



# MYWORD

## WEST PENNINE MYELOMA SUPPORT GROUP NEWSLETTER

ISSUE 118 | DECEMBER 2025

### NEXT MEETING

Monday 12th January 2026 at 1pm at The Fusilier Museum, Moss Street, Bury, BL9 0DF

### PRESENTATION

ANNUAL GENERAL MEETING (including 'Stand-Up' Bingo and Raffle)

### WELCOME TO OUR NEW MEMBERS

New members: None

### COMMITTEE MEMBERS

Chair - Christine Hacking 07980 398109

Treasurer - Christine McLeod 07599 391994

Martyn Warburton 0161 797 9730

Karen Lees 0161 761 3699

Linda Bowker 07976 921764

Barry Bowker 07815 736448

### ABOUT

The group meets in Bury but welcomes members from Lancashire and Greater Manchester. It provides emotional and educational support for people with Myeloma together with their carers, families and friends.

We normally meet every 6 weeks on either a Monday or a Tuesday afternoon (see dates below) at 'The Fusilier Museum', Bury, between 1.00pm and 3.30pm.

We are a very friendly and welcoming group and always encourage others to join us so please come along to any of our meetings. You can also use our website or contact us directly by email or telephone.

**WEBSITE :** [wpenninemyeloma.org.uk](http://wpenninemyeloma.org.uk)

#### **FUTURE MEETINGS / OUTINGS**

**Monday 12<sup>th</sup> January 2026**

**ANNUAL GENERAL MEETING**

**Monday 23<sup>rd</sup> February 2026:** 'Staying Well' - Adam Mortimer, Project Support Officer,  
Older People's Staying Well Team, Bury

**Monday 30<sup>th</sup> March 2026:** All things 'Mouthcare' - Emma Riley, Healthcare Services Director

**Tuesday 12<sup>th</sup> May 2026:** 'What's Happening'? Myeloma update - Dr Jenna Fielding,  
Consultant Haematologist, Manchester University NHS Trust

**Tuesday 23<sup>rd</sup> June 2026:** Welfare Benefits - Berni Vose, Benefits Advisor, M40 Organisation

**Tuesday 4<sup>th</sup> August 2026:** 'Scams, Fraud, avoid' - Kelly Halligan, Trading Standards Manager,  
Bury

**Monday 14<sup>th</sup> September and Tuesday 3<sup>rd</sup> November 2026** - Presentations to be confirmed

**Monday 7<sup>th</sup> December 2026:** **CHRISTMAS LUNCH**

#### **WHAT'S HAPPENING...???**

: **Annual General Meeting (12<sup>th</sup> January 2026).** An opportunity for support group members to discuss / raise issues / give feedback about events of the last year and what they'd like to see / change if needed. To ensure, both for the present and the future, the group works well for all.

Similarly, an opportunity for the Chair to present a review covering year 2025 and for Committee members to outline respective roles and how these relate to the overall Committee structure.

More specifically...members to be given an AGENDA for the meeting detailing items for discussion including the election of committee members, receiving the Treasurer's financial report, the planned programme for 2026, working with Myeloma UK (Partnership Programme).

The official business of the meeting will close with 'STAND UP BINGO' and RAFFLE to follow!!!

: **'Safe and Sound Wellbeing' - Russ Magnall speaker presentation (4th Nov 2025).** Thank you, Russ, excellent. Please see separate precis below.

: **Christmas Lunch**, Owen's Restaurant, Ramsbottom, (8<sup>th</sup> Dec 2025). A great event thoroughly enjoyed by all. Thank you, Christine H, for organising. Photographs below.

: **Easyfunding.** As outlined at the last meeting an opportunity exists to raise monies by registering with 'Easyfunding', a good cause initiative. Money raised to date (08.12.25) is £124.40 from 24 support group members. Please contact Chris McCloud (07599391994) for further information. More members, more funds!

**FUTURE ITEMS** – If you have any, and you'd like to share them by inclusion in the Myeword newsletter, please let us know. If you have anything to present to the group or you know anyone who can we'd love that too. As always, member participation is especially welcome.

**FINALLY, JUST FOR FUN ...a 'pause for thought!'**

**October Newsletter question: It belongs to you, but your friends use it more. What is it?**  
**Answer .... Your name!**

**Xmas Newsletter question: What runs around the house but never moves?**

**Answer in the next edition – you'll need to read it!! Good Luck!**

**PRESENTATION Russ Magnall – 'Safe and Sound Training' - 4<sup>th</sup> November 2025**

Members warmly welcomed Russ Magnall a former police commander, dog handler, author, and creator of the 'Safe and Sound' training programme.

As an eight-year-old boy who lost his mother in a car crash, to his teenage years where he rebelled and became a gang member, then being 'rescued' by the influence of a 'dad chat' with the 'cops' he transformed his life..... a lightbulb moment!

Three themes.... transforming the way you think to overcome any challenge, managing extreme emotions to succeed in any situation, learning to respond well in every aspect of your life, Russ provided members with some key tips and techniques to achieve successful outcomes.

Making 'choices' (power to choose) the idea of 'gratitude' (lifting your spirit), 'sticking to what you know', having pride and trust, all being key components of his philosophy. On a practical note, 'breathing' (three deep breaths) to help control your body and 'head space' when panic sets in – all thought provoking yet simple remedies to improve wellbeing and mental health.

Through personal stories, academic insight and real-life experience (serious and light hearted) in both his career and personal life, Russ described how powerful thinking had brought positive results.... a 'winner' for him, and, potentially for members too.

In conclusion.... questions. Those asked were answered with relish, humour and honesty. With a rousing round of applause Russ was thanked for providing a very entertaining and innovative presentation with hope that he would return again soon.

**Note:** Russ has a YouTube channel. This is a free resource which members can access for tips, tools and techniques to build strong mental health and get through tough times. If you want to know more copy the link below, and if you wish to be kept up to date with new content, please subscribe.

<https://www.youtube.com/channel/UCDfXQwGNWvOjKH2uucabLA>

Russ has also written a book named 'SAFE AND SOUND' .... Secrets of the World's Most Resilient People.... which discusses the themes mentioned above and more. It can be purchased through Amazon.

**Photographs from Christmas Meal 2025 at Owen's Restaurant, Ramsbottom**



**Finally, we wanted to send all our best wishes and festive joy to all our members. Thanks for being involved and supportive in 2025, and we look forward to more fun next year! Love from Martyn, Barry, Linda and all of the committee xxx**

