



MYEWORD

WEST PENNINE MYELOMA SUPPORT GROUP NEWSLETTER

ISSUE 120 | APRIL 2026

NEXT MEETING

Tuesday 12th May 2026 at 1pm at The Fusilier Museum, Moss Street, Bury, BL9 0DF.

PRESENTATION 'What's Happening'?..... Myeloma update - Dr Jenna Fielding, Consultant Haematologist, Manchester University NHS Trust.

PLEASE FEEL FREE TO BRING ANY QUESTIONS YOU MAY WISH TO ASK JENNA TO THE MEETING

WELCOME TO OUR NEW MEMBERS

We are pleased to welcome Nick Cooper, from Timperley, 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

FUTURE MEETINGS (black) / OUTINGS (red)

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

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

: Outing: Friday 19th June 2026 : 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 23rd June 2026 : Welfare Benefits - Berni Vose, Benefits Advisor, M40 Organisation

: Tuesday 4th 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 3rd / 4th week. No charge.

: Monday 14th September 2026 : Presenter to be confirmed.

: Friday October 16th 2026 : Fish and Chip lunch : Lorde’s, 825, Manchester Road, Bury, BL9 9TP. Pay for your own meal.

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

: Monday 7th December 2026 : **CHRISTMAS LUNCH!!**

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

: Myeloma Group Website - maintenance

Christine Hacking will be taking on board the maintenance of the Myeloma Group Website with the main task being the uploading of the Myeword Newsletter (every 6-8 weeks). Joan, a stalwart since the group’s inception in carrying out this role, is happy to help with the transfer process and Christine will formally take over the role after the next members meeting. Thank you Joan and Chris.

: Myeloma UK Information Day – Liverpool – Saturday 9th May 2026

For all interested members this is an opportunity to join an information day event where you will hear from the experts on the latest treatments, as well as speaking to other patients and family members about living with and coping with myeloma. Myeloma UK always make sure that information is delivered in such a way that is easy for everyone to understand and take away with them.

The event is being held at the Delta Marriot Hotel, One Queen Square, Liverpool, L1 1RH. If you are interested in going along please visit the Myeloma UK website where details can be found in respect of booking arrangements.

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

: Walking Group ‘Watch this space’!!

: WhatsApp.....If anyone would like to be included in the ‘WhatsApp’ member group please contact Chris McLeod (07599391994). The group is predominantly used as a further aid to circulating information and news to members. It is appreciated that some members will choose not to use this route and information can be received via our regular newsletter (e-mail or post).

: IMPORTANT.....If you have not been receiving this newsletter regularly (via e-mail or post) please let Barry and Linda or Karen know. We endeavour to keep our member contact list as up to date as possible but ‘hiccups’ can happen along the way which we can then address.

Similarly, if you no longer wish to receive a newsletter, again, please let us know.

There are data protection protocols, which as a group, we must follow to ensure member information is both up to date and accurate. If there are any information changes you think we should know about that would be most helpful. Thank you.

: 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.

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

: March meeting presentation : Please read as below:-

‘All things mouthcare’Emma Riley : 30th March 2026

Members warmly welcomed **Emma Riley, Healthcare Services Director, RIS Products**, who gave an informative, entertaining and often comical presentation around the nature of the work she does, the services she provides and the obvious passion she holds for her work.

A career built through working for several organisations including MacMillan, being an Ambassador for the Mouth Cancer Foundation, managing a care team for Rochdale and Oldham, providing mouthcare training at ‘The Christie’, information ‘author’ and trainer, and more latterly appearing on community radio.....she’s done it all!

Emma outlined the importance of oral hygiene and the detrimental effects lack of same can have on overall health. Alleviating the growth of ‘bugs’ in the mouth being crucial. Describing scenarios around dry mouth, sepsis, sarcoma, the impact of drugs (every anti-depressant gives dry mouth) she highlighted evidence ranging from a palliative care patient swallowing his dentures, maggots found in a set of dentures and black hairy tongue being a sign of sarcoma. Perhaps some may say somewhat extreme examples but nevertheless bringing home to members the kind of conditions which can ultimately prevail if oral hygiene is poor.

On a very innovative note Emma has introduced ‘The Oral Cavity and Lips Grading system’ (involving an oral kit) at ‘The Christie’ to help assess mouthcare conditions in pursuit of recognizing any potential and life threatening cancer issues amongst their patients.

She asked members if anyone would know the signs of mouth cancer and then outlined the signs to look for..... **Smell** (eg :bad odour?), **Watch** (e.g :eating difficulties), **Look** (e.g :bumps, white patches), **Listen** (e.g :hoarseness, cough) and completed her message with **‘If in doubt, get it checked out!’**

Highlighting a range of products ranging from different types of toothbrushes, oral care kits, mouth lubricants, ‘foam’ toothpaste, mouthwash, Emma demonstrated how these can be very beneficial, some more so, some less so, in oral hygiene. Many members were surprised on what products were available to consumers as there is such a wide variety available in the marketplace.

Emma closed her presentation by highlighting how advances in mouthcare treatments had advanced well over recent years and hopefully would continue to do so in the future. Asking members for any questions she answered them informatively and with honesty. A thoroughly enjoyable session which was acknowledged by members with an appreciative and rousing round of applause. Thank you Emma.

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!'

March Newsletter question: What two things can you never eat for breakfast? Answer.....Lunch and Dinner!

April Newsletter question: I am an odd number. Take away a letter and I become even. What number am I ?

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

Hope you have enjoyed our newsletter!

Best wishes from Martyn, Barry and Linda