

# West Lancs and Merseyside

## MYELOMA SUPPORT GROUP



### End of Year Report 2019

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 6<sup>th</sup> January 2106 and has continued to meet monthly in Southport throughout 2019. Meetings are well attended by an average of 15 – 20 patients and carers. We are grateful to Parenting2000 for hosting our meetings.

2019 has been a busy year, building on the success of earlier years, welcoming new members and continuing to support our local Macmillan Centre and haematology clinics.

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 and election of officers. We donate money to Myeloma UK as well as using funds for the benefit of our group and the local community. Day to day running costs of the group are mostly 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 this year to promote the group and to provide information about myeloma. These included the Macmillan Health and Well Being Events at Southport 14<sup>th</sup> March and 12<sup>th</sup> September and Ellesmere Port 9<sup>th</sup> May. Other events have included the Myeloma UK Patient Infoday in Liverpool on June 8<sup>th</sup>. Support group members have also been interviewed on BBC Radio Merseyside's Sean Styles show.

One of our main activities this year has been collaboration with the South Sefton and Southport CCG to arrange myeloma specific training for Healthcare professionals. A successful training day was held in Southport on 20<sup>th</sup> March attended by over 150 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 Waitrose local community funding ( £250 ), Redrose Builders community funding programme( £250 ) and Sefton CVS ( £500). We received £231.75 and £44.02 as donations from members of the public at Myeloma Awareness events and received anonymous and miscellaneous donations to our support group funds of £386.50. Our total income for 2019 was therefore £1709.00 which together with a bank balance of £8042.72 carried over from 2018 made £9751.45 In 2019 we donated at total of £1375.77 to Myeloma UK, spent £381.96 on social events and member support and £126.02 on publicity which left a remaining bank balance of £7867.70 at the end of 2019 carried forward into next year.



As part of myeloma Awareness week in June this year, members of our support group displayed our stand in the Ormskirk Coop and Tesco Kew stores. We collected £231.75 in donations from members of the public as well as raising awareness of myeloma. In October we held a similar event at Waterloo Rugby club and raised £44.02. This money was donated to Myeloma UK.

Members of our support group have raised over £7000 directly for Myeloma UK this year from family occasions and by taking part in various events. Well done to everyone.

Our 2019 programme ended with Xmas lunch at the Railway pub, Fromby which was enjoyed by all who attended.

We look forward to our next year in 2020 hoping to help and support all those affected by Myeloma.



Wishing you all a happy and healthy 2020.

David Simister

[www.wlm-myeloma.uk](http://www.wlm-myeloma.uk)