



# MYEWORD

WEST PENNINE MYELOMA SUPPORT GROUP NEWSLETTER

ISSUE 119 | MARCH 2026

## NEXT MEETING

Monday 30<sup>th</sup> March 2026 at 1pm at The Fusilier Museum, Moss Street, Bury, BL9 0DF

## PRESENTATION

Emma Riley, Health Care Services Director, RIS Products, - **'ALL THINGS MOUTHCARE'**

## WELCOME TO OUR NEW MEMBERS

New member : We are very pleased to welcome Abbass to the group

## 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 (black) / OUTINGS (red)**

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

**: *Outing: Monday 11<sup>th</sup> May 2026* : Gorton Monastery : Meet at 10.30am, 89 Gorton Lane, Manchester, M12 5WF. £5 per head**

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

**: *Outing: Friday 19<sup>th</sup> June* : Manchester Bus Tour : Meet at Lower Mosely Street, outside the Bridgewater Hall at 11.30am. Over 60’s pay £4.00 (actual fare £8.00), under 60’s pay £11.00 (actual fare £15.00). Group funds are contributing £4.00 for each person travelling.**

**: 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 MBC**

**: *August – date to be announced* : Tour of ITV Studios at Media City, Salford Quays. Likely 3<sup>rd</sup>/ 4<sup>th</sup> week. No charge.**

**: Monday 14<sup>th</sup> September : Presenter to be confirmed.**

**: *Friday October 16<sup>th</sup>* : Fish and Chip lunch : Lorde’s, 825, Manchester Road, Bury, BL9 9TP. Pay for your own meal.**

**: Tuesday 3<sup>rd</sup> November 2026 : ‘Who we are and what we do’ – Fern Pallister, Myeloma UK Information Specialist.**

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

**WHAT’S HAPPENED / WHAT’S HAPPENING.....???**

**: *Annual General Meeting (12<sup>th</sup> January 2026)*. Please see below a synopsis outlining the discussion which took place, decisions made and future outlook.**

**Our AGM 12 January 2026**

Members received a barrage of documents in the new year in preparation for AGM.

Fortunately, refreshments had been organised for the meeting, so we sat and chatted, whilst enjoying fresh tasty sandwiches before business commenced. The meeting was

attended by 24 members and Christine Hacking thanked them for coming and donating prizes for the raffle in aid of group funds. We also had apologies from, or on behalf of 9 members who were unable to attend due to appointments, illness or bereavement.

The 6 members of the Committee had agreed to continue for 2026 and Christine introduced them to the group. Christine thanked Joan and Mel Smith for their hard work over 17 years, as they had previously run the group on their own.

**Plea for Help:** There is currently one role that Joan agreed to continue on a temporary basis i.e. the maintenance of the Myeloma Group Website. This does not have to be done by a committee member. If you would be willing to consider taking on the role, you would not have to be involved in committee meetings. The main task is uploading the Myeword Newsletter (every 6-8 weeks). If you would like more information about what this involves, please contact Joan.

The bulk of the paperwork was the adoption of the New Constitution and Adults at Risk Policies. These were both agreed, however, members were concerned that the group should remain friendly and informal and relevant to our locality.

Christine spoke about the varied 2025 programme of speakers and visits. She reminded us of the 3 Bs. Believe in yourself, believe in your treatment and believe in each other.

Christine McLeod had produced a Summary of Accounts showing income and expenditure. We are still in the black!

The programme of events for 2026 can be found in December Myeword. Please put the dates in your diary. We still need ideas for Monday 14th September and Tuesday 3 November. If you have any ideas, please give them to Martyn. The most popular visits for 2026, chosen by members at the AGM will be discussed at the next committee meeting.

**WhatsApp Group.** Christine asked everyone involved in the group to check their settings, as some photos had accidentally been deleted. She also reminded them to only post what's relevant to the group.

**Maggie's Oldham.** Maggie's Oldham has a full programme of activities to promote health and well-being. Christine Hacking has a copy of this, and more information is available on their website. Free parking at hospital. Cancer patients are entitled to free parking at Fairfield, Rochdale infirmary and Royal Oldham Hospitals by applying through their McMillan Nurse. Finding a space is another issue!

**RHS Bridgewater.** People on Universal Credit can purchase an entry ticket for £1.

The meeting closed with the raffle raising £64. There was no time for stand-up bingo.

*Many thanks to Karen for this comprehensive AGM Report.*

**: Myeloma Group website – maintenance (see AGM note above).** Christine Hacking has offered her services in terms of taking on this role. She will be liaising with Joan shortly to pick up the detail of what's involved. Thank you Chris and Joan.

**: Meeting Dates for 2027. This information will be released shortly.**

**: Easyfunding** Please help to raise funds for the group by registering with this good cause initiative. Contact Chris McCloud (07599391994) for further information. More members, more funds!

**: February meeting presentation. Please read as below:-**

**‘ Sometimes we cannot do it all on our own!! ’ : 23rd February 2026**

Members warmly welcomed **Adam Mortimer & Hannah Stredder** from **‘The Older People’s Staying Well Service, Bury’** who gave both a very informative and entertaining presentation around the nature of the work they do and the services they provide.

Working under the wider umbrella of Bury’s ‘Health and Adult Social Care Team’ they have a staff contingent of ten and deal with some forty five plus referrals per week from residents over the age of 50 who are not currently receiving any support from social care services but who need help to stay well. Accessing the service is done by referral, either self-made directly or via a professional route such as a GP.

Following a referral a ‘Staying Well Co-Ordinator’ makes a home visit to identify what’s going well and what less so. They then assist, support and signpost to services where emphasis is placed on maintaining or improving health and wellbeing.

Members were notably impressed on the wide range and variety of topics covered in the referral discussions, including...daily life...house, money and environment ... crime and anti-social behaviour ...work, training and hobbies...child and school ...health and lifestyle. From a more detailed perspective issues around medication review, help with shopping and cleaning, equipment at home, fall prevention, voluntary drivers, taxi driver scheme, dementia sessions, well-being courses, were all practical examples of how the service could help.

Following a question session answered with much enthusiasm members were told that if anyone wished to have an individual chat after closure of the meeting they were very welcome. Several took up the offer.

**A big thanks to Adam and Hannah** for their lively presentation which was endorsed by a rapturous round of applause from members. We hope to welcome them back sometime in the future.

For further information, please contact the Staying Well Team.

**Phone:** 0161 253 5151

**Email:** [StayingWellTeam@bury.go.uk](mailto:StayingWellTeam@bury.go.uk)

**Walking Group** : Thanks to Ian and Anita who have volunteered (no arms up anyone's back!) to organise a walk for members. Initial date and location to be announced after Easter when likelihood of improved weather.

**Speakers for 2027** : If members have any ideas about potential speakers coming along to present during 2027 please let Martyn know. It would be helpful if you can provide contact details if possible.

**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!'**

December Newsletter question:

**What runs around the house but never moves? Answer .... A FENCE**

March Newsletter question: **What two things can you never eat for breakfast?**

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

We had a lovely trip to Falshaws for afternoon tea in early March. Much tea and sweet treats were consumed with great conversations!



**Hope you have enjoyed our newsletter!**

**Best wishes from Martyn, Barry and Linda**