



Autumn  
Newsletter  
2010

# DORSET LUPUS GROUP



## 2010 Committee Members

### Chairperson & Treasurer:

Debbie Steel (Tel: 01202 877390)

debbie.steel @dorsetlupus.com

**Secretary:** Janet Bourne

**Vice-Chair:** Chris McKenna

**Newsletter Editor:** Tamsin Campbelton

[tamsin@dorsetlupus.com](mailto:tamsin@dorsetlupus.com)

### Raffle & Events:

Carol Berkhauer

### Librarians:

Yvonne & Guy Hosking

### Other Members:

Yvonne & Charlie Bartlett

Gerrish Gray

Dawn Jeffs

Jean Durrant

### Contacts:

Tamsin Campbelton

01202 470211

Debbie Steel 01202 877390

Carole Frosdick (Lupus Nurse)

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

Website: [www.dorsetlupus.com](http://www.dorsetlupus.com)



## Chairs Column

Hello and welcome to our latest Newsletter. Where is 2010 going? Firstly I would like to thank each and every one of you, who responded by phone, email, text or post to my recent letter about the lack of response to events. It does help to know that you like what we are doing but are just unable, for one reason or another, to come along.

We have a range of events over the coming months, headed up by our Coffee Morning with the Guest Speaker from the Christchurch Citizens Advice Bureau on 25<sup>th</sup> Sept, who will be talking about the Benefits System and what help is out there! With Lupus, we never know what the future may hold, and in this current economic climate, it is important to be aware of what help is available to us, both financially and otherwise. It is not always easy to get a speaker, so I am hoping that there will be a good turnout. As always, if anyone has problems getting to Christchurch, please let me know and I will see how we can help.

I know it's daft to talk about Christmas in September, but I have already ordered the first lot of Lupus UK Christmas cards. I shall start bringing them along to each of the events and so will be able to supply them to you and your friends, with no postage costs. The quality is excellent and it is a small way of helping raise awareness about lupus and support the charity at the same time. Don't forget I always have a good supply of other merchandise as well, such as notelets, badges, pens etc. as well.

Finally, we have another runner in our midst. After Mary & Leahn's success in the London Marathon, Frosty (aka Colette) from Dorchester is planning to run the Great South Run in Portsmouth, in aid of Lupus UK, on 24<sup>th</sup> Oct. Frosty's daughter, Dani, has lupus and she is aiming to raise £1,000. If you would like to help support her, send your donations to me (payable to "Lupus UK, Dorset Group") and I will forward them on. Good Luck Frosty. I look forward to a match report for the next Newsletter!



*Dani & Frosty*

Take care one and all, and don't forget we are here if you need a helping hand. Tamsin & I are now officially authorised Contacts (?) and are here if you need to speak to someone.

*Debbie Steel*

## PATRONS

Christopher Chope OBE MP and  
Christo Chope

## 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 and talk to one of our friendly contacts.

We also have the **Hospital Buddy** service, where a member of the Group can come along to any appointment or test at the hospital to help support you.

Please contact Debbie Steel 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.

## Does anyone need a boost?

If you know of anyone who is going through a bad time, or in hospital, or struggling at home, or celebrating a special event, please let me know so I can send them a card, on behalf of Dorset Lupus Group, to let them know we are thinking of them. My email address is;

[smiley.face@sky.com](mailto:smiley.face@sky.com)

Alternatively phone me on (01202) 535123. It's always nice to receive a card. Keep the birthday dates coming so we can also keep in touch on your birthday. *Smiley*

## Help Required

I am including this again as we have had no responses (yet), please see if you can just spare a few hours to help us – we are all volunteers on the committee, so all time given is much appreciated.

The nature of Lupus means that we are not always fit enough to get involved with the Group on a regular basis. However, could you spare some time when we hold a fundraiser, or offer to go out and distribute leaflets, or make some cakes for a cake stall? Or attend a meeting, representing the Group occasionally?

We are trying to build up a team of members who may be able to help, from time to time, with many important roles. You may not want to get involved with the committee but with willing helpers from time to time, we could do so much more.

If you are interested, or would like to run your own fundraiser, then please call Debbie.

## Trust Fund

As you know we have a trust fund with just over £2,000 and would like to be able to use this money to help our members. It was originally donated by the Dorset Lions, from the proceeds of a half marathon, with the stipulation that it was to be used for local sufferers of lupus only. We have had no applications in the last quarter.

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 the address at the top of this letter. Strict confidentiality will be followed at all times.

## Website & Facebook

It has finally arrived and looks great. Thanks to John and Steven from Bluepanda.co.uk for all their hard work. Check out our new look website at;

[www.dorsetlupus.com](http://www.dorsetlupus.com)

We still have to get up-to-date with adding past newsletters etc. but back copies will soon be found on there too.

You might also want to join our

**FACEBOOK** page, which we are planning to put all our events and photos onto as well, and would like our members and followers to paste their own pictures and news onto our wall.

## E-Mail addresses

Thank you to everyone who has sent me their email addresses so far. For anyone who hasn't yet let me know and would like to receive the newsletter by email please contact me with your details on the address below. We are aware not everyone has email and some prefer theirs to arrive on their doorstep.

[tamsin@dorsetlupus.com](mailto:tamsin@dorsetlupus.com)

## Leaflets

We have now got some leaflets about the Dorset Lupus Group – describing a bit about Lupus and symptoms along with details of the committee and our group. If anyone would like a copy for themselves or to give out please get in touch with Debbie or myself and we can arrange to distribute them to you.

As October is Lupus Awareness Month now could be an excellent time to spread them around at the local library, school, workplace, church, Information Office, to name but a few?

## **Waitrose**

We have mentioned this before but feel it is worth reprinting as the scheme is still in place. The Waitrose scheme 'Community Matters' divides £1000 between three local good causes the public choose. If you have a Waitrose near you, please pick up a leaflet in store to nominate our good cause.

Has anyone applied for this? We would be interested to hear from you.

If you would like some help filling in the form please call me (Tamsin on 01202 470211).

## **Coffee Mornings**

As you may recall we are trying to have a speaker at the majority of our coffee mornings – Dr. Hopkinson came to the A.G.M. and someone is coming from the local Citizens Advice Bureau at our next meeting.

Does anyone know someone who would be willing to talk or could suggest a subject for future meetings? If you do, then please contact Tamsin or Debbie with details.

## **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 Debbie in an envelope. The score so far stands at 20,245 for 2010. Guess which "saddo" counted them all? We still however need more!

## **REVIEW OF PAST EVENTS**

### **WAREHAM RIVER TRIP** **19<sup>th</sup> June**

Unfortunately this had to be cancelled due to an unforeseen group party deciding to hire the whole of the charter boat! Unless we can commit to filling a whole boat, then we cannot guarantee a booking. A shame but we may try again next year.

### **COFFEE MORNING AT THE NIGHTJAR** 26<sup>th</sup> June

Disappointingly, this was poorly attended, especially as The Nightjar has supported us during the past 18 months – only three members were there.

### **OPEN GARDEN NGS SCHEME**

#### **27<sup>th</sup> June' and 1st August**

Both dates were well attended, even though the England v. Germany World Cup Game coincided with one of the dates! We still managed to raise £141 and £205 from the sale of teas, cakes, and wonderfully fragrant sweet peas, donated by a friend of Anne & Guy Trehane, the owners. Thank you Anne & Guy – as always your support is very much appreciated. We have already agreed to help again next year, so all offers of assistance will be gratefully received.

### **TEA PARTY** 4<sup>th</sup> July

As you will have realised from my letter in the summer, we had had very little response for this event. However those that came along thoroughly enjoyed not only the cakes, but also the Quiz that I had prepared. We raised £154 and had a fun afternoon. Even the rain held off for us!

### **OLIVE BRANCH HANDBELL RINGERS** 6<sup>th</sup> July

As you may recall from a previous edition, this Group have adopted us as their nominated charity for 2010. Several members of the Group had had contact with sufferers of Lupus and wanted to help us.

The Ringers attend various events, and any donations received, are paid to Lupus UK for this year. They were performing in West Moors and asked me to attend so I could tell them a little more about the disease. It was a lovely afternoon and I even had a go (on a practice bell – not the real thing as they are very expensive. This venture raised a further £40. Many thanks.



In fact the Group are planning a concert on Monday evening, 15th November, at Wimborne Methodist Church, see later in this Newsletter.

### **COFFEE MORNING AT MILBORNE PORT** 14<sup>th</sup> August

This was a delightful Coffee Morning, catching up with old friends we had not seen for a while. Janet Heath kindly organised this for us and I would like to thank her (& Paul) for doing so well. As we were so close to the border, we even had a visit from Linda (Rumbles) and Judith (Felton) from the Western Group of Lupus UK. Overall we raised a further £70 for Group funds from tea money and also from the Raffle.

**PIMMS & POSH FROCKS IN RINGWOOD 4th September**

This was the biggest disappointment of the year! Due to the lack of response, we had to cancel the function. Tamsin had worked so hard to organise everything. However, there seemed no point in continuing with only 20% of the tickets sold, and most of those to Tamsin's friends and family. I had even got my best dress out of the mothballs!

**FUTURE EVENTS**



**COFFEE MORNING**  
The Howard Centre,  
Christchurch Hosp  
on Sat 25<sup>th</sup> Sept at  
10.30a.m.

Come along and see us for a get together. We have a speaker for this event from the Citizens Advice Bureau, to talk on The Benefits System and other help available for those suffering from long term health problems. The talk will start promptly at 11.00 sharp. There will be time to answer questions both publicly and privately afterwards Hope to see you all there!



**LUPUS FEST, in Weymouth, running from Friday 8<sup>th</sup> to Sunday 10<sup>th</sup> Oct.**

This is likely to be a fantastic event again run by lupus patient Carol Osborne and her husband Stewart. The event started in 2007 as Carol & Stewart's wedding reception and has become an annual event that raises four-figure sums each year for the St.Thomas's Lupus Trust and The Hughes Syndrome Foundation.

It promises to be well worth supporting with a great series of evenings for those who enjoy the best in pub music and comedy entertainment.

See

[www.myspace.com/lupusfest](http://www.myspace.com/lupusfest)

There are also updates on the Facebook page daily.

**REMEMBER**  
**OCTOBER IS LUPUS**  
**AWARENESS MONTH**



**INFO STAND AT CASTLEPOINT SHOPPING CENTRE, BOURNEMOUTH**  
on 9<sup>th</sup> October



**LUPUS DISPLAY AT BLANDFORD HOSPITAL**  
for a week,  
11<sup>th</sup>-15<sup>th</sup> Oct



**INFO STAND AT THE DOME at POOLE HOSP**  
on Tues 19<sup>th</sup> Oct

**CASTLEPOINT** Please come and support us! We have a pitch outside of M&S for the day, please call Debbie if you have an hour to spare and are able to help us. Seats will be available and you will be under cover.

**BLANDFORD** We are also trying to organise an Information Stand at The Corn Exchange in Blandford, so if anyone can help man the stand, then please contact Debbie to check when you would be available to help. This would be in addition to Blandford Hospital, where there will just be a display for a week.

**POOLE** We shall have an Information Stand at Poole Hospital and would welcome anyone who would like to come along and have a chat. If you are able to help man the stand, then please contact Debbie.

**SHOE & BAG SALE**



Rodhill Centre,  
Puddletown on  
Fri 22<sup>nd</sup> Oct, 7pm.

If you fancy an alternative evening out girls (bring your friends too!) why not come along to our Shoe and Bag Party! There will be shoes, boots and handbags on sale at great prices from around Europe. There will also be some lovely jewellery. They will then make a donation to Lupus UK for every item purchased – so come along, treat yourself and help raise money for charity!

If you are interested before you come, please have a look at

[www.shoesgloriousshoes.co.uk](http://www.shoesgloriousshoes.co.uk)

and give Chris a call on 01305 848629, to give her your shoe size before 14<sup>th</sup> October.



**ORCHARD OPEN DAY**  
at the Burton  
Community Orchard  
Wildflower Meadow,  
Shillingstone, on  
Sat 23<sup>rd</sup> Oct

Shillingstone's Burton Orchard has its annual Open Fun Day and we are planning to get involved, selling lupus merchandise, including Christmas Cards, and lots of plants (mainly pansies and wallflowers) in aid of Lupus. There will be lots of stalls and a Cider Press so you can test the local produce. Food, including Ploughman's Lunches and Face Painting for the children will also be available - so fun for all. If you are interested in coming along, then contact Debbie for more details.



**GREAT SOUTH RUN**

**Portsmouth  
Sun 24th Oct.**

The race starts at 10.30 from Southsea Common so if you fancy a day out come and give your support to Frosty for this 10 mile run. The race also finishes on the Common. As Debbie mentioned at the beginning Frosty is aiming to raise £1000 so please, even if you cannot come along, please support her by making a small donation.

If you know anyone else who is taking part and would like a mention on our Facebook page, or in the next newsletter with a photo, please email me your details.



**SPONSORED WALK – GO THE EXTRA MILE**

**in aid of Lupus UK. Sunday 31<sup>st</sup> October. Poole Park at 11.00 a.m.**

Are you able to walk, with aid or alone, for a couple of miles or so? Or would you like to give out badges or balloons in the Park? Or would you like to man our Information Stand?

The proposed walk is on the level, with several stopping points and seats along the way. We have walked around Poole Park for the last couple of years, and are planning to make it a hat trick.

Do not be worried if you need help – there will be enough of us to help if required – so call Debbie if you would like to get involved in any way,

If all else fails, then it would really help if you could sponsor someone who is doing the Walk! Sponsor Forms have been included

If you wish to take part, please contact Debbie to let her know in

case there is any last-minute change. She will also need your T shirt size as we will all wear the “Go The Extra Mile” T Shirts in bright yellow so that we stand out.....

Last year we were joined by the twins in their pushchair, a couple of dogs, 2 ladies in their wheelchairs and people of all ages – from 2 to 80 – so come along and enjoy. If you need help getting there contact Debbie and she will arrange transport.

When you are talking to everyone else and watch what is going on on the lake, you don't notice how far you've gone!



**MUSICAL CONCERT, INCLUDING THE OLIVE BRANCH HAND BELL RINGERS**

**at The Wimborne Methodist Church on Mon 15<sup>th</sup> Nov at 7.30p.m.**

Come along for a Musical Evening which will include performances from the Olive Branch Hand Bell Ringers, classical music, light music and fun! Entrance is free, so make sure you come along early as there are only a limited numbers of seats. A “retiring collection” will be made, in aid of Lupus UK, so that people can pay what they feel the performance deserves after it has taken place.

We shall be serving tea and cakes in the interval and Debbie has been asked to make a brief presentation to explain how Lupus affects us all.

If you would like to come along, please bring along your friends as well for an enjoyable evening.

We would also welcome volunteers to make cakes and/or help with serving the tea. More details from Debbie if you are interested.



**SKITTLES NITE, at the Colliton Club, Dorchester on Saturday 20th Nov at 7.30pm.**

Join us for a fun-filled Skittles Evening. How about bringing along some work colleagues or friends? Prizes to be won! Previous nights have been well attended so book your place early.

Price includes a basket meal and bowling. Basket meals include chips with scampi, sausage, chicken or a vegetarian alternative – although we need numbers for the chicken or veggie option beforehand. Cost £7 payable on the night but don't forget to book your tickets as we would hate to disappoint.



**XMAS COFFEE MORNING at Howard Centre, Christchurch Hosp on Sat 4<sup>th</sup> Dec at 10.30am.**

Come along and see us for the last get-together of the year. Listen to Carols and have your first mince pie of Christmas 2010. They may even be a cracker or two. Raffle surprises will be beautifully wrapped to maintain the Christmas Theme so come along and get into the Party Spirit. (It will also be your last chance to get some Lupus Christmas cards and some last minute little presents.)

Hope to see you there!



**NEW YEAR LUNCHEON on Sun 23<sup>rd</sup> Jan at 12.00p.m. at Miramar Hotel, Bournemouth**

We are now taking bookings for our Xmas/New Year Lunch. This year's meal (Jan 2010) was so successful at the Miramar Hotel in Bournemouth, and thoroughly enjoyed by all, that we decided

to hold the event there again. For a 3 course meal the cost will be £16.95 for Lupus Group members and £18.95 for Non members. If you would like to book your place please let either myself or Debbie know. We have booked the Library with wonderful sea views, but unfortunately the numbers are limited to 30 only - so book soon to avoid disappointment.



**OPEN GARDEN  
NGS SCHEME 2011**

**May 22<sup>nd</sup>, June 12<sup>th</sup>  
and July 31<sup>st</sup> at**

**Manor Farm, Hampreston,  
Wimborne, BH21 7LX between  
1.00p.m. and 5.00p.m.**

It was a huge success this year and we have been asked to help next year already! Anne & Guy Trehane are excellent hosts in their beautiful gardens and all monies collected from the sale of refreshments will go to Dorset Lupus.

**We will need help with these dates so if anyone can offer their assistance; it would be very much appreciated.**

**OTHER EVENTS  
FOR 2010/11**

Watch this space for car boot sale; Quiz Night ....???

If anyone has any suggestions for venues, and/or speakers at our coffee mornings or indeed would like to talk themselves please let myself or Debbie know.



**News Article**

An article about Lady Gaga and Lupus was in the Daily Mirror on Thursday July 1<sup>st</sup>. The spread was over a full page and at the bottom was an interview with me(Tamsin) and my life living with Lupus. To my utter surprise I had a photo to go with it and the whole page article gave a great overview of the disease. If you didn't manage to see it, there is a copy on the website under news articles.

**Library Books**



Please get in touch with our librarians Yvonne or Guy Hosking on 01202 575924 if you would like to borrow one (or two!). We can bring them to a meeting or pay return postage for you.

We had no reviewers this quarter but if any of our members have read any books recently and would like to write a brief review I welcome your contribution – please email the book information and review to me at [tamsin@dorsetlupus.com](mailto:tamsin@dorsetlupus.com) and it will be in the next newsletter. We welcome any of your comments with regard to each of the books.

**Recipe Corner**

I made these the other day and had forgotten how great it was and thought it would be a great one to share with the readers.  
*Chocolate Brownies:*

- 200g dark chocolate, chopped roughly
- 175g unsalted butter
- 325g caster sugar
- 130g plain flour

3 eggs  
Icing sugar to decorate

Makes about 12 slices  
Cooking time 30-35mins  
Oven 170°C/ 325F / GM 3

Pre heat the oven to 170°C.  
Put the chocolate and butter in a heat proof bowl over a saucepan of simmering water (do not let the base of the bowl touch the water). Leave until melted and smooth.

Remove from the heat. Add the sugar and stir until well incorporated. Add flour and stir until well incorporated. Finally stir in the eggs and mix until thick and smooth.

Spoon mix into a grease proof paper lined baking tray ( about a 33x23x5cm tray should be fine) and bake in oven for approx 35 mins or until flaky on top but still soft in the centre.

Leave to cool completely (if you can) before dusting with icing sugar.

Enjoy! If anyone has been trying out the recipes please drop me a line and let me know if you enjoyed them!

**BHF CAMPAIGN  
FOR FREE  
PRESCRIPTIONS**



**An important review has concluded that heart patients and people with other long-term health conditions shouldn't have to pay for their prescriptions.**

Heart patients in Wales and Northern Ireland already get **free prescriptions** while heart patients in Scotland will have charges lifted from April 2011.

People with other conditions, such as diabetes and epilepsy

already benefit from a UK-wide exemption. Review author **Professor Ian Gilmore**, President of the Royal College of Physicians, concluded:

- Everyone who fits within a broad definition of **long-term condition**, such as six months' continuous management that could include medication, should be **exempt from charges** after approval from their doctor
- The Government should consider bringing in the changes **as soon as possible** so they can start to benefit patients
- Free prescriptions should be phased in by **reducing the costs** of pre-payment certificates
- New exemptions should be for the **person** rather than their **condition**.

The Government has said any decisions will need to be taken in the context of the autumn spending review.

**Betty McBride**, Director of Policy and Communications, at the **British Heart Foundation**, said:

*"Ian Gilmore's review is great news for heart patients. His report sets out a viable **roadmap** for Government on **how to phase out charges** for people with long-term conditions without burdening the NHS with unaffordable extra costs."*

*"It's vital that heart patients continue to take **prescribed medication** to keep them healthy. This is even more important in the current financial climate as preventative action **avoids more costly medical treatment** and hospital stays."*

*"We look forward to seeing ministerial action on this point in the autumn spending review so **heart patients** in England can stop facing financial worries and **simply focus on getting well**."*

## Vitamin D

Low Levels of Vitamin D does not necessarily result in bone disease in people with Lupus. People with lupus are advised to avoid the sun because the ultraviolet rays can trigger rashes. Some patients experience more widespread flares after sun exposure. However, sun avoidance leads to low levels of vitamin D in the body. Low levels of vitamin D are associated with thinning of the bones, or "osteoporosis."

Researchers wanted to know about possible relationships between vitamin D levels in the blood, lupus treatments, and bone mineral density (BMD), a measurement of how thick bones are. The results of their study showed that people with lupus who are treated with steroids are at increased risk of having low levels of vitamin D. Although reduced levels of vitamin D are known to be directly linked to osteoporosis, this study did not show that connection.

See below website for full article: [www.lupus.org/webmodules/webarticlesnet/templates/new\\_empty.aspx?articleid=3039&zoneid=76](http://www.lupus.org/webmodules/webarticlesnet/templates/new_empty.aspx?articleid=3039&zoneid=76)

We keep hearing about the importance of this vitamin. Vitamin D engages in very complex metabolic processes within the body and serves a wide range of fundamental biological functions relating to many aspects of health.

Vitamin D is VITAL for:

- Heart health
- Cell formation and longevity
- Skin health
- Pancreatic health
- Aging process
- Sleep patterns
- Hearing
- Reproductive health
- Athletic performance
- Eye health
- Vascular system health

- Respiratory health
- Immune health ...
- (Most people feel in better health during the summer months.)
- Healthy mood and feelings of well-being
- Weight management (including carbohydrate and fat metabolism)
- Hair and hair follicles
- Strong and healthy bones (vitamin D encourages calcium uptake)
- Muscles
- Proper digestion and food absorption

Since healthy levels of vitamin D protect and promote so many of the body's functions, a deficiency may mean the body may lack the tools it needs to keep us in optimal health.

The skin naturally produces our body's supply of vitamin D from direct exposure to sunlight with a mere ten or fifteen minutes' exposure per day.

Having too little vitamin D may not have any outwardly obvious signs. Yet vitamin D (specifically the vitamin D3 form) impacts an incredible array of support for systems and functions in the body. Vitamin D is very rare in foods and is only available in very limited quantities in eggs, liver and fatty fish.

*Thank you to the Devon Group for that useful article.*

## Sponsorship

**THE NIGHTJAR**

Thank you to **The Nightjar** in Canford Cliffs for all their fund raising efforts to date.



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

## Adverts/For Sale/Wanted 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.

\*\*\*\*\*

**Westbourne Osteopathic Clinic** in Lymington. Experienced with autoimmune diseases including SLE, Arthritis etc.

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

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

\*\*\*\*\*

**Gazebo** available for hire (donation to Dorset Lupus Group!), new acquisition by DLG – do you need one for a garden event you're having? The gazebo is 3m x 6m. Call Debbie for more information on 01202 877390

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

*Jamsin*

### Lupus Stars

Some people don't read them, others swear by them but we are very lucky to have our very own set of horoscopes written for us Lupus sufferers by holistic therapist Rosemary Prince.

Sadly last week, Rosemary's husband passed away. I am sure the members will join me in sending love and light to Rose and her family at this very sad time.

...and so for this quarter we will have to predict our own fortunes, and look forward to hearing from Rosemary soon for the Christmas and New Year predictions!

[www.rosies-visions.co.uk](http://www.rosies-visions.co.uk)

I hope you have enjoyed this Newsletter. The next one will be coming out for the Christmas period so look out for it in early Dec.

I would really like to put in some of our readers' own stories about their Lupus and how they cope/were diagnosed. If you would like to share your experiences please email me.

If anyone has an article they would like to have included could you please contact Tamsin or Debbie by the end of November.

In the meantime, I hope you are enjoying the last days of summer and look forward to the beautiful autumn colours – and we look forward to seeing you at the coming events.

*Jamsin*

## Dates For Your Diary



**Sept 25<sup>th</sup>** - Coffee Morning, The Howard Centre, Christchurch Hospital at 10.30a.m

**October 8-10<sup>th</sup>** – Lupus Fest in Weymouth.

**Oct 9<sup>th</sup>** - CastlePoint Lupus Awareness Information stand

**Oct 11<sup>th</sup>-15<sup>th</sup>** - Blandford Hospital Information stand

**Oct 19<sup>th</sup>** - Poole Hospital Lupus Awareness Information stand

**Oct 22<sup>nd</sup>** - Rodhill Centre, Shoe & Bag Party, Puddletown at 7pm

**Oct 23<sup>rd</sup>** - Orchard Open Day, Shillingstone,

**Oct 24<sup>th</sup>** - The Great South Run, Southsea at 10.30a.m.

**Oct 31<sup>st</sup>** - Go the Extra Mile Sponsored Walk, Poole Park at 11.00a.m.

**Nov 15<sup>th</sup>** - Musical Evening in Wimborne at 7.30p.m.

**Nov 20<sup>th</sup>** - Skittles Nite, Colliton Club, Dorchester at 7.30pm

**Dec 4<sup>th</sup>** - Xmas Coffee Morning, The Howard Centre, Christchurch at 10.30am

**Jan 23<sup>rd</sup> 2011** - Xmas/New Year Lunch at The Miramar Hotel, Bournemouth at 12.00p.m.