to Bridgewater Garden

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

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MYEWORD

West Pennine Myeloma Support Group

Issue 95

May2023

Next Meeting

Our Next meeting will be at the Fusilier Museum on **Tuesday May 16th at 1pm.** Our speaker will be Dr Philip Crea who is a Consultant Haematologist at MRI. Dr Crea will give up to date information on treatments for Myeloma and is very willing to answer questions so if you have any bring them along.

Visit to Bridgewater Garden

At the last meeting we agreed that our visit to Bridgewater Garden will be on **Friday 26 May** at 11.00 am. The address is Occupation Road, Off Leigh Road, Worsley, Salford Greater Manchester, M28 2LJ. It is well signposted from the M60 motorway.

The charge will be £10 with the rest of the cost being met from support group funds. We need to take bookings at the next meeting as we have to book in advance. So if you want to come but cannot make the meeting on 16 May please let Joan or Karen know before the meeting.

If you are concerned about walking we can book a wheelchair in advance. There are however plenty of seats and in addition to the garden there is a large gift shop, a garden centre and cafe.

Previous meeting - Improving Sleep

“ IF YOU CAN'T SLEEP!!”

As an issue close to many people's hearts members were given an opportunity to understand some of the complexities around sleep behaviour, sleep patterns, and the 'Do's, Don'ts, and Myths' in respect of encouraging sound sleep.

Steph Melia, a Senior LTC Psychological Wellbeing Practitioner from NHS Talking Therapies Service, Bury, gave an informative and interesting presentation centred on helping people achieve effective and quality sleep through better awareness and the use of various techniques and tips.

Initially she described how 'Cognitive Behavioural Therapy' (CBT) can play a very useful part where talking can help manage problems by changing the way you think and behave. As a tool commonly used to treat anxiety and depression it helps look for practical ways to improve your state of mind on a daily basis, which in turn, can impact beneficially in helping to promote better sleep. Describing how to break the cycle for people who often struggle Steph outlined how physical support (relaxation and mindfulness), behaviours (setting and working towards goals), mood control (worry management), emotional support (confidential talking opportunities) are but just a few examples of what may be helpful as part of a person's improving sleep agenda.

Recognising too that lack of sleep can contribute to poor mental health, a low immune system and diseases, and even shorter life span (factors to name but a few) she linked these aspects to the function of falling asleep. Outlining that some hormones (melatonin and cortisol production) can create chemical imbalances in the brain, which can similarly disrupt sleep, Steph discussed the necessity to embrace 'sleep stages', 'sleep space' and sleep hygiene' strategies. The latter being of particular interest to members who she advised should have a regular bedtime, wake time and 'if you can't sleep get up after twenty minutes and only go back to bed when you feel tired again'. *Continued in next column* →

Previous meeting - Improving Sleep continued

Steph finished her presentation by describing the role of NHS Talking Therapies, a service delivered by a range of professionals including therapists and counsellors. Members raised several questions with Steph more than happy to respond. They thanked her for her valued presentation and, patience too, particularly against the backdrop of a not always accommodating microphone!

NHS Talking Therapies, Bury previously Healthy Minds
tel: 0161 253 5258
www.penninecare.nhs.uk/burytalk

Questionnaire

Attached to this newsletter is a questionnaire about the group which we would like you to complete. This will help us to check if the group is meeting your needs. Please bring the completed form to the next meeting, or return by post or email to Joan (joansmith.parrfold@btinternet.com)



Puzzles: Answer to Trackword 20: 'INTENTION'

E	R	E
H	L	E
W	E	S

Trackword 21

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!