

AUTUMN Newsletter 2007

DORSET LUPUS GROUP



Committee

Chairperson:

Margaret Hosking
17 Minster View, Wimborne,
Dorset. BH21 1BA
(Tel: 01202 884809)

Secretary:

Responsibilities currently being
carried out temporarily by
Margaret Hosking until the
position is filled

Treasurer:

Debbie Steel

Newsletter Editor:

Margaret Hosking

Raffle:

Carol Berkhauer

Librarians:

Yvonne & Guy Hosking

Membership Secretary:

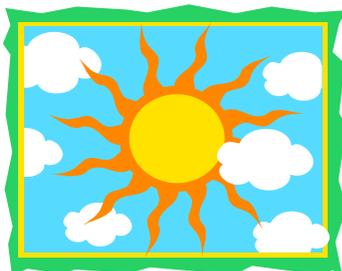
Gerrish Gray

Other Members:

Jayne Baker
Shirley Merrett
Janet Bourne

Contacts:

Margaret Hosking 01202884809



Welcome

I hope you all had a really good summer and remembered to be well covered with sun cream.

I'm so sorry that this newsletter is very late. Unfortunately I have been unwell so getting this typed up seemed a monumental task I managed to phone quite a lot of our Lupus Group to let them know of the first coffee morning of the Autumn but apologise to those who didn't know the date.

I have been lucky to have had a very happy event in my family. My daughter Mary was married to Colin. Those who came to the Lupus cream tea will have met Colin. The wedding went very well and I am so lucky to have such a kind, loving son in law.

But now for a very sad piece of news. Sarah Williams passed away recently. She moved to Gillingham some years ago and helped the Lupus Group as a contact. She will be missed by all those who knew her and our sympathy goes to her parents who have been so very caring looking after her during her illness.

Looking next to the future, we have arranged some varied events for this autumn and hope that you will all bring families and friends to help swell the numbers at these gatherings.

In November, on Friday 9th, we are going to have a skittles evening at The Coach and Horses, Wimborne. Skittles

evenings are always great fun even if you don't actually have a turn yourself but just enjoy the food, a drink, and the happy company.

Also in November, on Saturday 24th, we have arranged a coffee morning. For a change, we have picked a new venue at the Suncliff Hotel on the East Cliff in Bournemouth.

December brings our Christmas Lunch at the Yenton Hall Hotel on Sunday 9th.

If you need transport for any of these events we may be able to help. Please phone me on 01202 884809. By the way, all the venues chosen are suitable for wheelchair access.

Finally, if you are unwell at the moment or otherwise unable to get to our meetings, then we send you our very good wishes

Margaret Hosking

Membership

I would like to welcome Mr & Mrs Allamby of Portland, Anne Milner of Lymington, Mrs Stanford of Shaftesbury, and Mrs Thompson of Dorchester to our Group.

We now have nearly one hundred members and I know there are a few more people deciding to join us.

We have a welcome pack for new members. If you have joined us within the last six months and haven't had one of these packs please let me know by phoning 01202 884809.

Lupus UK

Reg Charity No. 1051610

National Office:
St James House, Eastern Road,
Romford, Essex, RM1 3NH
Tel: 01708 731251
Fax: 01708 731252

Contacts



Contacts are friendly, helpful and understanding people who have offered their time to chat to anyone about Lupus. There are times when you may need some information and times when you feel just a chat may help you. There is no need to sit at home and worry. Just pick up the phone.

Past Events



WORLD LUPUS DAY

May 10th

On this day we wanted to spread the word about Lupus and help others understand the condition. Some members made a wonderful effort to help others learn about lupus. Patricia Vaughan must be congratulated as she put notices in many places and chased up many money box venues. Thank you to everyone who were able to spread the word just a little bit. Even telling a friend or neighbour helps.

COFFEE MORNING



Sat 5th May
Rod Hill Community Hall, Puddletown

Husband and wife Chris & Chris McKenna organised a coffee morning with lots of stalls in order to raise funds and increase lupus awareness in their area of Dorset. This was a great fund raiser. As a result many more people have now heard about lupus. Thank you.

GARDEN NURSERY VISIT & AFTERNOON TEA



Sun 20th May
Orchard Green Garden Nursery, Gillingham

A small gathering of gardeners came and, after a tea and cake and lots of chat, most went home with a plant or two. The afternoon was arranged by local resident Sarah Williams, who has since sadly passed away. Our visit and happy afternoon will be remembered dearly in our minds to remind us of Sarah's work for the Group.



WIMBORNE FOLK FESTIVAL

Sat 12th June,
Wimborne Minster Green

It was a very hot day and lots of dancers and stalls were there but few lupus members were able to come. The heat and difficult parking probably kept some away.

PLOUGHMAN'S LUNCH



24th June
7 Ebor Close,
West Parley,
Ferndown

Rain didn't stop this event. Every room and garage was used and everyone ate their fill and tried their hand and their brain with a paper and pencil quiz. Thank you for arranging this Debbie and Dave.

Amongst the jolly crowd was Debbie's father, as usual. As some of you know, he later passed away at home. We had spent a lovely afternoon with him and shall miss his happy, smiling presence at our future events. Our sympathy goes to Debbie and her mum.



BEACH HUT COFFEE MORNING

Wed 11th July
Southbourne

This beach hut coffee morning was very relaxed and the sun shone but the cool breeze made it comfortable.



CREAM TEA

Sun 29th July
9 Lacy Drive,
Wimborne

Mary and Colin kindly offered their hospitality for this event..

We were blessed with fine weather. There was a raffle and a pencil and paper quiz for everyone who wanted a brain challenge.

A PLANNED VISIT TO SWANAGE

Sun 12th August

We had planned a short wander along the seafront at Swanage and then stop off for a drink/snack. Rain unfortunately put a damper on this event and we had to cancel.

RED ARROWS DISPLAY



Fri 24th August
Bournemouth seafront

After some traffic problems getting away from the event last year, Bournemouth Council made a late decision to stop parking on the Overcliff this year, with the result that the roads became blocked **before** the event! Some of you had to turn round and join the queue to get home as a result, whilst those of us lucky enough to get a place **somewhere** found ourselves too far away from our planned meeting point. But the display was as spectacular as usual.

COFFEE MORNING



Sat 13 October
Howard Centre
Christchurch
Hospital

Arrangements for this coffee morning at our usual venue were disrupted by an unfortunate combination of events. The morning had originally been planned for 20th October, but we were keen to ensure that Debbie Steel would be able to be present so brought the date forward. Then, before I could get a quick newsletter out to let everyone know, along came the postal strikes! Oh dear.

We did our best to let people know by telephone and quite a few of our regulars did manage to get along.

Forthcoming Events

SKITTLES EVENING Friday 9th November



Coach and Horses
Poole Road, Wimborne
7.00 -10.00pm

The venue is a new one for us. It is a traditional thatched pub that is a notable old landmark on the road into Wimborne from the Poole direction. The skittle alley is in a separate hall at the side of the pub's large car park.

Tickets cost £7.00per head which includes a hot buffet supper (if a vegetarian menu is required please state this ordering your tickets. Please send your cheques (made payable to Lupus Dorset) for this event to Margaret Hosking, 17 Minster View, Wimborne Dorset, BH21 1BA. For further details phone 01202 884809 or e-mail margaret.hosking@dorsetlupus.com

COFFEE MORNING

Saturday 24th
November



Suncliffe Hotel
29 East Overcliff Drive
Bournemouth
10.30-11.30am

We have arranged another coffee morning for this autumn as some missed the first one because they didn't know the date. We have a different venue for a change too and are hoping you will be able to come along and breathe in a bit of sea air if you feel up to a stroll along Bournemouth Overcliff afterwards. Some of you might want to take the opportunity of popping into Bournemouth town centre for a bit of Christmas shopping too.

Many of you will have had the gift catalogue from Lupus Head Office. We are going to have the opportunity to order Christmas Cards directly from our local group to save you postage. Debbie Steel is organising this and will have some of the card packs for you to see. Please pay by cheque or in cash when placing your order. Or, if you want to order sooner, please phone Debbie on 01202 877390

Our book library will be available and recently we have purchased many more books that you are free to borrow. By the way, if you still have lupus books that you have borrowed previously we would be grateful if you could return them as soon as possible once you've finished using them so others can benefit from them.

There will be our usual raffle. Our stock of prizes is getting low so if you have any unwanted gifts etc. please bring them along.

CHRISTMAS LUNCH

Sunday 9th December



Yenton Hotel, Gervis Road
Bournemouth, BH1 3ED

We have thoroughly enjoyed our Christmas get-together lunches here over the last two years and look forward eagerly to this year's event. It is a small and comfortable hotel and they look after us delightfully. Many of us like to bring friends and family along too - it really puts everyone in the mood for Christmas!

Yvonne and Guy Hosking are the organisers as usual and they will give you further details, including cost, menu choices and directions, and will be pleased to take your reservations and payment. Please phone them on 01202 575924 asap.

Dates for Next Year

Pop these dates into your 2008 Lupus Diary (if you don't have one yet, give Debbie Steel a ring on 01202 877390, or come along to one of our events where you will be able to buy one).

Coffee Morning

Saturday 28th January

Howard Centre
Christchurch Hospital
10.30-12.00

Coffee Morning & AGM

Saturday 29th March

Howard Centre
Christchurch Hospital
10.30-12.00

ARTS AND CRAFTS

Calling all knitters If anyone has oddments of wool please let us know as we have someone who is keen to make things for us to sell in aid of the charity.



Dates For Your Diary



Friday 9th November

Skittles Evening at Coach and Horses, Poole Road, Wimborne. 7.00-10.00pm

Saturday 24th November

Coffee Morning at Suncliffe Hotel, East Overcliff Drive, Bournemouth. 10.30-12.00

Sunday 9th December

Christmas Lunch at the Yenton Hotel, Gervis Road, East Cliff, Bournemouth

Recipe Corner



For those people who feel very tired at the thought of cooking Valerie Moore has sent in an easy, quick recipe:

BARA BRITH (Welsh)

8oz SR flour
4oz sugar
Pinch salt
12 oz mixed fruit
2 eggs
Cup of milk
4 oz butter

Put all the dry ingredients into a mixing bowl. Melt the butter and add this with the eggs and milk to the mixture. Beat for one minute. Place mixture in a greased loaf tin. Cook in a slow oven (150) for around 2 hours.

NB. If you add half as much again to the ingredients, i.e.

12 oz flour
6oz sugar
etc.

it will fill two loaf tins and only take 1 hour to cook.

Thank you, Valerie, for sending in this recipe. If you have any quick, easy recipes that we could include in our newsletter please send them to Margaret Hosking 17 Minster View, Wimborne Dorset BH21 1BA

Used Postage Stamps

Several members have collected used postage stamps. Keep them coming! There is no need to peel them off the envelope - just tear around the stamp carefully (as torn, damaged, incomplete and creased stamps are of no value) and bring them along to the next meeting or send in an envelope. These stamps are sent away and raise funds for Lupus research. We would like to have more stamps collected and handed to Debbie Steel. Perhaps you know some one who works in an office or some friends that would collect for us.

Newsletter Contributions



If you have any experiences, helpful tips, jokes or puzzles that could be included in the next newsletter please send them in to me. How about 'Childhood Memories' as a topic for some writing?

Membership Renewals

A small number of you have not yet renewed your membership for the year 2007. You should have received a reminder from Head Office but if you need a form you can get one online at www.lupusuk.org.uk/applicationform.asp

Alternatively, contact our Regional Membership Secretary for an Application Form: Gerrish Gray, 01202 849144 or gerrish.gray@dorsetlupus.com