

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 and Myeloma UK are valuable resources of information, but quite often it is useful to speak to others who have been through a similar experience. Many Support Groups also invite guest speakers to talk about different aspects of myeloma.

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

Support groups consist 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 to others.

Do I really have time to attend the meetings?

Most Support Groups meet once a month, or every two months. You are not expected to attend every meeting. Just turn up if it is convenient.

About Myeloma UK

Registered as a charity in 1997, Myeloma UK is the only organisation in the UK focused on myeloma. We are helping myeloma patients live longer and with a better quality of life.

Myeloma UK provides advice and administrative support to the 80 Myeloma and Haematology Support Groups around the UK and Ireland. A full list of Support Groups is available at www.myeloma.org.uk/supportgroups

Call our Myeloma Infoline on 0800 980 3332

Free to call from landlines in the UK and Ireland the Infoline provides information about myeloma and its treatments, practical advice, emotional support and a listening ear. www.myeloma.org.uk

**Myeloma UK, 22 Logie Mill, Beaverbank
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Charity No: SC 026116

London Myeloma Support Group

PROGRAMME 2017



- **Meet others**
- **Share experiences**
- **Learn about myeloma**
- **Access information**

About London Myeloma Support Group

The Group meets in central London but welcomes patients and family members from all over London and the surrounding area. The Group is for patients, family members and friends.

We are a friendly and supportive group and our meetings are an opportunity to get together with others affected by myeloma, share experiences and learn about myeloma and its treatment.

We have guest speakers on a wide variety of topics on all aspects of living with myeloma and its treatment.

Meetings usually start with a guest speaker (such as a doctor, nurse, therapist or specialist), a break for tea, coffee, cake and chat, followed by time to talk within the group and share and learn from each other. Some meetings extend into a lunchtime social.

“Meeting with other people who understand what you are going through is very important.”



Programme 2017

Meetings are held every two months on Saturday mornings from 10.30am-12.30pm.

2017 meeting dates:

- **Saturday 21 January**
Ask the Nurse session
- **Saturday 25 March**
Dr Sophia Skyers from
The Basil Skyers Myeloma Foundation
- **Saturday 13 May**
- **Saturday 22 July**
- **Saturday 7 October**
- **Saturday 2 December**

We welcome suggestions from the Group on topics for meetings and also on the format of meetings.

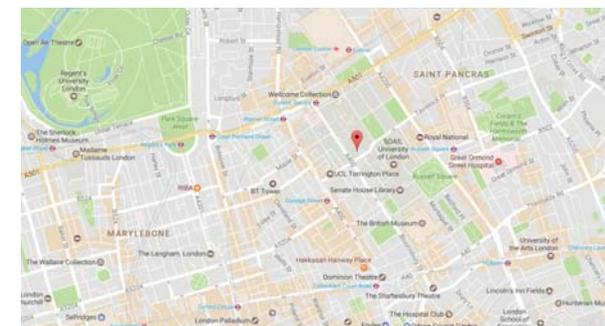
“The Group is here to support you when you need it, you don’t have to attend every meeting. We have a friendly and positive approach and extend a warm welcome to members, old and new.”

Monica Morris
Support Group
Leader



Meeting venue

Meetings are held in Room 2.14, 2nd Floor, Dept of Medical Physics, Malet Place, University College London, off Torrington Place, London WC1E 7JG. Entrance via UCL Front Engineering Building. Please email the Support Group Leader for information about local parking availability.



For further information contact
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