



MYEWORD

WEST PENNINE MYELOMA SUPPORT GROUP NEWSLETTER

ISSUE 121 | JUNE 2026

NEXT MEETING

Tuesday 23rd June 2026 at 1pm at The Fusilier Museum, Moss Street, Bury, BL9 0DF

PRESENTATION: Welfare Benefits: BERNI VOSE, Benefits Advisor, M40 Organisation

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

WELCOME TO OUR NEW MEMBERS

We are pleased to welcome Abbas Pour to our 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: Friday 19th June** : Manchester Bus Tour : Meet at Lower Mosley Street, M2 3WS, outside the Bridgewater Hall at 10.30am.

: **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** : Presenter to be confirmed.

: **Friday October 16th** : 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.....???
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Myeloma Awareness Week

This year’s Myeloma Awareness Week (MAW) is taking place between **15-21 June 2026** where Myeloma UK, along with an intended input from Support Groups, are promoting a **‘Know the warning signs’** campaign.

They’ve created an awareness pack that will include posters, stickers and other assets to help get the campaign to reach out in front of as many people in local ‘support group’ communities as possible. Our support group will be receiving same.

The rationale behind the initiative is based on **‘why is it so important to know the symptoms of myeloma?’** Members may find the following extract from Myeloma UK helpful.....

‘Myeloma is a blood cancer, that is currently incurable. Despite being the third most common type of blood cancer, myeloma is frequently missed, as the symptoms, including back pain, easily broken bones, fatigue, recurring infection, and pins and needles are vague and often linked to general ageing or minor conditions. We know from speaking to people with myeloma that often, the signs of myeloma were there for

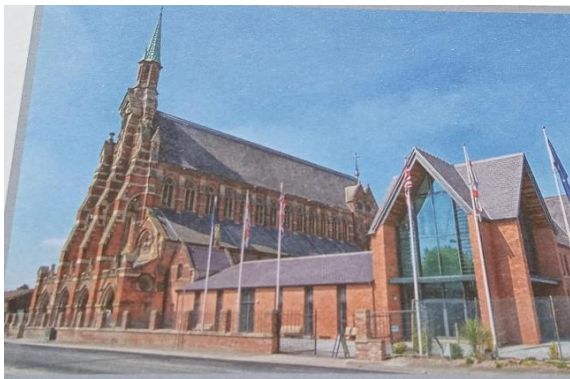
a long time before diagnosis. We also know that people may have visited their GP several times with different symptoms before receiving that diagnosis.

That's why we're raising awareness of myeloma and its warning signs'.

: Trip to Gorton Monastery – 11th May 2026

We took eight members of the Support Group to visit Gorton Monastery – this is a magnificent building in the heart of the community having been built in the 1800s then left to vandals then restored to its former glory. It was a joy to walk around this building and see its restoration around every corner. The café was a jewel in the crown and Carl (the Manager) and his staff looked after us so well. The food was delicious. Our thanks to Graham our tour guide for giving us an insight into the monastery. Although the Monastery is no longer a place of worship it remains a sacred space of peace and healing that welcomes people of all backgrounds, cultures and traditions. This former Franciscan church is now owned and managed by the same charitable trust that began the campaign to save the Monastery from dereliction nearly 30 years ago.

Thanks to Christine H for this and the associated pictures.



: Ten Years of the London to Paris Bicycle Ride

Now in its tenth year, the London - Paris Ride has become Myeloma UK's flagship challenge, raising over £1.3 million towards research and support for people affected by myeloma and bringing together nearly 870 riders since 2016.

For many in the myeloma community, the ride has, more than any other fundraiser, come to represent hope in action : hope for better treatments and ultimately a cure.

: 'Living Longer and Better Lives with Myeloma' - Tuesday 2nd June

Martyn attended a webinar from two expert speakers with a question-and-answer session following their presentations:

Caroline Donoghue, Access Manager at Myeloma UK, shared an update on CAR-T therapy and access to new and innovative treatments.

Brogan Ashley, Head of Research at Myeloma UK, talked about the MyeTRIAL and quality of life for people with myeloma.

An interesting and informative session. Quite detailed in terms of treatment options, advances and outlook for the future of myeloma. Much emphasis paid to diagnosis (1 in 4 myeloma patients wait over 10 months to get the right diagnosis, and almost a third of patients are diagnosed through an emergency route). Early diagnosis is key to ensure best possible treatment options and quality of life.

The MyeTRIAL Partnership is a £500,000 initiative by Myeloma UK and the University of Leeds Clinical Trials Research Unit. It flips traditional trial design by placing patients in the driving seat. The goal is to ensure that research directly addresses the day-to-day challenges faced by people living with myeloma. Lived experiences actively shape what trials are being run rather than being driven by industry or clinicians.

Contact Myeloma UK (online) for further information. More specifically read about the co-design process directly on [Myeloma UK MyeTRIAL Announcement](#). Check the [Myeloma UK Clinical Trials](#) page for information on current and upcoming trials across the country.

: Free Lunchtime Concerts in Manchester - Bridgewater Hall

Starting at 12.45pm.....19 June, 3 & 10 July, 28 August, 4, 18 & 25 September '26

: 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! £20.15 has been raised during the month of May.

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

: 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 – Presentations: *All dates confirmed with the Fusilier Museum..... thank you to Gemma Laverick for her assistance with this.*

Monday 11 January (AGM), Tuesday 23 February, Monday 12 April, Tuesday 18 May, Monday 28 June, Tuesday 10 August, Monday 20 September, Tuesday 2 November.

Please note: Outings / Trips / Xmas Lunch – details to follow when decided and detail known.

: May meeting presentation : Please read below:-

‘What’s Happening’Myeloma Update – Dr Jenna Fielding, Consultant Haematologist, Manchester University, NHS Trust.



Members warmly welcomed the return of presenter Dr Jenna Fielding, Consultant Haematologist, at Manchester University NHS Trust. Jenna, not just known for coming

along on notable previous occasions but also for being actively involved in leading some members through their myeloma treatment journeys, produced another fascinating insight in terms of developments and advances surrounding myeloma.

The presentation centered around a question-and-answer session with members having numerous, varied, and pertinent questions to asksome of which related to them personally. There was no shortage of questions and members felt extremely comfortable asking them. All were answered with clarity and honesty.

With myeloma being the third most common blood cancer with 6000+ new cases emerging each year the incidence is ever increasing. Thirty-two thousand people have myeloma. It is twice as common in people of African descent, slightly more common in males, and the average age at diagnosis is 70 years. Not surprisingly then that treatment strategies are needed which continually reflect advances being made and Jenna explained that much emphasis is currently being placed on.....giving as much effective treatment up front as possible including quadruplet / triplet therapy (having all drugs at once), inducing deeper remission early in disease, incorporating 'risk adapted therapy' (where higher risk cases are given more treatment, lower risk cases less) and providing better maintenance to keep deeper remission.

Such advances have proved really positive and survival rates amongst patients has increased.....in 1970 6% 10-year survival, currently 30%.....with myeloma showing the biggest improvement in survival of all cancers (except melanoma).

Jenna answered many questions by describing a vision for '*the future of myeloma treatment*'better or advanced immunotherapies (such as CAR-T cell therapy, BITE (Bispecific T Cell engagers), drug antibody conjugates) where cells are not always targeted by use of chemotherapy but rather by identifying how the immune system can be better harnessed to help treat myeloma. She reiterated that key aims are to enhance life expectancy through less toxic treatments than chemotherapy, early detection of relapse, and importantly a subject of particular interest to her.....pain control. Essentially all of which, to develop a functional cure where a 'normal way of living' is achievable.

A thoroughly informative and enjoyable presentation which, once again, was certainly recognised by members through a healthy round of applause and a very big 'Thank you'.

We look forward to seeing you again next year Jenna...fingers crossed!!

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!'

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

Answer.....SEVEN Well done if you got the answer correct!

June Newsletter question: I have pointed fangs, and I sit and wait. I have piercing force, and I crunch with weight. I grab my victims, but they do not fight. I join them each with a single, quick bite. What am I?

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