



Kingston Haematology Patient Support Group

Newsletter no. 8

30 November 2020

Welcome to the newsletter for 30 November.

Tier 2

So, we will be in Tier 2 from 2 December, subject to fortnightly reviews of the data. We can go into a pub or restaurant for a meal, with our own or bubble household, but still cannot meet others indoors or in our gardens.

Government advice

The Government has issued updated guidance for the critically vulnerable w.e.f. 2 December. This is over and above the rules for tiers. It is advisory and it is for each individual to make their own risk assessment and to decide what is right for them.

Basically:

- * Try to keep social interactions low.
- * Avoid public transport and sharing a car with people outside your household or bubble.
- * Shop at quieter times.
- * Consider avoiding contact with other households during the Christmas bubble of 23-27 December.

Covid jab

The Times has reported that people with diabetes or morbid obesity are set to get the Covid-19 jab ahead of those over the age of 65, after being included in an official priority list. Those who have been shielding, such as blood cancer patients and organ transplant recipients, are also likely to be vaccinated before healthy over-65s.

Our support group

Our support group was featured in the recent November Myeloma UK support groups newsletter, which I have circulated. I also attended the virtual national supports group meeting on 30 October, the first one to be held. It was good to meet other group leaders.

We are also now on the **Kingston hospital website**, together with the latest newsletter, so we will potentially have a wider audience for these newsletters. I will bear that in mind when including any reference to you and would clear it beforehand. I have consulted Calvin and Tanja.

Wellbeing seminar

The online Myeloma seminar on 19 October was very worthwhile. The specialist nurses covered a number of topics, including side effects and neuropathy. The recording is available on the website. Or just ask and I can forward the link to you.

Stem cell transplants Two of our members are going through stem cell treatment in December and January - Tanja and Calvin. This will be a gruelling and isolating experience and I hope we can keep in touch by email, phone and WhatsApp.



Outings We are allowed to go for a walk outside with one other person. Calvin and I had an enjoyable walk in Kew Gardens. The reduced winter admission price is £11, £9.90 for seniors, or free with a member.

Calvin took this photo of one of the Queens Beasts by the Palm House. It is the white greyhound of Richmond.



And Tanja and I had a nice, distanced, picnic in the gardens at Horace Walpole's Strawberry Hill.

Regards

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