

Dates for 2023



Tuesday 31 October – Underground Manchester, Keith Warrender
Monday 11 December (Christmas Lunch at **Owen's, Ramsbottom**)

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



Sharing Personal Information

The papers for the AGM will be sent with the next Myeword. With the papers we normally include an up to date copy of the contact details of group members. If you **don't** wish your details to be included could you please let one of the committee members know no later than December 11th.

Venue for next year

At the last meeting we agreed to stay at the Fusilier Museum for next year's meetings. We are working on the programme at present.



West Pennine Myeloma Support Group

Issue 99

October 2023

Next Meeting

Our Next meeting will be at the Fusilier Museum on **Tuesday October 31st** at the usual time of **1pm**. Our speaker will be Keith Warrender on Underground Manchester. As this is a topic of general interest you may wish to bring a friend.

Christmas Lunch 2023.

Christmas Lunch will be on **Monday 11th December** at **1 pm** at **Owen's Restaurant in Ramsbottom**. We will need final bookings at the meeting on October 31st, together with menu choices (see attached menu) and £12 per head payment.

If you are not able to come on October 31st please let Joan know your menu choices (by email, post or phone) by November 4th at the latest and then give the payment on the day to Mel.



Christmas Lunch December 11th at 1pm

MYEWORD



Dates for next year

- Monday 15 January - AGM and Bingo
- Tuesday 27 February. tbc
- Monday 8 April - 'Fatigue' Amanda Lane, Advanced Nurse Practitioner
- Tuesday 21 May. tbc
- Monday 1 July. tbc
- Tuesday 13 August. tbc
- Monday 23 September. tbc
- Tuesday 5 November - Birds of Prey, Russ Hedley
- Monday 9 December - Christmas Lunch

Walking Group

The first meeting of our walking group recently took place around Hollingworth Lake. It was a lovely morning, the lake looked magnificent in the sunlight - as did the surrounding countryside. What a joy to 'walk and talk'! Afterwards we popped into the cafe for a much needed coffee and cake- essential after a walk! The next walk will be on **Monday November 20th** - please put this date in your diary. You can either come walking or meet up afterwards for coffee and cake! More details at the next meeting.



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Christmas Lunch December 11th at 1pm

Previous meeting - Macmillan Information Service

Sarah Plant from from the Oldham Macmillan Information Service gave us a very clear and comprehensive presentation of the services Macmillan can offer. These included:

- * Emotional Support - at diagnosis, talking to family/carers or being a 'listening ear'.
- * Benefits and financial advice.
- * Help with filling in forms and how to present information.
- * Supporting applications for blue badge, if eligible.
- * You may be eligible for free parking permits (Oldham, Rochdale and Fairfield) If you have are having active cancer treatment or have to attend appointments twice a month or more.
- * Travel insurance - recognition that this can be expensive and Macmillan have a list of companies that will consider cancer patients.
- *Referral to local counselling providers.
- * Staying Active - local walking groups, exercise referral programme.



Trackword 22
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?