

## About West Lancs and Merseyside Myeloma Support Group



Our support group covers West Lancashire, Merseyside and surrounding areas. This is generally the area north of Chester, south of Preston and west of the M6.

The area is well served by an excellent road, bus and rail network. Patients and carers from other areas are very welcome to come along as well.

Formed in January 2016, we are a friendly and supportive group for patients, carers and all those who may be affected by myeloma. We meet on the first Tuesday every month.

**“ It’s great that there is a support group in our local area.”**



Our support group is very informal, based around coffee and social chat and meets in a non-clinical environment. During the year we provide regular feedback on myeloma related activities, have occasional invited speakers and raise funds.

## Programme 2021

- 5 January
- 2 February
- 2 March
- 6 April
- 4 May
- 1 June
- 6 July
- 3 August
- 7 September
- 5 October
- 2 November
- 7 December

All meetings are held at 2.00 pm

Anyone who is affected by myeloma in any way - patients, family members or friends – you are all very welcome to attend our friendly group

*David Simister  
Support Group  
Leader*



## Meetings

Meetings are held on the first Tuesday of each month at 2.00pm and arrangements will be notified in advance by email



For further information please contact David Simister or Dave Lovelady

E: [david@simister.uk](mailto:david@simister.uk)  
T: 07515 668762

E: [ormskirkdave@aol.com](mailto:ormskirkdave@aol.com)  
T: 07803 167909

W: [www.wlm-myeloma.uk](http://www.wlm-myeloma.uk)  
F: West Lancs and Merseyside Myeloma support group

Registered Charity No: 1187791

Macmillan Information Centre  
E: [sfccg.macmillanic@nhs.net](mailto:sfccg.macmillanic@nhs.net)  
T: 01704 533024

## Support Group Q&A's

### Why should I attend a Support Group?

You will meet other patients, carers and family members who can share their experiences with you.

### Will I be able to find out more about different treatments and ways of coping with myeloma?

Your healthcare team is the best source of information, but quite often it is useful to speak to others who have been through a similar experience.

### Will the group be full of people complaining? I don't want to attend if it will make me feel worse.....

Our support group consists of people with similar challenges who have mostly found ways to live with myeloma in a positive way. It can be uplifting to be amongst people who understand how you are feeling and some patients and family members say they gain a real sense of strength by meeting and chatting with others.

### Do I really have time to attend the meetings?

Our support group meets once a month, always on the first Tuesday. You do not need to attend every meeting. Just turn up if it is convenient and you will be made to feel very welcome.

## What we do:

Our main purpose is to provide an opportunity for those affected by myeloma to meet and social chat, we do this by holding monthly meetings.

We also promote the early diagnosis of myeloma in our community, we do this by raising awareness at public events and by supporting primary healthcare training.

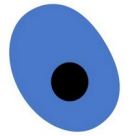
### Our Charitable Objectives:

*To relieve the needs and preserve and protect the good health of people affected by myeloma, residing in the West Lancs and Merseyside area, their families and carers, through the provision of a support group and such other activities, services, advice and information as the trustees deem fit with the aim of facilitating the best possible care of such persons and raising awareness of myeloma.*

West Lancs  
and Merseyside

# Myeloma Support Group

Registered Charity: 1187791



## Programme 2021



- Meet Others
- Share Experiences
- Learn about myeloma
- Access Information

Patron:  
Air Commodore Fin Monahan OBE DFC  
PhD