

**AUTUMN  
Newsletter  
2008**

**DORSET LUPUS  
GROUP**



**Committee**

**Chairperson:** Margaret Hosking  
(Tel: 01202 884809)

17 Minster View, Wimborne,  
Dorset. BH21 1BA

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

**Treasurer & Vice Chair:** Debbie  
Steel, 7 Ebor Close, West  
Parley, Ferndown, Dorset. BH22  
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**Newsletter Editors:** Margaret  
Hosking & Debbie Steel

**Raffle:** Carol Berkhauser

**Librarians:** Yvonne & Guy  
Hosking

**Membership Secretary:**  
Gerrish Gray

**Other Members:**

Jayne Baker

Shirley Merrett

Janet Bourne

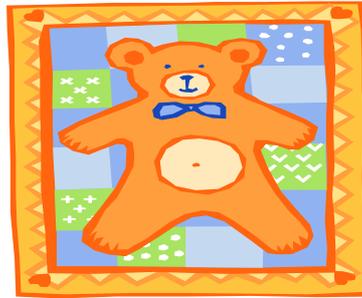
Yvonne and Charlie

**Contacts**

Margaret Hosking 01202884809

Carole Frosdick (Lupus Nurse)

01202 705302 – leave contact  
details and she will get back to  
you



**Welcome**

For those who are not aware,  
Margaret has been unwell  
recently and has only just been  
allowed out of hospital. I am  
afraid that she has not been well  
enough to write the Introduction  
to our Newsletter so I have  
stepped into the breach! I am  
sure you will all join me in  
wishing Margaret a speedy  
recovery.

On a positive note, she has  
become a grandmother to Rosie  
and Jack on 6<sup>th</sup> August. Our  
congratulations go out to Mary  
and Colin, and of course the  
proud "Grannie"! I am sure we  
shall soon be seeing those little  
bundles of joy at our meetings  
where there will be plenty of  
people queuing to have a  
cuddle.

As you will see we have been  
busy on the forthcoming agenda  
and have even started to make  
plans for 2009 – it seems crazy  
to be thinking so far ahead, but I  
have already seen Christmas  
cards on sale in M&S yesterday!

I hope that all of you are as well  
as can be expected and that you  
may be able to join us in one of  
the events planned. It is always  
nice to see both new and old  
faces at these events so that we

can catch up on how the world is  
treating us.

Until then, take care, and keep in  
touch!

*Debbie Steel*

**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.

In the last Newsletter we also  
introduced the **Hospital Buddy**  
service, where a member of the  
Group would be happy to come  
along to any appointment or test  
at the hospital to help support  
you.

Please contact Margaret on the  
number at the beginning of this  
Newsletter if you would either  
like someone to come along with  
you (on a confidential basis of  
course) or to volunteer to help  
others in the Group.

We would not expect anyone to  
pay for this help and would be  
happy to cover any out-of-pocket  
expenses such as petrol or  
parking for the Buddy.

Yvonne and Charlie, our newest members on the Committee, are responsible for sending out [Greetings Cards](#) on Dorset Lupus's behalf. If you know of a member of the Group who is ill, in hospital, having an operation, getting married, having a child, having a birthday, then please contact us so that we can let them know that our thoughts are with them at this happy or difficult time. If you let either Debbie or Margaret know, they can pass on the details.

### **Trust Fund**

As a reminder, we have over £2,000 to help financially with those of our members who may need some assistance. The money has been donated by Dorset Lions and we are keen to put it good use.

It has been decided that funds may be released for a variety of financial needs eg travel, new equipment, accommodation or help around the house. Initially we would like to help up to a maximum of £50 but each case would be considered on its own individual merits. You will not be means tested.

To apply, please write to Margaret or Debbie with the details. Strict confidentiality will be followed at all times.

### **REVIEW OF PAST EVENTS**

#### **WORLD LUPUS DAY MAY 10<sup>TH</sup>**

As you may have already seen in the latest News & Views, Sarah Dunstan, Jane & Sheila Rossiter had a cake stall in Sherborne on World Lupus Day. They also sold earrings made by Sarah which, together with some donations, raised an incredible £150. **Well done girls!**

#### **LUPUS UK CONVENTION, MAY 11<sup>TH</sup>**

"The Convention went extremely well – it was a great chance to meet members from other parts of the country, both sufferers and non-sufferers alike. Luckily my husband comes from Glasgow, which meant that we could stay with his family and rest before the long trip up to and back from Scotland.

Jane Atkinson, the Chair of Strathclyde Group welcomed everyone to the meeting. Her group – originally formed in 1982, has a membership of about 250 - two and a half times the size of ours. They cover a huge region which they have split up into smaller areas (6 of them) where they have regular monthly coffee mornings in local cafes or tearooms. Each one was on a different day, for example "on the 3<sup>rd</sup> Monday of every month at 2.30pm we shall meet in ...". It would appear that a different Committee member would be responsible for each venue.



**Is this something that maybe we would like to try? How about areas such as Weymouth/Dorchester, Sherborne and Bournemouth/Poole?**

As a whole group they only had about 3 meetings a year. They found that the Coffee Meetings were less popular during the summer months so they would suspend them during August.

**If we were to try this, would anyone like to try and source a venue in each location?**

The next speaker was a local Rheumatologist Dr Zoma. He talked a lot about certain indicators that help to measure the diagnosis, the management and the activity of an individual's illness. He also talked about the quality of life experienced, both emotional and social.

The next speaker was Dr Morrison, also a Rheumatologist based in a local Glasgow Hospital. She talked about the alternative range of services available in the hospital nowadays – hospitalisation is no longer the only option! She talked about the Day Units, where you could have intravenous infusions, joint injections, or emergency assessments. She talked about the friendly atmosphere, where recliner chairs are used instead of beds. Their hours are flexible to try and fit in with your work or study commitments – all in all a user friendly environment. The use of a telephone helpline and messages via email or texts was also mentioned. I know from personal experience at Christchurch Hospital that the existence of such a line is a great comfort – to know that someone will always call you back, even when you are at your worst and need some reassurance or practical help.

The following specialist, Dr Sattar, was from the Glasgow Cardiovascular Research Centre. Although I do not personally suffer with heart problems, he stressed the need to keep your body in general good health as you get older to help reduce other factors that may affect your Lupus – especially your blood pressure, your cholesterol and your weight. He got me so worried, I asked for a cholesterol test on my return, to ensure that I was OK! He suggested that Statin treatment is now much more widely used to reduce the threat of heart problems and when asked about the various side effects and risks of statins, he replied that as the range of statins had grown, they were "safer than taking a soluble aspirin each day"!

Jane Dunnage, Tony Rance, Chris Maker and Yvonne Norton then spoke from Lupus UK.

Frances Curran (a former MSP whose sister has Lupus) then addressed the convention.

Finally, before the entertainment and raffle draw, Dr Max Field spoke about the role of the Lupus Practitioners (15 at present, including our very own Carole Frosdick who is based at Christchurch Hospital) asking what we wanted from them. They were all initially funded by Lupus UK but have then gone over to NHS funding. Their role includes research, education, counselling, managing databases, patient reviews and drug monitoring.

**If anyone would like to contact Carole directly about any problem in connection with their Lupus, her contact details are on the front of this Newsletter. It is the Rheumatology Helpline at Christchurch Hospital.**

In conclusion, I found the Convention very interesting. I have been to a few and always find something particularly interesting each time. The next one will be in **Stoke on Trent** May 10<sup>th</sup> 2009 and I would recommend anyone who is physically able to go, should attend if possible. Perhaps we could hire a mini bus and all go together?"

*Debbie Steel*

### **MUSIC RECITAL, JUNE 20<sup>TH</sup>**

One of Margaret's pupils kindly performed on the piano for us, helping her gain confidence with an audience and treating us to some wonderful live music. All who attended thoroughly enjoyed it, and in addition we raised £22.05. Many thanks.

### **GARDEN VISIT AND AFTERNOON TEA, JUNE 21<sup>ST</sup>**

"On Saturday 21st June, which proved to be another 'typical 2008 summers day' we visited

the garden of Mr & Mrs Stanford in Fordingbridge. It was a large rambling garden which could not be seen at it best due to the pouring rain, which had also unfortunately not dealt very kindly with the rose beds. Many winding paths led us through flower beds and trees to the vegetable garden which was flourishing due to the constant watering from above. There were many little nooks and crannies which would have been delightful to explore had we had better weather. It was such a pity that we had to keep diving for cover, but it didn't spoil our pleasure too much. It was lovely to go inside the conservatory for a lovely and very welcome cream tea."

*Janet Bourne*

### **SKITTLES, JUNE 27<sup>TH</sup>**

A good evening was had by all. Thank you, Chris, for organising this event. Well done to the Winners of both Cups. On the night we managed to raise £105.70, including a donation and proceeds from the Raffle.

### **SUMMER "LUNCH 4 LUPUS", JULY 27<sup>TH</sup>**

Everyone seemed to enjoy the afternoon. After torrential rain last year, we had brilliant sunshine this year and, if it could be possible to say this, it was **TOO HOT** this year. The gazebos on the patio followed by the cool shade of the trees in the garden kept the temperature down a little, but what a perfect day! We even had a fly past from the Red Arrows!

I took some pictures and have sent them to **News & Views** so hopefully we may get our picture in the magazine. As a fundraiser it was also a success, raising £253.15.

### **CHRISTCHURCH COFFEE MORNING, AUGUST 23<sup>RD</sup>**

It was lovely to see everyone, including 2 new members, Wendy & Virginie (I hope I have spelt your name correctly). Welcome girls. I hoped you both enjoyed yourselves and will come back and see us again. Amount collected was £56.85 from tea, raffle and sale of Lupus goods.



The money raised also included £26.90 from Carole Frosdick, our Lupus nurse, who had done a car boot sale for Lupus. She plans to have another one in the future so if you have anything you feel may be worth selling, please contact her. (There may however be a storage problem if you have a considerable amount – perhaps you'd like to try one yourself, or maybe we can get a few of you together?) If you are interested please contact Debbie.

### **"LUPUS MEDICINE & ME" CONFERENCE, LONDON**

Carole Frosdick recently attended this event and has send back a Report on it

"After negotiating the Railways from Christchurch to London, then the London Underground system, I finally arrived at Wimpole Street, a very impressive venue. I met Prof Graham Hughes who runs the Lupus unit at St Thomas Hospital, and also the other lupus nurses who work alongside him. He was very welcoming and invited me to visit his unit to see how they all work. The conference aims to bring together patients, their families, carers, support groups, clinicians and researchers to discuss care and research issues in their condition. It was very interesting to hear the patients' experiences and also their medical perspectives. Two of the major issues appeared to be the delay

in diagnosis and the fatigue experienced by those patients with Lupus. Dr Chris Edwards, from Southampton, was also there to talk about past and current research and his work in Singapore.

The conference was well attended and very informative. I felt it would be of benefit to everyone with Lupus and hopefully it will run again next year."

*Carole Frasdick*

### **Lupus Awareness Month - October**

We are aiming to put a display of leaflets in each of the main hospitals in Dorset for Lupus Awareness Month. We have managed to get leaflets etc to Bournemouth, Poole and Christchurch Hospitals. Is there anyone who could take some into any of the other hospitals? Please call Debbie if you are able to help. In the meantime, you should all have had 2 posters, 1 large and 1 small, with your News & Views – could you all try and have them displayed in your local GP, library, church hall, your front window.....to help us "spread the word"? Thank you

### **Lupus Merchandise**

By now, you should all have received your Lupus Catalogue with all the new merchandise, including Christmas cards. You can either contact Debbie on 01202 877390 or come along to one of our events to place your order. Don't forget if you order your merchandise through the Group you will pay no postage and can get items immediately.

## **FORTHCOMING EVENTS**



### **COFFEE MORNING AT MILBORNE PORT at The Church House, Milborne Port, near Sherborne on Saturday 27<sup>TH</sup> September 10.30-12.30.**

Janet Heath has organised a Coffee Morning for us in Milborne Port in Church House – and as usual we shall expect some glorious weather! There is plenty of parking outside on the road. Janet usually has it well signposted so it is easy to find. Access, toilets, etc are all suitable for those with mobility problems.

For those in the Bournemouth/Christchurch area who would like to go to Milborne Port, please call Debbie as we shall be trying to arrange carloads to travel together. Also if you are a driver, and could fit in an extra passenger or two, please call Debbie.

There will be the usual Raffle (so donations will be gratefully received) and we shall also have a Lupus Merchandise Stall with all the new merchandise, including Christmas cards. Could this be a good time to start your Christmas Shopping?



### **SPONSORED WALK FOR "GO THAT EXTRA MILE" at Poole Park, Sunday 19<sup>th</sup> October 11.00-12.30pm**

#### **Note change of date.**

In October, as you may recall, we generally do a short Sponsored Walk to raise much needed funds and to raise general awareness about Lupus. This year we have decided to walk in Poole Park around the lake and cricket pitch, a total of

approx 1.5 miles on level ground all the way around. It is not as far as HO suggested but we feel that we would rather have more people doing a shorter distance, to make people aware of Lupus. For those who prefer to walk further, then you could walk around twice....

We also hope it will be a bit of a social gathering as we plan to start and finish by the Cafeteria, next to the Lake, where they sell hot food, drinks and ice cream. There is also a play area and ice rink for the children. And for those men and children there is also a model train to ride on!

#### **CALLING ALL**

- **MEMBERS**
- **FAMILIES**
- **FRIENDS AND WORK COLLEAGUES**
- **MUMS & DADS,**
- **CHILDREN, and**
- **DOGS**

**whether you are walking unaided, or in a wheelchair, or with a stick, or on a skateboard....**

#### **WE NEED NUMBERS!**

There are plenty of benches as you walk around, and we plan to have hot drinks half way around – so no excuses!

It would be nice if everyone were sponsored, even for a few pounds each, but if not it would just be important that you came. I am enclosing a sponsor form for everyone if you feel able to do this. If not, how about sponsoring the Group as a whole?

For those who would like to come but feel the walk is too much, we will have an information stall by the cafeteria where you can sit and hand out leaflets and help support us in that way.

So, something for everyone, we hope! All we need now is nice

weather. Head Office provides us with T shirts, bright yellow so we cannot be missed. Please call me by the end of September so that I can make sure we have enough T shirts available.

If anyone could come along a little earlier, I would be most grateful as we need to set up the table, and blow up lots of balloons.

Once again anyone with problems getting there, give me a call. If you require details re getting there, parking etc, my number is 01202 877390.



**“WIMBORNE IN BLOOM” TABLE TOP CHARITY SALE on Saturday 8<sup>th</sup> November 10.00-3.00 at the Allendale Centre, Wimborne**

Two years ago, some of you may recall we had a stall, which helped us to heighten awareness of Lupus locally and raise monies for research. We would like to do this again and are asking all members if you

- Could help on the stall, talking to people about lupus, and selling some Christmas Cards or Lupus Merchandise? We would like to try and work on a rota of an hour or so each, in pairs.
- Could you donate anything that we could sell – it needs to be small as we only have 6’ of table?

Alternatively why not pop in and support us from the other side of the table?



**CHRISTMAS COFFEE MORNING at Howard Centre, Christchurch Hospital on Saturday 13<sup>th</sup> December 10.30-12.30**

How do you fancy Christmas decorations and music, mulled wine and mince pies and a “Raffle with a Difference” (all prizes to be wrapped in Christmas Paper)? We thought we would have our “Christmas Lunch” in January, once all the celebrations are over. So come along and join us just before Christmas to partake in some festive spirit!

It will also be your last chance to buy Lupus Christmas Cards and merchandise before Christmas.....



**SUNDAY LUNCH AT THE MIRAMAR HOTEL, BOURNEMOUTH on Sunday 18<sup>th</sup> January at 12.00**

We felt it would be nice to have our Sunday Lunch outing in January to welcome in the New Year. We have booked “The Library” at the Hotel, which allows us to have our very own room, with wonderful sea views. The numbers are limited to 30 so I recommend that you book early. Our Christmas Sunday Lunch has always been well attended in the past.

The cost for a 3 course meal, (starter, main course, dessert followed by coffee/tea) will be £15 per head and I would need a £5 per head deposit on booking. The remainder payable will be required on, or shortly before, the date in question. I am attaching their current Sunday menu to give you an idea of the options available.

Please advise Yvonne and Guy of your interest on 01202 575924

and send your cheques payable to “Dorset Lupus” to Debbie at the address on the front page of this Newsletter.



**QUIZ NIGHT AT HAMWORTHY ENGINEERING SPORTS & SOCIAL CLUB on Friday 1<sup>st</sup> May (date to be confirmed) at 7.30pm**

Do you have hidden talents? Do you know all the answers to **A Question of Sport**, or **The Weakest Link**? How about getting involved in helping us raise some money.

We would like to host a Quiz Night to raise as much money as we can, and have some fun whilst doing it! The room at the Social Club has been booked, which will take up to 100 people, and we would now like to ask you all for ideas as to how to make this successful. Poster’s need to designed and printed, phone calls to other groups need to be made, posters put up, families, friends and work colleagues need to be encouraged to form teams of 4 or less, questions need to be sorted and all of this needs to be coordinated. Then there’s raffle prizes to get, tickets to sell, and so on.....If anyone would be interested in being involved with the project could they please contact Debbie?

We have plenty of time to get this organised so let’s see what we can do.....



**GARDEN VISIT UNDER NGS SCHEME**

**3 OPENINGS DURING 2009, DATES TO BE ADVISED**

Anne Trehane is opening her garden, near Hampreston, next year under the National Garden Scheme. She has nominated us

as one of her charities for the year and has said that all the tea money will go to Lupus. Thank you Anne, that is most generous of you.

With this in mind, she will require assistance serving the teas and I would be grateful if anyone who is interested could contact me, so that when we have the dates - we can organise some help for her.

### **Designated Charity**

We have been approached by "The Nightjar" in Canford Cliffs with a view to becoming their designated charity. They hold regular Quiz Evenings, where a percentage of their profit on the night would be donated to Lupus UK, and they will also have our collecting boxes on the bar. They would also be keen to get involved with other fundraising events. At this stage it is early days, but we will keep you up-to-date with any progress.

### **Used Postage Stamps**

Many of our members are regularly collecting used postage stamps. Please 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 them to me in an envelope.

Since our last Newsletter, I have sent a further 7,500 to Lupus UK which means a total of 11,000 stamps this Calendar year! (My mother-in-law seems to be collecting every stamp in Scotland....)

I have finally found out from Diana Westrip why we are collecting them and how we

make money on them so here are the details.

"Initially I check for damaged, creased or ripped stamps and take them out as they are not worth anything. I then sort them into

- Everyday definitives
- Commemorative
- And Foreign

I also take out anything that I think may be worth more individually and consult a professional. Albums or collections are also sold to a dealer, who is fair, honest and trustworthy. All the stamps are then sold and I get a cheque payable to Lupus UK."

I hope that answers everyone's questions.

*Debbie Steel*

### **Recipe Corner**

This month we have received a recipe from Valerie Moore. We are sorry to hear that your husband, Bernard, has not been well. We hope he will soon be feeling much better.

#### **CHICKEN AND BROCCOLI BAKE**

- 1 lb (450g) cooked chicken cut into 1" cubes.
- 6oz (175g) broccoli florets, cooked and drained.
- 295gm Campbell's condensed Cream of Chicken Soup.
- 1/4 pint of milk.
- Salt and Pepper
- 3oz (75g) Cheddar cheese grated.
- 2oz (50g) fresh white or brown breadcrumbs.

1. Preheat oven to 200 deg.C
2. Arrange chicken and broccoli in shallow ovenproof dish.
3. Combine soup and milk and seasoning in a bowl and pour over chicken and broccoli.

4. Mix cheese and breadcrumbs and sprinkle over.
5. Bake for 20 minutes (maybe slightly less for fan assisted oven) or until topping is golden brown.

Preparation time 10 mins

**If you have any quick, easy recipes that we could include in our next newsletter please send them to Margaret Hosking 17 Minster View, Wimborne Dorset BH21 1BA.**

OR

**If you have any experiences, helpful tips, jokes or puzzles that could be included in the next newsletter please send them in to Margaret. How about writing down some of your childhood memories'?**



Here are the dates for your Notice Board

### **Dates For Your**

#### **Diary**



- Sept 27<sup>th</sup>** – Coffee morning, Milborne Port
- Oct 19<sup>th</sup>** – Sponsored Walk, Poole Park
- Nov 8<sup>th</sup>** – Charity Table-Top Sale, Wimborne
- Dec 13<sup>th</sup>** – Christmas Coffee Morning, Christchurch
- Jan 18<sup>th</sup>** – Sunday Lunch at the Miramar Hotel, Bournemouth
- May 1<sup>st</sup>** – Quiz Night at Hamworthy Engineering Club