

Myeloma Support Groups

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 over 70 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
- Scheduled annual 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.

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**

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England, North East and Yorkshire

■ **Doncaster Haematology Support Group**

Doncaster Royal Infirmary, Armthorpe Road, Doncaster
6 - 7pm, last Wednesday of every month
Stacey Nutt, Macmillan Nurse Specialist
01302 553 211 stacey.nutt@dbh.nhs.uk

■ **Grimsby Myeloma Support Group**

Room 3, Scartho Village Community Centre, 26 Waltham Road
Scartho DN33 2LX
5pm, second Wednesday of every month
Janet Stennett 01673 828271 janetstennett@btinternet.com

■ **Hartlepool and County Durham Myeloma Support Group**

University Hospital of Hartlepool, Holdforth Rd, Hartlepool
Cleveland TS24 9AH
Contact leader for date/times of meetings
Liz Dobson 01642 562 505 and
Kerry Dempsey, Macmillan Myeloma Nurse Specialist
01642 624 697 Kerry.dempsey@nth.nhs.uk

■ **Hull and East Yorkshire Myeloma Support Group**

White Cottage, Beverley Road, Dunswell, Hull HU6 0AJ
1.30 - 3pm, third Thursday of every other month
Anne and Tony Tordoff
01482 858244 07875 250339 jgfdet@jgfdet.karoo.co.uk

■ **Leeds Myeloma Support Group**

Robert Ogden Centre, St. James's University Hospital, Beckett Street
Leeds LS9 7TF
1.15 - 3pm, last Monday of every month
Rita Rumsey 0113 252 0097 rita.rumsey@ntlworld.com

■ **Newcastle upon Tyne Myeloma Support Group**

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

4 – 6pm, second Wednesday of every other month

Catherine Cox 0191 213 9285

Susan Robson 0191 213 8307

Sarah Blakey 0191 213 9285

■ **Scarborough Myeloma Support Group**

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

Stephen Greatorex 01723 871 720

■ **Teesside Myeloma Support Group**

Chemotherapy Day Unit, University Hospital, of North Tees
Stockton on Tees, Cleveland TS19 8PE

Various dates and times

Liz Dobson 01642 562 505

Kerry Dempsey, Macmillan Myeloma Nurse Specialist

01642 624697 Kerry.Dempsey@nth.nhs.uk

■ **North Yorkshire Haematology Support Group**

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

6.30 – 8.30pm, second Thursday of every month

Graham Lane 01609 760191 2grahamlane@gmail.com

■ **York Haematology Support Group**

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

7 – 9pm, first Thursday of every month

Carol Miller 01904 330705 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

7 – 9pm, third Wednesday of every month

Jez 07950 635249 or

Leukaemia CARE Team 08088 010 444 care@leukaemiacare.org.uk

■ Colne Lymphoma Association General Haematology Support Group

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

6 – 7.30pm, every first Wednesday of the month

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ East Lancashire Myeloma Support Group

Wilpshire Golf Club Ltd, 72 Whalley Rd, Wilpshire, Blackburn BB1 9LF

7pm, every second Monday of the month

Pippa O'Toole 07879 343468 pippa-o@hotmail.co.uk

Geraldine Greenwood geraldine.greenwood@live.com

■ Frodsham Lymphoma Association Support Group (welcomes myeloma patients)

Forest Hills Hotel, Frodsham, Cheshire WA6 6HH

6pm - 7.30pm, fourth Thursday of every month

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ Kendal Lymphoma Association Haematology Support Group

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

6.30 – 7.30pm, last Tuesday of most months

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ **Lancaster Lymphoma Association Haematology Support Group**

Slynedale Cancer Care, Slyne Road, Lancaster, LA2 6ST

2 - 3.30pm, every first Thursday of the month

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ **Liverpool Haematology Support Group**

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

6 - 8pm, Tuesday, approximately every four weeks

Linda Boyne, Haematology Counsellor 0151 706 2000 bleep 4286

■ **Nantwich Lymphoma Association Support Group (welcomes myeloma patients)**

Blakenhall & District Community Hall, Mill Lane, Blakenhall, Nantwich
CW5 7NP

11.30am - 1pm, first Wednesday of alternate months

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ **North Cumbria (Blood Buddies) Haematology Support Group**

The Auctioneer, Rosehill, Carlisle CA1 2RR

7pm, second Monday of every month

Angela Docherty 01228 814511 Angela.Docherty@ncuh.nhs.uk

■ **Salford Haematology Support Group**

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

2 - 4pm, Thursdays, contact Support Group leader for dates

Catherine Redshaw, Haematology Highly Specialist Nurse

0161 206 2173 Catherine.Redshaw@srft.nhs.uk

■ **Sefton Lymphoma Association Haematology Support Group**

Sefton Cancer Care, 1, Duke Street, Formby, Merseyside, L37 4AL
6 – 7.30pm, every first Wednesday of the month

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ **St Helens Lymphoma Association Haematology Support Group**

St. Helens Cancer Support, Corporation Street, St. Helens
Merseyside WA10 1SX

1 – 2.30pm, every second Tuesday of the month

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

■ **West Lancs and Sefton Myeloma Support Group**

Living Well Centre, 23-35 Scarisbrick Avenue, Southport PR8 1NW
An informal get together over tea/coffee

2pm, first Tuesday of the month

David Simisterl 07515 668762 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

1 – 3pm, approximately every six weeks.

Please call for details or check www.wpenninemyeloma.org.uk

Stephanie Skinnerl 01706 662388 stephskinner1948@gmail.com

Joan Smith 0161 766 4669 joansmith.parrfold@btinternet.com

■ **Wigan Lymphoma Association Haematology Support Group**

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

3.30 – 5pm, every second Monday of the month

Karen Bonell 07714 393 891 k.bonell@lymphomas.org.uk

England, Midlands

■ **Burton-on-Trent Myeloma Support Group**

Seminar Rm by Reception A, Queen's Hospital, Belvedere Road
Burton-on-Trent DE13 0RB

Contact Leader for meeting dates and times.

Geoff Foster 01827 383488 fgeoffr@aol.com

■ **Derby Myeloma Support Group**

Education Centre, Level 3, Royal Derby Hospital, Uttoxeter New Road
Derby DE22 3NE

1.30 – 3.30pm, second Friday every other month

Christine Skeet, Myeloma Clinical Nurse Specialist

07879 115 881 (Mon – Wed) christine.morris3@nhs.net

Susan Robb, Myeloma Clinical Nurse Specialist

07879 115 881 (Wed – Fri) susan.robb3@nhs.net

■ **Dudley Haematology Support Group**

The White House, 10 Ednam Road, Dudley DY1 1JX

6.30 – 8.30pm, second Wednesday, every three months

Angela Watts, Senior Research Nurse

01384 456 111 ext 2513/2879 angela.watts@dgh.nhs.uk

Christine Protheroe, Clinical Nurse Specialist

christine.protheroe@dgh.nhs.uk

■ **Hereford Myeloma Support Group**

Kindle Centre, Asda Supermarket, Belmont Road, Hereford HR2 7JE

2 – 4pm, third Thursday of every other month

Philippa Hurlow, Haematology/Oncology Clinical Nurse Specialist

01432 355444 ex: 5712 philippa.hurlow@wvt.nhs.uk

■ **Leicestershire and Rutland Myeloma Support Group**

Helen Webb House, 35 Westleigh Road, Leicester

10am - 12pm, second Wednesday of every month

Tony Farquharson

0116 258 7246 tony.farquharson@btinternet.com

Helen Webb House 0116 223 0055

■ **Lincoln SMYLLÉ Haematology Support Group**

St Barnabas Hospice, Day Care Centre, Hawthorn Road

Lincoln LN2 4QX

7 - 9pm, last Thursday of every month

Denise 01673 861475 info@lincolnsmylle.co.uk

www.lincolnsmylle.co.uk

■ **Nottingham Myeloma Support Group**

Maggie's Centre, Nottingham City Hospital, Hucknall Road

Nottingham NG5 1PB

1 - 3pm, second Thursday of the month

Sarah Henshaw, Myeloma Clinical Nurse Specialist

0115 9691169 ext 54967 sarah.henshaw@nuh.nhs.uk

■ **Peterborough Myeloma Support Group**

The Cresset, Rightwell, Bretton, Peterborough PE3 8DX

2 - 4pm, second Tuesday of every month

Sara Morgan, Myeloma UK

01874 731202 sara.morgan@myeloma.org.uk

■ **Stoke on Trent Myeloma Support Group**

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

Nicola Coleman, (8.30am - 4.30pm Mon - Fri or leave message)

01782 672635 nicola.coleman@uhns.nhs.uk

Barry Smith 01630 672144 smithybc@aol.com

■ **Wolverhampton Myeloma Support Group**

Willenhall CHART Centre, Gomer Street, Willenhall WV13 2NS

6.30pm, last Thursday of every month

Jackie Tanswell jacqueline.tanswell@nhs.net

■ **Worcestershire Myeloma Support Group**

Waitrose Worcester, 223 London Road, Worcester WR5 2JG

2.30 - 4.30pm, Tuesday, every two months

Keith Phillips 01684 575 420 myelomaworcs@gmail.com

England, South East

■ Brighton Blood Cancer Support Group

Audrey Emerton Building, Eastern Road, Brighton BN2 OAE

Last Wednesday of every other month, 5 - 7pm

Ella Bowen, Macmillan Cancer Support Worker

01273 696955 Ella.bowen@bsuh.nhs.uk

Nicola Worcester, Haematology Nurse Specialist

Nicola.Worcester@bsuh.nhs.uk

■ Cambridge Myeloma Support Group

The Cambridge Cancer Help Centre, Scotsdale's Garden Centre

Cambridge Road, Gt Shelford, Cambridge CB22 5JT

2pm, first Wednesday of every month

Anne Fleming 01223 503 322 annie.fleming@ntlworld.com

Lynn Power 01279 300 756

■ Colchester Myeloma Support Group

Weston Homes Football Stadium, United Way, Colchester CO4 5UP

Five times a year, please call for details

Julie Watson, Macmillan CNS for Myeloma

07919 572039 julie.watson@colchesterhospital.nhs.uk

■ Hertfordshire Myeloma Support Group

Community Room, Tesco Extra, Mount Pleasant, Oldings Corner
Hatfield, AL9 5JY

7 - 7.30pm start, third Thursday of every other month

Cathy Evans

01923 217386 (ask to leave a message on Cathy's answermachine)

Alison Paterson

01438 284294 myelomasupport.enh-tr@nhs.net

■ Ipswich and East Suffolk Myeloma Support Group

Ascension Hall, Larchcroft Road, Ipswich, Suffolk IP1 6AN

12.30 - 2pm, Thursday, every other month

Hermione Warner-Charlick, Haematology Nurse Specialist

01473 704946 hermione.warner-charlick@ipswichhospital.nhs.uk

Gillian Holt 01473 401614 Gillianroger.holt@gmail.com

Jayne Chappels, Haematology CNS

01473 704946 jayne.chappels@ipswichhospital.nhs.uk

■ Milton Keynes Myeloma Support Group

Rooms 2&3, The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes, MK6 3EB

Contact Leader for meeting dates and times

Sue Gower 07866 900902 sue.gower1@btinternet.com

Liz Revell 07941 403492 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

2 - 4pm, second Friday of the month

01603 483327 or 01603 288365

Anne Templeman 01603 452462

■ Oxford Myeloma Support Group

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

Meetings are held approx. every three months, please contact Ian or Judith for information

Ian Blelloch 07768 128654 ian.blelloch@chaco.org.uk

Judith Atkinson judith.atkinson@gmail.com

■ **Portsmouth Myeloma Support Group**

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

Donna Burgess, Haematology Clinical Nurse Specialist

02392 286000 Ext: 4762 Bleep: 1478

Mob: 07860 715091 Donna.Burgess@porthosp.nhs.uk

(Temporarily closed until Sept 2016)

■ **Reading Myeloma Support Group**

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

10am - 1pm, last Saturday of January, April, July and October

Cathy and Peter Ison

01628 416502

ison.rmsg@gmail.com

■ **South Buckinghamshire Myeloma Support Group**

Cancer Care and Haematology Unit, Stoke Mandeville Hospital

Mandeville Road, Aylesbury, Buckinghamshire HP21 8ALN

Meetings held once a month at 3pm

Richard Lipscombe

richard.lipscombe@berks-bucksfa.com

■ **Southampton and Wessex Myeloma Support Group**

Macmillan Centre, Southampton General Hospital, Tremona Road

Southampton SO16 6YD

10am - 12 noon, four times a year

Lorraine Wignall, Myeloma Clinical Nurse Specialist

(works Thursday 9am - 2pm)

07557214710

Lorraine.Wignall@uhs.nhs.uk

■ **Southend Myeloma Support Group**

Macmillan Centre, Southend University Hospital, Prittlewell Chase
Westcliff-on-Sea SS0 0RY

6pm, on Tuesdays every few months

Katrina Maitland

01702 385057 katrina.maitland@southend.nhs.uk

■ **Surrey Myeloma Support Group**

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

7pm, last Wednesday of every other month

Suzanne Esquerdeiro

01932 567 350 07976 178749 Suzanne.esquerdeiro@virgin.net

■ **St Albans Haematology Support Group**

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

7 – 8.30pm, contact Support Group Leader for meeting dates

Leukaemia Care 08088 010 444

■ **Tunbridge Wells (Kent and East Sussex) Myeloma Support Group**

Bells Yew Green Village Hall, Tunbridge Wells TN3 9BJ and
5A Royal Chase, Tunbridge Wells TN4 8AX

7 – 9pm, Wednesday, every other month, venue alternates

Liz West 01892 537 255 email@elizabethwest.com

Tim Williamson 01892 532 517 tjrwineternet@dsl.pipex.com

■ **Winchester Myeloma Support Group**

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

3.15 – 5pm, Thursday, four times a year

Brian Orange 01794 388235 brian@fromans.co.uk

England, London

■ **Croydon African and African-Caribbean Cancer Support Group**

3space, 5th Floor, Southern House, Wellesley Grove, Croydon CR9 1TR
4 - 6pm, first Wednesday of the month

The Lake Foundation

07440 146645 info@thelakefoundation.com

■ **Ealing Haematology Support Group**

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

Contact the Support Group Leader for times (see below)

Nerinder Kaur, Clinical Nurse Specialist

0208 967 5562 nerinder.kaur@nhs.net

■ **Epsom and St Helier Haematology Support Group**

St Helier Hospital Board Room, 5 Floor, Ferguson House
Wrythe Lane, Carshalton, Surrey SM5 1AA

2.30 - 4.00pm, once a month on a Friday

Tarlika Patel 020 8296 4730

Catherine Pope 020 8296 3327

■ **London (Central) Myeloma Support Group**

Malet Place, Engineering Building, University College
off Torrington place, London WC1E 7JG

10.30am - 12.30pm, Saturday, every other month

Monica Morris, Myeloma UK

07944 998565 londonmyelomasg@yahoo.co.uk

Sarah Worthington, Clinical Nurse Specialist

Myeloma Royal Free Hospital

0207 794 0500 ext 38608, Bleep 2351

sarah.worthington@uclh.nhs.uk

■ **North West London Myeloma Support Group**

The Black Horse, 425 Oldfield Lane, North, Greenford UB6 0AS
(beside the Grand Union Canal, large car park)
Contact organiser for details of meeting dates
Douglas Spreckley 07939 442683

■ **South London Myeloma Support Group**

Dimbleby Cancer Centre, second floor, Gassiot House
St. Thomas' Hospital, London SE1 7EH
6 – 7.30pm, quarterly meetings
Douglas Gunning, Clinical Nurse Specialist
020 3299 5839 douglas.gunning@nhs.net

England, South West

■ Barnstaple Myeloma Support Group

Henry Williamson room, second floor, Barnstaple Library EX31 1EL
2.30 - 4.30pm, third Thursday of every other month
Cathie Peters, Clinical Nurse Specialist
01271 349198 cathie.peters@nhs.net

■ Bath Myeloma Support Group

Oasis Centre Boardroom, RUH Bath, Combe Park Bath BA1 3NG
6 - 8pm, on Wednesday or Thursday every other month and
regular daytime meetings
Denis Griffin 07927 363597 denis.c.griffin@gmail.com

■ Bristol Myeloma Support Group

Hulbert Room, UHCT Community Centre, Eden Grove Methodist
Church, Horfield, Bristol BS7 0PQ
7 - 9pm, third Tuesday of every other month
Margaret and Stan Morrissey
01454 418 412 mgmtm@sky.com
Hilary and Bryan Emery
01934 510 828 bryhil45@talktalk.net

■ Cornwall Myeloma Support Group

The Knowledge Spa, Royal Cornwall Hospital, Treliske, Truro
Cornwall TR1 3LJ
6.30 - 8.30pm, Tuesday, every other three months
Andy Wood 01208 269348 andy_wood21@hotmail.com

■ Devon and Exeter Haematology Support Group

Seminar Room, Haematology Centre, Royal Devon & Exeter Hospital
(Wondford), Barrack Road, Exeter EX2 5DW
4.30 - 6pm, first Thursday of every month
Clare Fox 01392 402 879

■ Dorset Myeloma Support Group

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

1.30 - 4.30pm, on the last Friday of the month

Marion Summers marion.james1@sky.com

■ Gloucestershire Myeloma Support Group

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

1pm, every second Monday each month

Joanna Stokes, Clinical Nurse Specialist - Haematology

0300 4225248 Jo.Stokes@glos.nhs.uk

■ Plymouth Myeloma Support Group

Derriford Leisure Centre, Derriford Hospital, Plymouth PL6 8DH

2 - 3pm, last Friday of every month

Sue Hurley 07974 343928 suehurley7@outlook.com

Lindsey Stewart 07968 416234

Caroline Allen 01752 823449

Colleen Cann 01752 812710 colleencann@hotmail.com

Scotland

■ Aberdeen Haematology Support Group

Maggies Centre, Aberdeen Royal Infirmary, Elizabeth Montgomerie Building, Westburn Road, Foresterhill, Aberdeen AB25 2UZ

2 – 4pm, monthly

Contact Support Group Leader for details

Nickey Bate, Leukaemia Care

01905 755 977 nickey.bate@leukaemiacare.org.uk

■ Aberdeen Myeloma Support Group

CLAN Cancer Support, 120 Westburn Rd, Aberdeen AB25 2QA
- usually 2.30pm, fourth Wednesday of each month

Jill Sharp 01224 647000 jill.sharp@clanhouse.org

Christine and John Boylan

01224318389 89chrisb@gmail.com

■ Dundee Myeloma Support Group

Seminar Room C, Dundee Medical School, Ninewells Hospital
Dundee DD2 1UB

Contact leader for dates/times of meetings

Catherine McNally mcnally.catherine@sky.com

■ Dunfermline Haematology Support Group

Education Centre, Queen Margaret Hospital, Whitefield Road
Dunfermline, Fife KY12 0SU

7 – 9pm, last Wednesday of every month

Alan Hopkins AHOPPYG@aol.com

■ Edinburgh Haematology Support Group

Maggie's Centre, Western General Hospital, Crewe Road, Edinburgh
5.30 – 7pm, first Wednesday of every month

Maggie's Centre 0131 537 3131 Andrew@maggiescentres.org

■ **Edinburgh Myeloma Support Group**

Bruntsfield Hotel (Lounge), Bruntsfield Place
11am – 12.30pm, second Tuesday of every month
Sara Morgan, Myeloma UK
01874 731202 sara.morgan@myeloma.org.uk

■ **Forth Valley Haematology Support Group**

Oncology Unit, Forth Valley Royal Hospital, Stirling Road
Larbert FK5 4WR
7 – 9pm, last Thursday of every other month
Trisha Burke, Haemato-Oncology Nurse Specialist 01324 566321
Margaret Walker, Haemato-Oncology Nurse Specialist 01324 566321

■ **Glasgow Myeloma Support Group**

Maggie's Centre at Gartnavel General Hospital
1053 Great Western Rd, Glasgow (next to the Beatson)
6.30 – 8.30pm, Thursday evening, every six weeks
Lesley Stirton, Clinical Nurse Specialist Lesley.stirton@ggc.scot.nhs.uk

■ **Kirkcaldy Haematology Support Group**

Maggie's Centre, Victoria Hospital, Hayfield, Road, Kirkcaldy
Fife KY2 5AH
3 – 5pm, last Wednesday, every month
Alison Harrower alison.harrower@maggiescentres.org

■ **Lanarkshire Haematology Support Group**

Maggie's Centre Lanarkshire, Monklands Hospital, Monks Court
Avenue, Airdrie, ML6 0JS
7 – 9pm, Thursday, every six weeks
Nickey Bate, Leukaemia Care
01905 755977 nickey.bate@leukaemiacare.org.uk

■ **Perth Myeloma Support Group,**

Perth Baptist Church, Almond View, Perth PH1 1QQ
7 - 9pm, bi-monthly, second Wednesday of the month
(not December)

Linda Winton 01796 482 350 lindawinton64@me.com
Mary Kenney Tel: 01738 441 101

Northern Ireland

■ **Northern Irish Myeloma and Lymphoma Support Group**

Seminar rooms 1&3, located on the first floor of the NI Cancer Centre,
Belfast City Hospital, Lisburn Road, Belfast BT9 7AB

Contact Leader for meeting dates and times

Jessica Murray, Macmillan Haematology Support Worker

02895045471 Ext:45471 Jessica.murray@belfasttrust.hscni.net

Ireland

■ Dublin Myeloma Support Group

ARC House, 559 South Circular Road, Dublin 8

11am - 12.30pm, first Thursday of every month

Mervyn Bourne 087 9970832 mervynb1@gmail.com

■ Limerick Myeloma Support Group

The Support Centre, Mid-Western Cancer Centre, University Hospital
Limerick, Dooradoyle, Limerick

7.30pm, second Tuesday of the month and occasional day time
meetings (contact for further info).

Nicky Griffith 089 4830576

limerickmyelomagroupcontact@gmail.com

Maria 061 485163 (9am - 5pm)

maria.keane@hse.ie

■ Newbridge Myeloma Support Group

Parish Centre, Station Road, Newbridge, Co. Kildare

7.30 - 9pm, third Monday of the month

Brenda Drumm 087 2337797

mymyeloma@gmail.com www.mymyeloma.ie

■ Tullamore Midlands Myeloma Support Group

Dochas Offaly Cancer Support Centre, Tullamore, Co. Offaly

Last Monday of every month

Mary Kelly, Tullamore General Hospital

05793 21501 Bleep 317 maryb.kelly@hse.ie

Nancy St John 057 9328268

www.mymyeloma.ie

Wales

■ Bangor Lymphoma Association Haematology Support Group

Ysbyty Gwynedd, Penrhosgarnedd, Bangor LL57 2PW

Meets every three months

Check Lymphoma Association website for details

■ South Wales Myeloma Support Group

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

7 - 8.30pm, second Thursday of every other month

Sheila Davies 029 2047 1234 sheiladee@btinternet.com

■ Swansea Lymphoma Association Haematology Support Group

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

11am, second Thursday of every month

The Maggie's Centre 01792 200000

Helena 07866 171433

www.lymphomas.org.uk/information-and-support/lymphoma-support-groups/swansea-lymphoma-association-support-group

For patients and carers with Hodgkin or non-Hodgkin lymphoma, leukaemia or myeloma.

Channel Islands

■ Guernsey Myeloma Support Group

Contact leader for details of venue and dates/times of meetings

Sarah Felmingham

07839 774 308 sfelmingham64@googlemail.com

Amyloidosis Support Groups

The online National Amyloidosis Centre patient support forum (www.amyloidosis.org.uk/forum) has been up and running since the beginning of 2015. It has enabled patients, family members and carers from all over the country to meet and give each other support, advice and encouragement in cyberspace.

Some patients who attend the National Amyloidosis Centre are interested in meeting up in real life as well. At this stage, small local support group meetings will be very informal – just a chance for patients, families and carers to meet over a coffee, to get to know each other and to chat.

Please contact the following organisers if you're interested in hearing more:

Scotland

George
geordie_turner@hotmail.com

Colchester, Essex

Sandra
sandrabl46@hotmail.com

Manchester

Lesley
lesley.toft@ntlworld.com

Romford, Essex

Jan
janjobson@virginmedia.com

London

David
davidgoldstone@btinternet.com

If you'd like to set up a group elsewhere contact Miriam

miriam.pepys@ucl.ac.uk

Other information available from Myeloma UK

Myeloma UK has a range of Essential Guides, Infoguides and Infosheets available covering many areas of myeloma, its treatment and management.

To order your free copies or to talk to one of our Myeloma Information Specialists about any aspect of myeloma, call the **Myeloma Infoline: 0800 980 3332** or **1800 937 773** from Ireland.

The Myeloma Infoline is open from Monday to Friday, 9am to 5pm and is free to phone from anywhere in the UK and Ireland. From outside the UK and Ireland, call **0131 557 9988** (charged at normal rate).

Information and support about myeloma is also available around the clock at **www.myeloma.org.uk**

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T: 0131 557 3332 **E: myelomauk@myeloma.org.uk** Charity No: SC 026116

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1800 937 773 from Ireland
www.myeloma.org.uk

Myeloma Awareness Week 21 - 28 June