

# 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](http://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](http://www.myeloma.org.uk)

**Myeloma UK, 22 Logie Mill, Beaverbank Business Park, Edinburgh EH7 4HG**  
**T: 0131 557 3332 E: [myelomauk@myeloma.org.uk](mailto:myelomauk@myeloma.org.uk)**  
Charity No: SC 026116

# Perth

## Myeloma Support Group

## PROGRAMME 2017



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

# About Perth Myeloma Support Group

Our Support Group supports patients and family/friends affected by myeloma and is open to anyone who finds this venue within travelling distance.

We usually begin our meetings by inviting a speaker to discuss an aspect of myeloma for approx 30-45 mins. Topics range from health and wellbeing relating to group members, Myeloma UK the charity and how it supports patients and families, policy matters, and consultants and other healthcare professionals from the local hospital come to discuss current treatments and trials and take questions from the Group.

These sessions are followed by refreshments (supplied and served by our volunteers Anne, Hugh and friends) and there is time for general chat/ support for one another.

Our meetings are relaxed, informative and supportive and all are welcome.

Some of our group members and supporters in the coffee lounge at Perth Baptist Church



# Programme 2017

Our group meets on the second **Wednesday of every other month in the coffee lounge of Perth Baptist Church.**

- **Wednesday 8 Feb 2017**  
**Issues and solutions to myeloma problems**  
Fiona Reid, Macmillan Specialist Physiotherapist
- **Wednesday 12 April 2017**  
**Update on trials and new developments**  
Dr Gordon Marron, Consultant Haematologist
- **Wednesday 14 June 2017**  
**Policy Work at Myeloma UK including approval of and access to myeloma drugs**  
Shelagh McKinlay, Policy and Public Affairs Officer, Myeloma UK
- **Wednesday 9 August 2017**  
speaker tbc
- **Wednesday 11 October 2017**  
speaker tbc

“We have personal experience as both a patient and a carer and can offer understanding and support in living with or caring for myeloma patients and family members alike.”

Linda  
and Mary  
Support  
Group Leaders



# Meeting venue

**Perth Baptist Church, Almond View, Perth PH1 1QQ**

Travelling from Perth city centre drive to roundabout at top of Burghmuir Road; or from Crieff Road up Newhouse to same roundabout.

Take exit onto West Mains Avenue, then first exit on left into Almond View.

Follow road through houses (short distance), turn right into Church Car Park prior to road turning left. Coffee lounge accessed via ramp or steps at front door.



For further information contact either  
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