

**AUTUMN
Newsletter
2009**

**DORSET LUPUS
GROUP**



**2009 Committee
Members**

Chairperson: Debbie Steel (Tel: 01202 877390)

7 Ebor Close, West Parley,
Ferndown, Dorset. BH22 8LZ

debbie.steel@dorsetlupus.com

Secretary: Janet Bourne

Vice-Chair: Chris McKenna

Treasurer: Debbie Steel

Communications Secretary:
Tamsin Campbelton

Newsletter Editors: Tamsin
Campbelton & Debbie Steel

Raffle Organiser: Carol
Berkhauer

Librarians: Yvonne & Guy
Hosking

Membership Secretary: Gerrish
Gray

Other committee members:
"Smiley" & Charlie Bartlett

CONTACTS:
Tamsin Campbelton

01202 470211

tamsin@dorsetlupus.com

Gerrish Gray 01202 884809

gerrish.gray@dorsetlupus.com

Carole Frosdick (Lupus Nurse)

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

PATRONS

Christopher Chope OBE MP
and Christo Chope



Chair's Column

Welcome to our Autumn Newsletter! I hope that all of you are keeping well and have had an enjoyable summer. I cannot believe that the days are getting shorter and that Christmas Cards are already creeping into the shops!

Firstly I would personally like to welcome our new patrons, Chris & Christo Chope. Chris is the local MP for many of us in the east of the County and has been the MP for Christchurch since May 1997 (and previously for Southampton Itchen 1983-92). They are both hoping to come along to the Sponsored Walk in October to meet everyone. The Committee look forward to working with them to help in raising both our local profile and awareness of lupus in general.

I would also like to thank everyone who has returned their questionnaire. We were not aware that Head Office were also planning to do one at the same time so apologies for having 2 in such quick succession! We would still be interested in hearing from those who have not yet replied.

Ultimately, we would like to invite a guest speaker to all our coffee mornings and it would be very useful to know how lupus affects every one of you.

If anyone has any suggestions for a speaker, or knows of someone who could come along and talk to us, could they please contact me direct as all suggestions will be gratefully received? You can call me or email me directly on

debbie.steel@dorsetlupus.com

For starters, at our next Coffee Morning, at the Haven Hotel, we shall have a guest speaker talking about certain Aloe Vera products and how they can help those with Lupus.

I hope you all enjoy the letter. There was so much to include this time. Thank you Tamsin for all your hard work.

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.

As you may be aware we also offer a [Hospital Buddy](#) service, where a member of the Group can take you to any appointment or test at the hospital, and help support you if you so wish.

Please contact Debbie Steel on the number at the beginning of this Newsletter if you would either like someone to come along (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.

Cards

If you know of someone who is going through a bad time with their lupus, or is in hospital, or struggling at home, please let me know so that I can remind them that we are here if they need any help. My email address is smiley.face@sky.com

Alternatively you can telephone me on (01202) 535123. It's always nice to receive a card, showing that someone is thinking of you.

On the bright side, it is always nice to be remembered on your birthday, so let me have your date - don't worry about the year, just the date, and I will do my best.

Smiley

E-Mail addresses

Thank you to everyone who has sent me their email address for communication purposes. For anyone who hasn't let me know, and would like to receive the newsletter by email in future, please contact me (Tamsin) with your details to my email address at the beginning of this letter.

We appreciate that not everyone has email, and that some of you still prefer your Newsletter by post, so we will continue to offer both options.

Waitrose

As previously reported the Waitrose Supermarket Scheme

'Community Matters'

splits a £1000 donation, each month, between three local good causes that the public have chosen. If you have a Waitrose near you, please pick up a leaflet in store to nominate us as a good cause. If you would like some help filling in the form please call me (Tamsin on 01202 470211).

In August we were lucky enough to be nominated as one of the recipient charity at the Parkstone branch of Waitrose.

THANK YOU

to whoever recommended us and also to everyone who shopped there and voted for us! We have now been advised that £287 was raised and is on its way to our account!

Trust Fund

Please remember, we have a trust fund and we want to spend the money to help local sufferers! Now that the credit crunch is here, we all have to tighten our belts even more and this money is here to help. The Dorset Lions have kindly donated this money specifically for us as individuals!

If anyone would like to speak to Debbie, confidentially, to see whether Dorset Lupus would be able to help, please call on 01202 877390 or write to her at the address at the top of the letter. Needless to say, strict confidentiality will be followed at **all** times.

New Patron

As you may already be aware we have managed to persuade our local MP and his wife to become our Patrons!

We extend a big welcome to Christopher Chope OBE, MP for the constituency of Christchurch, and his wife Christo. The whole Committee are very excited about this new opportunity and look forward seeing both Chris and Christo at some of our forthcoming events.

We are also hoping Chris may come along and talk to us about his work, and that Christo could then talk about her role alongside him, at one of our future Coffee Mornings.

Competition

There has got to be a budding artist out there!

I have only received a couple of competition entries – there is still plenty of time if you want to enter! We are looking for a new logo for our new-look website so if there's anyone out there who fancies a bit of a dabble with creativity, pick up a pencil and have a scribble. The winning design will not only be included on all our correspondence (& website) but also receive an "arty" prize too!

The design needs to include a butterfly shape and somewhere on the design will have the words 'Dorset Lupus Group'. These are the **only** constraints.

Please send your entries to me; Tamsin at 23 Liberty Court, Dragoon Way, Christchurch, BH23 2TZ, or email them to me at tamsin@dorsetlupus.com

So give everyone a chance – friends, family, kids and adults, members or non-members alike! We will announce the winning design in the next newsletter.

Good luck everyone!

Website

The website is still under construction – time seems to be running away from me so apologies for the wait! Keep an eye out for the new look www.dorsetlupus.com I have had no emails with ideas – come on people this is your group's website and we want to make it good! We are putting a few new sections in, as well as photos of events and committee members so you will all know who we are! The newsletter will also be on it too, along with back copies.

Tamsin

Questionnaire

We had a mediocre response for the questionnaire – thank you to everyone who filled theirs in and sent it back – you can still send it back to Debbie if you haven't had a chance yet. It is surprising just how much variety there is in the symptoms and medications we all have. Hopefully we can use this information to target what you would like to hear about it.

To start things off we have got a couple of interesting articles on lighting and a new lupus drug later in the Newsletter.

REVIEW OF PAST EVENTS

AFTERNOON TEA'S IN THE GARDEN, MELBURY ABBAS, JUNE 3rd

This was poorly attended and was disappointing after Frances went to a lot of effort. Thank you for that, Frances. Those of us that attended really appreciated those strawberries and cream!

We would appreciate your comments as to why you were unable to attend as this will help us in the future. Was it because

- There was too little notice of the event?
- You were not well enough to attend afternoon events?
- The location was difficult to reach?
- The midweek event a problem?

We would like to plan events that are appropriate but we need your help with this. Could you please respond to Debbie (telephone, letter or email)? Sorry to sound like the "Inquisition" but your comments will really help us to get it right.

Thank you

MANOR FARM, HAMPRESTON JUNE 14th & JULY 19th

Following on from the last Newsletter, the May opening raised a whopping £256. We did not think that could be beaten, but wonderful weather and The Wimborne Folk Festival, brought out even more people and we raised a further £319.90. This time Dave, Debbie and her Mum were helped by Yvonne & Guy Hosking with the serving of tea and even more cake, & Ann & David Mayes with all that washing up! Thank you guys.....couldn't have done it without you!

Jumping on, out of chronological order, the Open Garden in July then raised a further £158. We were not so lucky with the weather as it was extremely windy, and not conducive to sitting and enjoying your tea and cake. Thank you to Tamsin, Smiley & Charlie Bartlett, and Wendy & Maurice Taylor, who all helped with the teas.

Our final thanks go to Guy and Anne Trehane who opened their garden and offered us the opportunity to raise awareness and funds in return for our help serving. Anne made all the cakes – a mammoth task in itself. Thanks Anne.

They are planning to do the same again next year and we have been invited to help. All the helpers this year thoroughly enjoyed it so once we have the dates for next year we shall let you know. If you are interested in helping by serving the teas or putting up the posters/signs to advertise the event a few days beforehand please let Debbie know.

By the way, did everyone see us in the News & Views?

COFFEE MORNING, RODHILL CENTRE, PUDDLETOWN JUNE 27th

This raised an incredible £310.73 which was due in no small part to the hard work of Chris McKenna and all her family. It was well attended by all the locals and it was especially nice to meet one of our "lapsed" members as well as some from Sherborne. Unfortunately none from Dorchester area. Why was this? Your comments once again would be a great help.

SHOE & BAG SALE, RODHILL CENTRE, PUDDLETOWN, JULY 4th

This was a fun evening with the Pimms flowing and about 20 girls trying on all the shoes. There was a wide selection, as well as several bags. The company, Shoes Glorious Shoes, run parties from home and have a summer and winter collection. We may host another of these events next year. Does anyone have any suggestions for a venue, or even a location in the county? The company gave us a donation of £47, based on how much was ordered, but including donations from friends that could not attend and the sale of Lupus merchandise, we managed to raise a total of £192.75 before expenses. Well done again Chris.

**SUMMER BBQ & PICNIC,
STUDLAND BAY, July 26th**

Unfortunately we had to cancel this event due to lack of interest generally. Why was this? Your feedback would be welcome as we could reschedule another year if required.

**LAST MINUTE COFFEE
MORNING, CHRISTCHURCH
Aug 8th**

As the BBQ was cancelled we had an impromptu coffee morning. It was nice to catch up and have a chat with old friends. 16 attended - not bad for being "last minute". We also collected £42.80 from the Raffle and Sale of Lupus Merchandise.

**WINE & CHEESE TASTING
EVENING, FERNDOWN,
Aug 22nd**

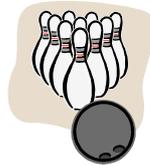
It took a lot of work organising all the wines but it was well worth it as everyone had a great time. Thanks to donations from

The Nightjar Canford Cliffs, Sainsburys Castlepoint, Tesco Ferndown, Iceland Ferndown, Asda Castlepoint, Majestic Wines Lower Parkstone and several personal donations and of course everyone who attended, we managed to raise £148. The 3 gazebos were not needed as there was no rain and even the temperature was comfortable, or was that maybe the wine? Here is the picture of the winner, Val Webb, who won a £10 gardening voucher. Well done Val.



Thank you also to our hosts Debbie & Dave Steel. A great evening!

**FORTHCOMING
EVENTS**



**SKITTLES NITE,
at the Colliton
Club, Dorchester
on Saturday Sept
26th at 7.30pm.**

Join us for a fun filled Skittles evening. Previous nights have been well attended so book your place early. Price includes a basket meal and bowling. Basket meals are scampi, sausage or chicken and chips – if you would like chicken we need to know numbers in advance so please let Debbie or Chris know. Cost £7, payable on the night.



**SPONSORED
WALK, taking
place at Poole
Park, on
Sunday Oct 11th at 10.30am.**

Yes it's that time of year again! Come and support us and get some fresh air for the annual "Go That Extra Mile" campaign. We will be meeting at the Café at 10.30am with a view to start at 11am. A sponsor form is included or attached and if you require any t-shirts please contact Debbie as she has lots already in stock!

Our local sponsors 'The Nightjar' will be joining us doing a 'barrel roll' and our new patrons, Chris & Christo, will also be taking part.

Could you please contact Debbie if you plan to take part? The ground is flat and therefore easy for wheelchairs and pushchairs as well as for those walking with sticks. We shall be walking slowly as a group and there will be plenty of help (and regular seating) on the way around. If it is a cold day, then we will also have hot drinks and seats half way around!

As well as walkers, we also need someone to man our Information Stall and Sales Stand – so all will be welcome. Let's hope for a sunny day like last year.



**COFFEE
MORNING, at The
Haven Hotel,
Sandbanks, BH13
7QL, on Saturday
Oct 17th at 10.30am.**

We decided to go back to this popular venue for a coffee morning and this time we have a guest speaker from a company that markets aloe vera products. These can be particularly beneficial for lupus sufferers as it helps those with low immune systems. Tamsin got involved with selling the company's products because she is a lupus sufferer herself and felt that some of you may also be interested. It will be a brief talk for you to find out more whilst enjoying your tea or coffee and Danish. Costs, as before, for the refreshment are

- Teas and Coffees £2
- Danish pastries £2.

There is disabled access and full disabled facilities. Don't forget to park in the back car park as it is nearer the main entrance.



**MARATHON
CHRISTMAS
PARTY, at the
Wimborne
Town Football
Club Pavillion,
on Fri Dec 4th
from 7.30pm.**

Start the festive season early! This party is to raise sponsorship money for Mary & Leahn to run the London Marathon 2010 (see later). Tickets cost £5 and include a buffet supper. There will be live music suitable for all ages, as well as a licensed bar. Call Mary 01202 886664 or Janet 01202 874303 for tickets and more info.



XMAS COFFEE MORNING, at the Howard Centre, Christchurch, on Saturday Dec 12th at 10.30am.

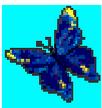
Join us for our last coffee morning of the year at the Howard Centre at Christchurch Hospital – heaps of Christmas spirit will be there, along with lots of friendly faces. Mince pies, Christmas Carols etc.....



NEW YEAR LUNCH, at the Miramar Hotel, Bournemouth on Sunday January 10th at midday

Once again, it was a popular event and location this year, so we thought we would hold our New Year Lunch at the Miramar again early next year.

The cost for the 3 course meal (you make your actual choice on the day) is £15.75. The food was excellent last year. As we have to pay a deposit to secure the Library for our sole use (with a wonderful view of the sea), could you please send your cheques payable to **Dorset Lupus Group**, for £5 per head, as a deposit to Debbie Steel in order to reserve your place. Numbers are limited and it will be on a first come first serve basis. Sorry.



LUPUS UK NATIONAL CONFERENCE AND A.G.M.

Sunday 9th May at The Old Swan Hotel, Harrogate

More details to follow later. If anyone is interested in travelling as a group, then please contact Debbie.

Future Events

- Car Boot Sale
- Race Night or Casino Night at the Nightjar
- Shoe and Bag Sale
- Cream tea and Ploughman's lunch
- More coffee mornings – please contact us for suitable venues
- Speakers – Help!

October is Lupus Awareness Month!

We are trying to raise awareness throughout the County as best we can. You should all have received posters from Head Office highlighting the disease. Doctors are often willing to put them on their Notice boards. Otherwise places of work, local libraries, hospitals, churches or even local notice boards are all possible places to put up your posters. Don't forget to ask first though!

We are in negotiations with Christchurch and Poole Hospitals with regard to putting up an Information Board for some time during the month - also possibly Asda's Health Centre in Bournemouth. Nothing is agreed at this stage.

However **CASTLEPOINT, Castle Lane, Bournemouth** have kindly agreed to let us put up our Board, sell Lupus Merchandise and have collection tins outside M&S on Thursday 29th October. This is an amazing step forward and a real opportunity for us. It is likely to be busy there with it being half term week.

I therefore need help, if only for a couple of hours or so, depending on the number of volunteers, to man the Stands or hold the tins. We would hope that we could

have at least 3 people there at a time so that you would never feel alone. This cannot work without some help and I therefore ask for help in whatever way you are able. If you are not sure, give me a call and we can talk it through.

Debbie Steel

Christmas Cards

As you may recall, each year we buy in a supply of Lupus Christmas Cards so that they are readily available for our members. This saves you postage and means you can collect them at any of our events coming up to Christmas. Debbie usually arranges it.

We have it on good authority from Head Office that the Sales Catalogues are about to be posted out so as soon as you receive yours please place your orders with Debbie so that she can order in plenty!

Margaret's Memorial Fund

In our last newsletter we announced the very sad news that our Chairperson Margaret Hosking – a founder member of the DLG and known by many of the members; had passed away. Since then many of our members, together with Margaret's friends and family, have kindly sent in donations, currently totalling £620. It is the wish of Margaret's family that this money be used to help people with Lupus, and we are looking for suggestions as to how best to do this.

Bearing in mind Margaret's love of music, we were wondering if this could

have some connection. Does anyone have any suggestions?

London Marathon 2010

Mary Hosking-Ellis and Leahn Sharman are bravely running the London Marathon next year, for Lupus UK, in memory of Mary's mother Margaret who died earlier this year.

They need to raise at least £2,000 (between them) in sponsorship beforehand in order to take part. To assist them in this mammoth task they are arranging a

"MARATHON CHRISTMAS PARTY"

to be held on Friday 4th December, at the Wimborne Town Football Club Pavilion, from 7.30pm. onwards. There will be live music suitable for all and a buffet, as well as a licensed bar. Tickets cost £5 and all profits will go towards the sponsorship fund.

To get your tickets please call Mary on 01202 886664 or Janet on 01202 874303.

In the meantime if you would like to make a donation, please go to

www.justgiving.com/Mary-Hosking-Ellis

or contact Debbie by phone or email if you would like to sponsor the girls. They need all the support they can get!

Start your Christmas off with a great party for a fantastic cause and help Mary and Leahn reach their goal!

Report from our Lupus Nurse

The **Ten Topics Conference** is an annual event, organised by Professor Graham Hughes, for Health professionals.

This year it was held at The London Lupus Centre at St Thomas' Hospital London which, as some of you will know, is a short walk from Waterloo Station and is near to the London Eye and Houses of Parliament.

Although now retired from his full time post, Professor Hughes and his team are still very much involved with organising conferences within the UK and globally.

Interesting talks were given by many international Doctors and Professors focusing on Lupus, Rheumatology and Connective Tissue disease.

Professor Fleishman from Texas gave a very enthusiastic talk on **GOLIMUMAB**, which is a subcutaneous injection (just under the skin). It has been shown to have a good curative effect when combined with methotrexate but unfortunately this is still in the trial phase.

Interestingly one visiting doctor noted there were no Lupus patients in malarial areas. Personally I thought this may be due to the lack of diagnostic tests. However it does raise the question whether malaria actually provides immunity from the disease?

Dr Sharief spoke about brain and eye involvement in Lupus, and commented at how few studies are being undertaken. Symptoms would include; migraine, memory loss and lack of concentration; all indicating raised intracranial pressure.

The conference ended with a quiz, however I did not have as much success as I had at the local quiz night. I did not have my dedicated team behind me with their in-depth knowledge of Indian food, uncommon fruit and old television shows!

Carole Frostick

Incandescent Light Bulbs Update

This is a subject close to the heart of many Lupus sufferers who react badly to the modern "energy saving" light bulbs. From 1st September 2009 all frosted lamps including clear incandescent lamps of 80Watts or above (i.e. the traditional type of light bulb) can no longer be bought from the retailers and from September 2012 a complete ban will be in force.

Despite those with light sensitivity problems (such as those with lupus, epilepsy or migraine) reporting that their condition worsens by either ultra violet emissions in the case of lupus sufferers, or flickering in the case of epilepsy and migraine sufferers, there is not much **scientific** evidence that energy saving light bulbs exacerbate these conditions.

The European Commission's Scientific Committee on Emerging and Newly Identified Health Risks conducted a review of existing studies and reported that;

"While for some conditions either flicker and/or UV/blue light could exacerbate symptoms, there is no reliable evidence that the use of fluorescent tubes was a significant contributor."

In response to the minutes from the APPG Lighting Group Eclipse, SPECTRUM have sent a letter to Joan Walley MP asking for help and support in their disagreement of this matter. If this particular problem affects you, perhaps you could contact David Price at

david.price23@ntlworld.com

as he is involved with the fight against the removal of the old style light bulbs. We shall however aim to keep you posted with any further developments.

Benlysta Trials

The first potential lupus-specific treatment is in sight. Benlysta™ has been successful in the first of two pivotal clinical trials. On July 20th, Human Genome Sciences and GlaxoSmithKline announced positive results from a year long clinical trial of BENLYSTA for treating Lupus. When the 52 week study concluded, the Lupus patients who had been treated with BENLYSTA had improvement in overall disease activity without clinically significant flare-ups in one or more isolated organs when compared to patients who received the placebo. The patients receiving BENLYSTA were able to reduce their intake of steroid medications. The study is the largest ever to be completed for Lupus and the first Phase III (late stage) trial of a new biologic immune therapy for Lupus to succeed in meeting its primary endpoint and most of its secondary endpoints.

(Source: Newsletter of Lupus Foundation of America Inc. Dated 20th July 2009)

This sounds promising, doesn't it?

Volunteers needed!

We have had a request from a Lupus UK member for some help with a PhD research project she is undertaking at Oxford Brookes University on Lupus and living with the illness.

Fran Lloyd has asked for volunteers for her study which would involve several interviews (at your own convenience) and the keeping of a diary. Fran has Lupus herself and understands the limitations it can cause; she is also very passionate about how important it is to understand the person's view that is living with the illness especially as the

awareness of SLE is not as good as it should be!

If you would like to help Fran in her research or would like some more information please contact Debbie Steel and more info can be sent out.

Sponsorship

Thank you for your support:

The Night Jar in Canford Cliffs for all their fund raising efforts to date.

PC World at Castle Point Centre for providing us with a printer

Grapefruit Graphics in Hamble, Southampton, for their sponsorship of the new banner for the sponsored walk in October!

Help & Care

We have been asked by the local registered charity,

HELP & CARE

to help distribute a new Newsletter that they are issuing directed at those who care for others, in Dorset, especially around the conurbations of Poole & Bournemouth.

Some of you may recall that one of our members, Leonora, gave us a talk at our A.G.M. a few years ago to explain what services that the charity offer. They help support and advise both those who are disabled, as well as their carers. From personal experience, I (Debbie) have found them to be extremely helpful in all sorts of practical matters. Please feel free to contact them direct if you feel they may be able to help you, or someone you know, further. I hope you find the enclosed leaflet useful.

Please email me if you have not got a letter and I shall post a hard copy of the Leaflet to you.

Leaflets

We have now got some new personalised **Dorset Lupus Group** leaflets, currently using the Lupus UK Butterfly logo (but awaiting the winning design from our competition) – describing a bit about Lupus and the symptoms along with contact details of the committee and our group.

If anyone would like some to put up on any notice board please get in touch with Tamsin or Debbie and they can arrange to send them to you.

Library Books



Just to remind all of our members - we have a well stocked library with various Lupus books and videos (we are in the process of getting some updates!). Please get in touch with our librarians Yvonne or Guy Hoskings on 01202 575924 if you would like to borrow one (or more). We can bring them to a meeting. There is no charge for this service.

Current books in stock:

- *Coping with Lupus*
- *Talking About Lupus*
- *Understanding Lupus*
- *Lupus – A Guide for Patients*
- *Lupus – A Guide for Nurses*
- *The Lupus Book – A Guide for Patients and their Families*
- *Raynauds – A Better Understanding*
- *Lupus Q & A – Everything you need to know*
- *Living with Lupus*

- *Lupus – The Challenges – Insights & Hope*
- *Friendly Fire*
- *Video – Living with Lupus*

There are also a stack of different leaflets available, covering Lupus and men/pregnancy/families/relationships/medications/fatigue.

These are here for our members to use – please feel free to take advantage of this!

Used Postage Stamps

We continue to collect 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, we have sent **27,070** to Lupus UK for 2009!

Recipe Corner

I have had a very interesting recipe from Sarah Dunstan - thank you Sarah! I hope you all enjoy making and tasting this one.

Pea Soup - 2 persons/Prep 5 mins/Cooking 5 mins

500ml water
1 tspn stock (try Boullion reduced salt)
Approx 2/3 of a medium bag of frozen peas.

- Boil kettle, measure 500ml water and stir in stock.
- Put in saucepan, add peas and boil until peas are cooked.
- Take off the heat and blitz the peas in short bursts in a blender (so some peas stay whole).

-Put back on to heat to warm through.

-Serve with bread.

You could fry some chopped onions before adding the peas to the saucepan first for a slightly different flavour.

Adverts/For Sale/Wanted

Please let me know anything you would like to advertise, sell or maybe there is something that you are looking for.

Gazebo available to borrow (a new acquisition by the Group) – do you need one for an outdoor event you're having? The gazebo is 3m x 6m and has roll up windows and sides. There is no charge but a donation to the Group would be welcome. Call Debbie for more information 01202 877390

Westbourne Osteopathic Clinic in Lymington. Experienced with auto immune diseases including SLE, Arthritis etc.

Please contact Oliver Curties *Bsc(Hons)Ost, Bsc(Hons)Nursing* for a consultation on 07957 309043

Freelance Architect available: Design, Planning and Building Regulations drawings. Are you considering an extension, conversion or new build? Please call for enquiries 07816 069566.

Relaxation Massage Chair

SL-A01 model, electric, neck/back/shoulder/waist/bum/thigh/calf modes, varying speeds and intensity, hand controls, tan colour. Excellent condition. Buyer must collect. £300

Call Chris on 07899 948099

Yamaha Electric Guitar (Pacifica) and Amp – Great condition, hardly used, electric

blue colour, 3/4 ideal for beginners £110 ono

Call Chris on 07899 948099

Please email or call or text me on 07816 069566 to place an ad.

Tamsin

I hope you have enjoyed this Newsletter. The next one will be coming out for the Christmas period so look out for it early December. If anyone has an article they would like to have included could you please contact Tamsin or Debbie. The cut off date for this will be 30th November.

In the meantime, I hope you are all as well as can be expected – wrap up warm in the autumn months and we look forward to seeing you at the coming events. Take care

Debbie & Tamsin

Dates For Your Diary

Sept 26th – Skittles Night at the Colliton Club, Dorchester, at 7.30pm.

Oct 11th – Sponsored Walk Poole Park 10.30am.

Oct 17th – Coffee Morning at The Haven Hotel, Sandbanks at 10.30am.

Oct 29th – Awareness Stand, Castlepoint

Dec 4th – Marathon Xmas Party at Wimborne Football Club Pavilion at 7.30pm.

Dec 12th – Xmas Coffee Morning at Christchurch at 10.30am.

Jan 10th – New Year Lunch at The Miramar Hotel, Bournemouth from midday

