

Myeloma Support Groups

Living well with myeloma Infosheet

This is a list of Support Groups for people affected by myeloma and associated plasma cell disorders. Support Groups provide an opportunity to share information and experiences with other patients and their relatives, in an informal and supportive setting.

There are currently around 100 Myeloma and Haematology Support Groups in the UK. Some are myeloma-specific, whilst others are general haematology groups that welcome those affected by myeloma.

They vary in size and focus, and meet in clinics, cancer centres, churches, community centres, cafes or people's homes.

Some are run by patients or relatives, others by healthcare professionals such as nurses or counsellors.

The details on this Infosheet are provided by the Groups themselves. Most of them are run independently of Myeloma UK, so we are unable to take responsibility for the information they provide or for the level of support offered. We review and update this list regularly.

Myeloma UK is on hand to offer a range of additional resources to help with the best practice and development of Support Groups in this list including:

- Group visits and talks about the work of Myeloma UK
- General training workshops
- Customised training workshops i.e. those specifically requested by an individual Group
- Practical advice and troubleshooting about any Group issue

In addition, we have a set of Support Group Best Practice Guides for Support Group Leaders, which sets out a range of best practice ideas and practical advice about how to develop Support Groups.

For information about AL amyloidosis Support Groups go to myeloma.org.uk

What if there isn't a Group in my area?

There are areas of the country where patients and their families do not have a Myeloma or Haematology Support Group nearby. If you would like to set up a Myeloma Support Group in your area, we would love to hear from you. Myeloma UK is keen to offer individuals running a group all the help they need in terms of setting up, promoting and maintaining their group. To find out how to go about setting up a Support Group, and the support available from Myeloma UK, please call **0131 557 3332** or email support@myeloma.org.uk

For more information see the **Setting up a Support Group Infosheet** from Myeloma UK

Contents

5 England, North East and Yorkshire

- Doncaster
- Grimsby
- Hartlepool and County Durham
- Hull and East Yorkshire
- Leeds
- Newcastle
- North Lincolnshire
- Scarborough
- Sheffield
- North Yorkshire
- York

7 England, North West

- Blackpool and Fylde
- Bolton
- Colne
- East Lancashire
- Frodsham
- Isle of Man
- Kendal
- Lancaster
- Liverpool
- Macclesfield
- Nantwich
- North Cumbria (Blood Buddies)
- North Merseyside and West Lancs

- Preston
- Salford
- St Helens
- West Lancs and Sefton
- West Pennine
- Whitehaven
- Wigan
- Wirral

10 England, Midlands

- Burton-on-Trent
- Derby
- Leicestershire and Rutland
- Lincoln SMYLLÉ
- Nottingham
- Solihull
- Stoke on Trent
- Wolverhampton
- Worcestershire

12 England, South East

- Cambridge
- Colchester
- Ipswich and East Suffolk
- Maidstone
- Milton Keynes
- Norwich and Norfolk
- Oxford
- Peterborough

- Portsmouth
- Reading
- Slough
- South Buckinghamshire
- Southampton (Wessex)
- Southend
- St Albans
- Surrey
- Winchester

15 England, London

- Barking, Havering and Redbridge
- Croydon (African and African–Caribbean)
- Croydon
- Ealing
- London (central)
- North West London
- South London

17 England, South West

- Barnstaple
- Bath
- Bristol
- Cornwall
- Devon and Exeter
- Dorset
- Gloucestershire
- Plymouth

18 Wales

- Bangor
- Gwent and Powys
- Mold
- South Wales
- Swansea

19 Scotland

- Aberdeen (Haem)
- Aberdeen (Myeloma)
- Dundee
- Edinburgh (Haem)
- Edinburgh (Myeloma)
- Forth Valley
- Glasgow
- Perth

21 Northern Ireland

- Belfast

21 Ireland

- Drogheda
- Dublin
- Limerick
- Newbridge
- Sligo
- Tullamore

23 Channel Islands

- Guernsey

England, North East and Yorkshire

Doncaster Haematology Support Group

Address: Doncaster Royal Infirmary, Armthorpe Road, Doncaster DN2 5LT

Meets: 6.00 – 7.00pm, last Wednesday of every month

Contact: Stacey Nutt, Macmillan Nurse Specialist

T: 01302 553 211

E: stacey.nutt@dbh.nhs.uk

Grimsby Myeloma Support Group

Room 3, Scartho Village Community Centre, 26 Waltham Road, Scartho DN33 2LX

Meets: 5.00pm, second Wednesday of every month

Contact: Janet Stennett

T: 01673 828271

E: janetstennett@btinternet.com

Hartlepool and County Durham Myeloma Support Group

Haematology Day Unit, University Hospital North Tees, Hardwick Road, Hardwick, Stockton-on-Tees, TS19 8PE

Meets: Contact Leaders for date and times of meetings

Contact: Annette Millward

M: 07780 981527

E: annettemillward70@outlook.com

Kerry Dempsey, Macmillan Myeloma Nurse Specialist

T: 01642 624 697

E: kerry.dempsey@nth.nhs.uk

Hull and East Yorkshire Myeloma Support Group

White Cottage, 66 Beverley Road, Dunswell, Hull HU6 0AJ

Meets: 1.30 – 3.00pm, third Thursday of every other month

Contact: Anne Tordoff

T: 01482 858 244

E: anne.tordoff@gmail.com

Leeds Myeloma Support Group

Robert Ogden Centre, St. James's University Hospital, Beckett Street, Leeds LS9 7TF

Meets: 1.15 – 3.00pm, last Monday of every month

Contact: Rita Rumsey

T: 0113 252 0097

E: rita.rumsey@ntlworld.com

Newcastle Myeloma Support Group

Disability North, The Dene Centre, Castle Farm Road, Newcastle upon Tyne, Tyne & Wear NE3 1PH

Meets: 4.00 – 6.00pm, second Wednesday of every other month

Contact: Catherine Cox

T: 0191 213 9285

Susan Robson
T: 0191 213 8307
Sarah Blakey
T: 0191 213 9285

North Lincolnshire Myeloma Support Group

Lindsey Lodge Hospice,
Burringham Road, Scunthorpe,
DN17 2AA

Meets: 7 – 9pm last Thursday of
every month

Contact: Carolynne Winter

M: 07600 10200

E: northlincsmyeloma@gmail.com

Scarborough Myeloma Support Group

Coast Gallery, Mill Lane, Cloughton,
Scarborough YO13 0AB

Meets: Contact Leader for dates/
times of meetings

Contact: Stephen Greatorex

T: 01723 871 720

Sheffield Haematology Support Group

Cancer Support Centre, 23
Northumberland Road, Sheffield,
South Yorkshire, S10 2TX

Meets: 3.00 – 5.00pm, second
Wednesday of every other month

Contact: Leukaemia Care

T: 08088 010 444

North Yorkshire Haematology Support Group

The Golden Lion Hotel, 114 High
Street, Northallerton DL7 8PP

Meets: 6.30 – 8.30pm, third
Wednesday of every month

Contact: Graham Lane

T: 01609 760191

E: 2grahamlane@gmail.com

York Haematology Support Group

Huntington & District Working
Mens Club, 1 North Moor Road,
Huntington, York YO32 9QS

Meets: 7.00 – 9.00pm, first
Thursday of every month

Contact: Carol Miller

T: 01904 330705

E: Carol.Miller2@ntlworld.com

England, North West

Blackpool and Fylde Haematology Support Group

Macmillan Windmill Unit, Area
8, Blackpool Victoria Hospital,
Whinney Heys Road, Blackpool FY3
8NR

Meets: 7.00 – 9.00pm, third
Wednesday of every month

Contact: Jez

M: 07950 635249

Leukaemia CARE

T: 08088 010 444

E: care@leukaemiacare.org.uk

Bolton Lymphoma Action Haematology Support Group

ASDA training room, ASDA Burnden
Park Superstore, Manchester Road,
Bolton BL3 2QS

Meets: TBC

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.
uk

Colne Lymphoma Action Haematology Support Group

Asda Community Room, Asda, Unit
1, Swinden Retail Park, Corporation
Street, Colne BB8 8LU

Meets: 6.00 – 7.30pm, last
Wednesday of the month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.
uk

East Lancashire Myeloma Support Group

Wilpshire Golf Club, 72 Whalley
Road, Wilpshire, Blackburn BB1 9LF

Meets: 7.00pm, every second
Monday of the month

Contact: Geraldine Greenwood

E: geraldine.greenwood@live.com

Frodsham Lymphoma Action Haematology Support Group

Forest Hills Hotel, Frodsham,
Cheshire WA6 6HH

Meets: 6.00 – 7.30pm, fourth
Thursday of every month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.
uk

Isle of Man Lymphoma Action Haematology Support Group

Manx Cancer Help, Old School
House, Cronkbourne, Braddan, Isle
of Man IM4 4QH

Meets: 5.00 – 6.00pm, quarterly on
a Wednesday

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.
uk

Kendal Lymphoma Action Haematology Support Group

CancerCare, Lake Centre, Blackhall Road, Kendal, Cumbria LA9 4BT

Meets: 6.00 – 7.30pm, last Tuesday of every other month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Lancaster Lymphoma Action Haematology Support Group

Slynedales Cancer Care, Slyne Road, Lancaster LA2 6ST

Meets: 2.00 – 3.30pm, every first Thursday of the month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Liverpool Haematology Support Group

Sefton Park Community Centre, 6 Croxteth Drive, Liverpool L17 3AG

Meets: 6.00 – 8.00pm, second Tuesday of every month (check with Leader)

Contact: Linda Boyne,
Haematology Counsellor

T: 0151 706 4802

Macclesfield Blood Cancer Support Group (Lymphoma Action)

Macmillan Centre, Macclesfield District General Hospital, Victoria Road, Macclesfield SK10 3BL

Meets: 5.30 – 7.00pm, several times a year

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Nantwich Lymphoma Action Haematology Support Group

Stapeley Community Hall, Pear Tree Field, Nantwich CW5 7GE

Meets: 11.30am – 1.00pm, first Wednesday of alternate months

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

North Cumbria Haematology Support Group (Blood Buddies)

The Auctioneer, Rosehill, Carlisle CA1 2RR

Meets: 7.00pm, second Monday of every month

Contact: Angela Docherty

T: 01228 814511

E: Angela.Docherty@ncuh.nhs.uk

North Merseyside and West Lancashire Lymphoma Action Haematology Support Group

Sefton Cancer Care, 1 Duke Street, Formby, Merseyside L37 4AL

Meets: 6.00 – 7.30pm, the first Wednesday of every other month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Preston and District Lymphoma Action Haematology Support Group

Vine House, Cromwell Road, Preston, Lancashire PR2 6YB

Meets: 12.00 – 3.00pm, last Sunday of most months

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Salford Haematology Support Group

The Mayo Building, Salford Royal Hospital, Stott Lane, Salford M6 8HD

Meets: Contact Leader for date/times of meetings

Contact: Catherine Redshaw, Haematology Highly Specialist Nurse

T: 0161 206 2173

E: Catherine.Redshaw@srft.nhs.uk

St Helens (Merseyside) Lymphoma Action Haematology Support Group

Meeting Room 1, The Millennium Centre, Corporation Street, St. Helens, Merseyside WA10 1HJ

Meets: 1.00 – 2.30pm, every second Tuesday of the month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

West Lancs and Sefton Myeloma Support Group

Alchemy Hall, Parenting 2000, The Lodge, Morningson Road, Southport, Merseyside PR9 0TS

Meets: 2.00pm, first Tuesday of the month

Contact: David Simister

M: 07515 668762

E: david@ainsdale.demon.co.uk

West Pennine Myeloma Support Group (formerly known as North Manchester and Bury)

Elizabethan Suite, Bury Town Hall, Knowsley Road, Bury BL9 0SW

Meets: 1.00 – 3.00pm, approx every six weeks. Contact Leader for dates

or www.penninemyeloma.org.uk

Contact: Stephanie Skinner

T: 01706 662388

E: stephskinner1948@gmail.com

Joan Smith

T: 0161 766 4669

E: joansmith.parrfold@btinternet.com

Whitehaven Myeloma Support Group

Bransty British Legion Club, Bransty Road, Whitehaven CA28 6HB

Meets: Contact Leader for details

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Wigan Lymphoma Action Haematology Support Group

Community Room, Tesco Extra, Central Park Way, Wigan WN1 1XS

Meets: 2.00 – 3.30pm, every second Monday of the month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

Wirral Lymphoma Action Haematology Support Group

Community Space, Tesco, Bidston Moss, Wallasey, Merseyside CH44 2HE

Meets: 7.00 – 8.30pm, third Thursday of every month

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

England, Midlands

Burton-on-Trent Myeloma Support Group

The Conservatory Medical Centre, Queen's Hospital, Belvedere Road, Burton-on-Trent DE13 ORB

Meets: 2.30 – 4.30pm, second Friday of the month

Contact: Geoff Foster

T: 01827 383488

E: geofff61@gmail.com

Derby Myeloma Support Group

Macmillan Information Centre, Level 1, Royal Derby Hospital, Uttoxeter New Road, Derby DE22 3NE

Meets: 1.30 – 3.30pm, second Friday of every other month (check with Leaders)

Contact: Susan Robb, Myeloma Clinical Nurse Specialist

M: 07879 115 881 (Wed – Fri)

E: susan.robb3@nhs.net

Leicestershire and Rutland Myeloma Support Group

Helen Webb House, 35 Westleigh Road, Leicester LE3 0HH

Meets: 10.00 – 12 noon, second Wednesday of every month

Contact: Tony Farquharson

T: 0116 258 7246

E: tony.farquharson@btinternet.com

Helen Webb House

T: 0116 223 0055

Lincoln SMYLLE Haematology Support Group

St Barnabas Hospice Day Care Centre, Hawthorn Road, Lincoln LN2 4QX

Meets: 7.00 – 9.00pm, last Thursday of every month

Contact: Denise Doyle

T: 01673 861475

E: info@lincolnsmylle.co.uk or visit www.lincolnsmylle.co.uk

Nottingham Myeloma Support Group

Maggie's Centre, Nottingham City Hospital, Hucknall Road, Nottingham NG5 1PB

Meets: 1.00 – 3.00pm, second Thursday of the month

Contact: Sarah Henshaw, Myeloma Clinical Nurse Specialist

T: 0115 9691169 ext 54967

E: sarah.henshaw@nuh.nhs.uk

Solihull Myeloma UK Writing and Art Support Group

Christian Renewal Family Centre, Vulcan Road, Solihull B91 2JY

Meets: 10am - 12 noon, dates TBC

Contact: Ken Findlay

T: 021 291 3696

Hayey Gardener

E: hayey.gardener@heartofengland.nhs.uk

Stoke on Trent Myeloma Support Group

London Road Bowling Club, London Road, Newcastle-under-Lyme, Staffordshire ST5 1LZ

Meets: Contact Leader for date/

times of meetings

Contact: Jennifer Keiher,
Haematology Nurse Practitioner
T: 01782 672635
E: Jennifer.keiher@uhns.nhs.uk

Wolverhampton Myeloma Support Group

Willenhall CHART Centre, Gomer Street, Willenhall WV13 2NS
Meets: 6.30pm, last Thursday of every month
Contact: Jackie Tanswell
E: jackie.tanswell@nhs.net

Worcestershire Myeloma Support Group

Waitrose Worcester, 223 London Road, Worcester WR5 2JG
Meets: 2.30 – 4.30pm, Tuesdays every two months
Contact: Mike Davies
T: 01886 853 766
E: worcsmyeloma@gmail.com

England, South East

Cambridge Myeloma Support Group

The Cambridge Cancer Help Centre, Scotsdale's Garden Centre, Cambridge Road, Gt Shelford, Cambridge CB22 5JT
Meets: 2.00pm, first Wednesday of every month
Contact: Lynn Power
T: 01279 300 756
Anne Fleming
T: 01223 503 322
E: annie.fleming@ntlworld.com

Colchester Myeloma Support Group

Weston Homes Community Stadium, United Way, Colchester CO4 5UP
Meets: Five times a year, (check with Leader)
Contact: Julie Watson, Macmillan CNS for Myeloma
M: 07919 572039
E: julie.watson@colchesterhospital.nhs.uk

Ipswich and East Suffolk Myeloma Support Group

Ascension Hall, Larchcroft Road
Ipswich, Suffolk IP1 6AN

Meets: 12.30 – 2.00pm, Thursdays
every other month

Contact: Sarah Lawrance

M: 07930 256 292

E: sarah.lawrance@ipswichhospital.
nhs.uk

Maidstone Myeloma Support Group

GenesisCare Maidstone, 17 Kings
Hill Ave, Kings Hill, West Malling
ME19 4UA

Meets: Contact Leader for dates/
times of meetings

Contact: Laura Hollick

M: 01732 207003

E: Laura.Hollick@genesiscare.co.uk

Milton Keynes Myeloma Support Group

The Peartree Centre, 1 Chadds
Lane, Peartree Bridge, Milton
Keynes MK6 3EB

Meets: Contact Leader for dates/
times of meetings

Contact: Sue Gower

M: 07866 900902

E: sue.gower1@btinternet.com

Liz Revell

M: 07941 403492

E: Liz@revell.f9.co.uk

Norwich and Norfolk Myeloma Support Group

The Big C Centre, Norfolk and
Norwich University, Hospital Colney
Lane, Norwich NR4 7UY

Meets: 2.00 – 4.00pm, second
Friday of the month

Contact: Anne Templeman

T: 01603 452462

Oxford Myeloma Support Group

Maggie's Centre, The Patricia
Thompson Building, Churchill
Hospital Old Road, Oxford OX3 7LE

Meets: Approx every three months
(check with Leader)

Contact: Ian Blleloch

M: 07768 128654

E: ian.blleloch@chaco.org.uk

Peterborough Myeloma Support Group

Robert Horrell Macmillan Centre,
Peterborough City Hospital, Bretton
Gate, Peterborough PE3 9GZ

Meets: 2.00 – 4.00pm, last Friday of
every month

Contact: Caroline Thornborough

M: 01733 678590

E: caroline.thornborough@pbh-tr.
nhs.uk

Portsmouth Myeloma Support Group

Macmillan Centre, Queen Alexandra Hospital, Southwick Hill Rd, Portsmouth, PO6 3LY

Meets: Contact Leader for dates/times of meetings

Contact: Clare Miller

T: 02392 286 000 ext 4771

E: clare.miller@porthosp.nhs.uk

Anne-Marie Trendle

E: anne-marie.trendle@porthosp.nhs.uk

Reading Myeloma Support Group

Maiden Place Community Centre, Lower Earley, Reading RG6 3HE

Meets: 10.00 – 1.00pm, last Saturday of January, April, July and October

Contact: Cathy and Peter Ison

T: 01628 416502

E: ison.rmsg@gmail.com

Slough Myeloma Support Group

Burnham Park Hall, Windsor Lane, Burnham, Bucks SL1 7HR

Meets: Contact Leader for dates/times of meetings

Contact: Newton McGrath

M: 07904 597 877

E: newtonmcgrath@aol.com

South Buckinghamshire Myeloma Support Group

Cancer Care and Haematology Unit, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Buckinghamshire HP21 8AL

Meets: 3.00pm, once a month (check with Leader)

Contact: Richard Lipscombe

E: richy1946@outlook.com

Southampton and Wessex Myeloma Support Group

Macmillan Centre, Southampton General Hospital, Tremona Road, Southampton SO16 6YD

Meets: 10.00 – 12 noon, four times a year (check with Leader)

Contact: Lorraine Wignall, Myeloma Clinical Nurse Specialist

M: 07557 214710

E: Lorraine.Wignall@uhs.nhs.uk

Southend Myeloma Support Group

Macmillan Centre, Southend University Hospital, Prittlewell Chase, Westcliff-on-Sea SSO 0RY

Meets: 6.00pm, on Tuesdays every few months (check with Leader)

Contact: Katrina Maitland, Lead Nurse

T: 01702 385057

E: katrina.maitland@southend.nhs.uk

St Albans Haematology Support Group

New Green Social Club, 2 High Oaks, St Albans AL3 6DL

Meets: Contact Leader for dates/times of meetings

Contact: Leukaemia Care

T: 08088 010 444

Surrey Myeloma Support Group

The Cherries, Village Road, Egham, Surrey TW20 8UF

Meets: 7.00pm, last Wednesday of every other month

Contact: Suzanne Esquerdeiro

T: 01932 567 350

M: 07976 178749

E: Suzanne.esquerdeiro@virgin.net

Winchester Myeloma Support Group

Nick Jonas Ward, Royal Hampshire County Hospital, Romsey Road, Winchester, Hampshire SO22 5DG

Meets: 3.15 – 5.00pm, Thursdays four times a year (check with Leader)

Contact: Mary Mitchell

M: 07760 481 506

E: mary.mitchell50@btinternet.com

England, London

Barking, Havering and Redbridge Myeloma Support Group

The Cedar Centre, King George Hospital, Barley Lane, Ilford IG3 8YB

Meets: 3.30 – 5.30pm, last Monday of every other month

Contact: Margaret Oliver

E: margaretoliver1206@gmail.com

Kate Williams

E: k.williams10@nhs.net

Croydon African and African-Caribbean Cancer Support Group

3space, 5th Floor, Southern House, Wellesley Grove, Croydon CR9 1TR

Meets: 4.00 – 6.00pm, first Wednesday of the month

Contact: The Lake Foundation

M: 07440 146645

E: info@thelakefoundation.com

Croydon Myeloma Support Group

Conservatory, Post Graduate Medical Centre, Croydon University Hospital, 530 London Road, Croydon CR7 7YE

Meets: Contact Leader for dates/times of meetings

Contact: John Morris

M: 07920 788 790

E: pokerjohnmorrispoker@outlook.com

Ealing Haematology Support Group

Ealing Haematology Day Unit, Level 8 South, Ealing Hospital, Uxbridge Road, Southall UB1 3HW

Meets: Contact Leader for dates/times of meetings

Contact: Nerinder Kaur, Clinical Nurse Specialist

T: 0208 967 5562

E: nerinder.kaur@nhs.net

London (Central) Myeloma Support Group

Department of Medical Physics, Malet Place, Engineering Building, University College, off Torrington Place, London WC1E 7JG

Meets: 10.30 – 12.30pm, Saturdays every other month

Contact: Sarah Worthington, Clinical Nurse Specialist

T: 0207 794 0500 ext 38608, Bleep 2351

E: sarah.worthington@uclh.nhs.uk

E: myelomalondon1@gmail.com

North West London Myeloma Support Group

The Black Horse, 425 Oldfield Lane North, Greenford UB6 0AS

Meets: Contact Leader for dates/times of meetings

Contact: Douglas Spreckley

M: 07939 442683

South London Myeloma Support Group

The Cancer Centre, Guy's Hospital, Great Maze Pond, London SE1 9RT

Meets: 6.00 – 7.30pm, quarterly meetings (check with Leader)

Contact: Douglas Gunning, Clinical Nurse Specialist

T: 020 3299 5839

E: douglas.gunning@nhs.net

England, South West

Barnstaple Myeloma Support Group

Henry Williamson Room, Second Floor, Barnstaple Library, Tuly Street, Barnstaple EX31 1EL

Meets: 2.00 – 4.00pm, fourth Thursday of every other month

Contact: Dawn Gray

T: 01271 314043

E: dawngray1@nhs.net

Mel Bowyer

E: melaniebowyer@nhs.net

Bath Myeloma Support Group

Oasis Centre Boardroom, RUH Bath, Combe Park, Bath BA1 3NG

Meets: 6.00 – 8.00pm, on Wednesday or Thursday every other month plus regular daytime meetings

Contact: Denis Griffin

M: 07927 363597

E: denis.c.griffin@gmail.com

Bristol Myeloma Support Group

Hulbert Room, UHCT Community Centre, Eden Grove Methodist Church, Horfield, Bristol BS7 0PQ

Meets: 7.00 – 9.00pm, third Tuesday of every other month and regular daytime socials

Contact: Sarah Rossiter

M: 07818 044 647

E: sarahlrossiter@btinternet.com

Cornwall Myeloma Support Group

The Cove, Macmillan Cancer Support Unit, Royal Cornwall Hospital, Trelisk, Truro, Cornwall TR1 3LJ

Meets: 6.00 – 8.00pm, Tuesdays, every three months (check with Leader)

Contact: Mal Bruton

E: faerymab@hotmail.com

Devon and Exeter Haematology Support Group

Seminar Room, Haematology Centre, Royal Devon & Exeter Hospital (Wondford), Barrack Road, Exeter EX2 5DW

Meets: 4.30 – 6.00pm, first Thursday of every month

Contact: Clare Fox or Ruth O'Malley

T: 01392 402 879

Dorset Myeloma Support Group

The Conference Room, The Barrington Centre, Penny's Walk, Ferndown, Dorset, BH22 9TH

Meets: 2.00pm, last Friday of the month

Contact: Jacqui Holmes
T: 01202 603605
E: group.leader.dorsetmyeloma@gmail.com

Gloucestershire Myeloma Support Group

The Maggie's Centre, The Lodge,
College Baths Road, Cheltenham
GL53 7QB

Meets: 1.00pm, every second
Monday each month

Contact: Jo Stokes, Clinical Nurse
Specialist – Haematology

T: 0300 4225248

E: Jo.Stokes@nhs.net

Plymouth Myeloma Support Group

Derriford Leisure Centre, Derriford
Hospital, Plymouth PL6 8DH

Meets: 2.00 – 3.00pm, first Friday of
every month

Contact: Sue Hurley

M: 07974 343928

E: suehurley7@outlook.com

Lindsey Stewart

M: 07968 416234

Wales

Bangor Lymphoma Action Haematology Support Group

St Davids Outpatient Department,
Ysbyty Gwynedd, Penrhosgarnedd,
Bangor LL57 2PW

Meets: 7.30pm every three months
(check with Leader)

Contact: John

T: 01248 722221

Linda Jones, Haematology Nurse

T: 01248 384008

Gwent and Powys Myeloma Support Group

St Michael's Centre, Pen y Pound,
Abergavenny, NP7 5UD

Meets: Contact leader for dates/
times of meetings

Contact: Joedy Davies,
Haematology Clinical Nurse
Specialist

T: 01873 732 371

E: Joedy.Davies@wales.nhs.uk

Mold Lymphoma Action Haematology Support Group

Flintshire Local Voluntary Service,
Corlan, Unit 3, Mold Business Park,
Wrexham Road, Mold CH7 1XP

Meets: Contact Leader

Contact: Karen Bonell

M: 07710 393 891

E: k.bonell@lymphoma-action.org.uk

South Wales Myeloma Support Group

Canolfan Beulah Church
Community Centre, Beulah Road,
Cardiff CF14 6LX

Meets: 7.00 – 8.30pm, second
Thursday of every other month

Contact: Lynne Dixon

E: chairman.s.wales.myeloma@
gmail.com

E: secretary.s.wales.myeloma@
gmail.com

M: 07863 294 102

Andrea John

T: 01633 440 265

E: andreavjohn@hotmail.com

Swansea Lymphoma Action Haematology Support Group

Maggie's Centre, Singleton Hospital,
Swansea SA2 8QL

Meets: 11.00, second Thursday of
every month

Contact: The Maggie's Centre

T: 01792 200 000

Helena

M: 07866 171433

Scotland

Aberdeen Haematology Support Group

Maggie's Centre, Aberdeen Royal
Infirmary, Elizabeth Montgomerie
Building, Westburn Road,
Foresterhill, Aberdeen AB25 2UZ

Meets: 2.00 – 4.00pm, monthly

(check with Leader)

Contact: Nickey Bate, Leukaemia
Care

T: 01905 755 977

E: nickey.bate@leukaemiacare.org.uk

Aberdeen Myeloma Support Group

CLAN Cancer Support, 120
Westburn Rd, Aberdeen AB25 2QA

Meets: 2.30pm, fourth Wednesday
of each month

Contact: Jill Sharp, CLAN

T: 01224 647000

E: jill.sharp@clanhouse.org

Christine and John Boylan

T: 01224 318389

E: 89chrisb@gmail.com

Dundee Myeloma Support Group

St Andrew's Cathedral Hall, 150
Nethergate, Dundee DD1 4EA

Meets: Contact Leader for dates/
times of meetings

Contact: Catherine McNally

E: mcnally.catherine@sky.com

Kathy Adams

E: kath.adams47@sky.com

Edinburgh Haematology Support Group

Maggie's Centre, Western General
Hospital, Crewe Road, Edinburgh
EH4 2XU

Meets: 5.30 – 7.00pm, first
Wednesday of every month

Contact: Maggie's Centre

T: 0131 537 3131

E: Andrew@maggiescentres.org

Edinburgh Myeloma Support Group

Bruntsfield Hotel (Lounge), 69
Bruntsfield Place, Edinburgh EH10
4HH

Meets: 11.00 – 12.30pm, second
Tuesday of every month

Contact: Susan Mallick

T: 0131 466 3026

E: mallicks@blueyonder.co.uk

Forth Valley Haematology Support Group

Oncology Unit, Forth Valley Royal
Hospital, Stirling Road, Larbert FK5
4WR

Meets: 7.00 – 9.00pm, last
Thursday of every other month

Contact: Trisha Burke, Haemato-
Oncology Nurse Specialist

T: 01324 566321

Margaret Walker, Haemato-
Oncology Nurse Specialist

T: 01324 566321

Glasgow Myeloma Support Group

Maggie's Centre, Gartnavel General
Hospital, 1053 Great Western Rd,
Glasgow (next to the Beatson)

Meets: 6.30 – 8.00pm and the
group meets on the first Thursday
of the following months – March,

June, September and December

Contact: Audrey Robb

E: audrey.robbs@ggc.scot.nhs.uk

M: 07971 452 217

Natasha Brown

E: natasha.brown@ggc.scot.nhs.uk

M: 07866 841 769

Perth Myeloma Support Group

Perth Baptist Church, Almond View,
Perth PH1 1QQ

Meets: 7.00 – 9.00pm, second
Wednesday of every other month
(not December)

Contact: Linda Winton

T: 01796 482 350

E: lindawinton64@me.com

Mary Kenney

T: 01738 441 101

Northern Ireland

Northern Ireland Myeloma and Lymphoma Support Group

Macmillan Information Centre,
Lisburn Road, Belfast BT9 7AB

Meets: 4.15 – 6.00pm, Thursdays,

approx. every eight weeks

Contact: Eileen Kruk

T: 02895 045 045

E: eileen.kruk@belfasttrust.hscni.net

Ireland

ARC Dublin Myeloma Support Group

ARC House, 559 South Circular
Road, Dublin 8, Ireland

Meets: 11.00 – 12.30pm, first

Thursday of every month

Contact: Chris Martin

T: 0131 557 3332

E: chris.martin@myeloma.org.uk

Drogheda Multiple Myeloma Support Group

Gary Kelly Cancer Support Center,
George's Street, Drogheda, Co
Louth, Ireland

Meets: 3.30 – 5.00pm, first
Wednesday of every month

Contact: Aileen Emery, Centre
Manager

T: +353 (0)41 9805100

E: aileen@gkcancersupport.com or
visit www.gkcancersupport.com

Limerick Myeloma Support Group

The Support Centre, Mid–Western
Cancer Centre, University Hospital
Limerick, Dooradoyle, Limerick,
Ireland

Meets: 7.30pm, second Tuesday of
the month and occasional day time
meetings (check with Leader)

Contact: Nicky Griffith

T: +353 (0)89 4830576

E: [limerickmyelomagroupcontact@
gmail.com](mailto:limerickmyelomagroupcontact@gmail.com)

Maria Keane

T: 061 485163

E: maria.keane@hse.ie

Newbridge Myeloma Support Group

Parish Centre, Station Road,
Newbridge, Co. Kildare, Ireland

Meets: 7.30 – 9.00pm, third
Monday of the month

Contact: Brenda Drumm

T: +353 (0)87 2337797

E: mymyeloma@gmail.com or visit
www.mymyeloma.ie

Sligo Myeloma Support Group

Sligo Cancer Support Centre, 44
Wine Street, Sligo, Ireland

Meets: 7.00 – 9.00pm, last Monday
of every month

Contact: Colm Brennan

T: +353 (0)87 699 7116

E: cbrennan2007@hotmail.com
Peigin Doyle

E: peigindoyle@gmail.com

Tullamore Midlands Myeloma Support Group

Dochas Offaly Cancer Support
Centre, Tullamore, Co. Offaly, Ireland

Meets: Last Monday of every month
(check times with Leader)

Contact: Mary Kelly, Tullamore
General Hospital

T: +353 (0)5793 21501 Bleep 317

E: maryb.kelly@hse.ie

Nancy St John

T: +353 (0)57 9328268 or
visit www.mymyeloma.ie

Channel Islands

Guernsey Myeloma Support Group

Maison Maritaine Vale (opposite
Vale Douzaine)

Meets: 12 noon –1.45pm, every
other month on a Friday

Contact: Sarah Felmingham

M: 07839 774 308

E: sfelmingham64@googlemail.
com

Other information available from Myeloma UK

Myeloma UK has a range of
publications available covering
all areas of myeloma, its
treatment and management.
Download or order them from
myeloma.org.uk/publications

To talk to one of our Myeloma
Information Specialists about
any aspect of myeloma, call
our Myeloma Infoline on
0800 980 3332 or **1800 937 773**
from Ireland.



Living well with myeloma Infosheet:
Myeloma Support Groups



We're here for everything a diagnosis of myeloma brings

Get in touch to find out more about how we can support you

Call the Myeloma Infoline on

 **0800 980 3332**

Email Ask the Nurse at

 **AskTheNurse@myeloma.org.uk**

Visit our website at

 **myeloma.org.uk**

Myeloma UK

22 Logie Mill, Beaverbank Business Park,
Edinburgh EH7 4HG

 0131 557 3332

 myelomauk@myeloma.org.uk

Registered Charity No: SC026116



Published by:

Myeloma UK

Last updated:

February 2019

Myeloma Awareness Week • 21–27 June