



West Lancs and Merseyside Myeloma Support Group

End of Year Report 2018

The West Lancs and Merseyside Myeloma Support Group was formed to provide an opportunity for all those affected by myeloma to meet in a supportive environment; to share experiences; to exchange information and ideas; to learn more about myeloma and keep up to date and to provide support to each other.

The group held its first meeting on 6th January 2016 and has continued to meet monthly in Southport throughout 2018. Meetings are well attended by an average of 15 – 20 patients and carers. We are grateful to Parenting2000 for hosting our meetings.

2018 has been a year of consolidation, building on the success of earlier years, welcoming new members and continuing to support our local Macmillan Centre.

Our meeting format remains largely unchanged from previous years, being informal and based around coffee and chat with a loosely structured agenda which allows time for invited speakers or feedback from other activities.

The group has agreed a constitution, election of officers. Any monies raised through fundraising will be used for donations to Myeloma UK instead of funding activities of the group. Day to day running costs of the group are met by the members.

We continue to work closely with key stakeholders including Myeloma UK, Macmillan, Stem Cell Scousers and Lymphoma Action.

Support group members have attended a number of events to promote the group and provide information about Myeloma UK. These included the Macmillan Health and Well Being Events at Southport 15th March, Ellesmere Port 9th May, Ormskirk 7th June, Southport 19th June, Ormskirk 12th September, Arrowe Park 19th October and Southport on 9th November. Other events have included the Myeloma UK support group leader weekend in Manchester on November 3rd and at the Patient Infoday on November 4th.

One of our main activities this year has been collaboration with members of the Myeloma UK Health Services Research programme and Liverpool CCG to arrange myeloma specific training for Healthcare professionals. A successful training day was held in Liverpool on 27th June attended by over 60 healthcare professionals. Our group made a donation of £1000 to cover travel and staff costs for experts from Myeloma UK to attend this event.



Our support group was successful in its bid to benefit from the Coop local community funding programme and received £7022.61 during the year from Coop. We received £199.89 as donations from members of the public during Myeloma Awareness Week, made £26 from card sales and took £431.50 from the 21st birthday party. Our total income for 2018 was therefore £7680.00 which together with a bank balance of £1761.00 carried over from 2017 made £9441.00. In 2018 we donated at total of £1398.82 to Myeloma UK which left a remaining bank balance of £8042.72 at the end of 2018 carried forward into next year.



As part of myeloma Awareness week in June this year, members of our support group displayed our stand in various local Coop stores in Southport, Formby and Aughton. We collected almost £200 in donations from members of the public as well as raising awareness of myeloma.

In July we held a garden party to celebrate Myeloma UK's 21st birthday. This was well attended by friends and family and raised over £400 from the raffle, tombola and donations. Our special guest, the lead cancer nurse from Southport and Formby hospital cut the cake and we were pleased to be joined by members of the East Lancs myeloma support group.



Our 2018 programme ended with Xmas lunch at the Hungry Monk which was enjoyed by all who attended.

We look forward to our next year in 2019 hoping to help and support all those affected by Myeloma.

You can find out more about our group by ringing the Myeloma UK Helpline on 0800 980 3332, or by visiting www.myeloma.org.uk

Wishing you all a happy and healthy 2019

David Simister

