

Dates for 2024

Please put these dates in your diary or calendar

(Please note that Russ Hedley has moved from November to September)

Monday 8 April – Coping with Fatigue – Amanda Lane,
Advanced Nurse Practitioner

April 29 Behind the scenes Bridgewater Hall.(11 am)

Tuesday 21 May – Dr Jenna Fielding, Consultant
Haematologist, MRI

Monday 24 June - Lorde's Fish and Chips

Monday 1 July – Jo Denby, Bury Hospice

Tuesday 13 August – Jacob's Feast

Monday 23 September - Birds of Prey – Russ Hedley

Tuesday 5 November – *tbc*

Monday 9 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



MYEWORD

West Pennine Myeloma Support Group

Issue 103

March 2024

Next Meeting

Our Next meeting will be on **Monday 8th April** at the usual time of **1.00 p.m.** at the Fusilier Museum. Our topic will be 'Coping with Fatigue' and our speaker will be **Amanda Lane**, Advanced Nurse Practitioner.

Behind the scenes at Bridgewater Hall

This visit is on **Monday 29th April**. We will meet at the large 'pebble' outside the Hall at **11am**. We will take final bookings at the next meeting together with the **£5** cost.



Puzzle: Answer to Trackword 24: **RESURFACE**

Myeloma UK have started to hold Infodays again and this year there is one in Manchester on **Saturday 18 May** 9.00 to 4.30 at the Pendulum Hotel, Sackville Street, Manchester M1 3BB. We suggest that members book direct with Myeloma UK and not leave it too late as they often get oversubscribed. This will be discussed at the April meeting.



Fish and chips lunch

This will be on **Monday 24 June** at 12 o'clock at Lorde's Fish and Chips on Manchester Road in Bury (BL9 9TP). Bookings will be taken at the **May** meeting along with the contribution **£10** to the cost.



Previous Meeting - Therapy dogs

It was a delight to welcome Gill McCartney and her therapy Dog, Maggie, to our meeting.

Having seen the beneficial impact that Maggie had on some of the residents at a care home, Gill joined the charity 'Therapy Dogs Nationwide'. Gill and Maggie have become regular visitors at a care home with dementia patients, a sheltered housing complex and a primary school (where children are given the opportunity to read to Maggie!). The intention is to provide comfort, distraction and stimulation to children and adults alike. While Gill was explaining this Maggie was quite happy to sit, have her tummy tickled and generally stay calm.

Gill ended her presentation by describing the benefits of 'Animal Assisted Therapies' ranging from improvement in general health and wellbeing, increased confidence levels, improved and controlled movement to improved communication skills. She also mentioned that therapy dogs are often used in the TV/film industry where a good temperament is needed.

Asking if members had any questions, there were many. Interestingly it provided an opportunity for some members to talk about their own dogs and the wider role of therapy dogs in general. Gill responded to all the the questions and received a very warm appreciation from all those present and, importantly, a bag of treats for Maggie.

Gill then chatted with members whilst they patted and stroked Maggie.

We very much appreciated Maggies visit - a beautiful dog who was delightful in every way

Edited from contributions from Martyn and Christine

