

DORSET LUPUS GROUP

Newsletter (February 2005)



COMMITTEE MEMBERS

Chairperson: Margaret Hosking
(Tel: 01202 884809)

Vice Chairperson: Jayne Baker

Secretary: Jenny Helyer

Treasurer: Ian Brittain

Newsletter & Social Secretary:
Debbie Steel (01202 877390)

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

Raffle: Carol Berkhauer

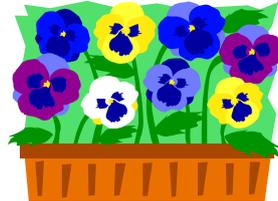
Librarians: Yvonne & Guy
Hosking

Other Members:

Gill Green
Shirley Merrett
Sarah Williams
Gerrish Gray

Contacts:

Ian Brittain 01305 852737
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INTRODUCTION

This newsletter brings with it belated good wishes for 2005. If you made New Year resolutions and haven't kept them, now is a good time to try again!

We are aware that many of our members are unable to travel to the Christchurch, Bournemouth and Poole areas so our New Year's resolution is to arrange meetings in Weymouth and North Dorset. This should allow more of you to get to a meeting and enjoy the friendship of other members.

We have organised a card making workshop suitable both for beginners and for the more experienced. This may give you a new hobby to do at home and perhaps some people will be able to make cards to sell on a Lupus stall later in the year. Do come along. All materials will be supplied. The date for this workshop is Saturday 26th February.

Our first coffee morning to be held in the Weymouth area has been now been arranged for Sunday 13th March. We will meet at The Smugglers, Osmington Mills which is easily accessible for all our members from the Purbeck to West Dorset. It will be a picturesque trip for those who live further away. Do come along and help make it a success.

We have our Annual AGM on Saturday 2nd April at our usual coffee morning. This year we have Chris Maker from Lupus UK Head office coming down to meet us. After the AGM business there will be a short talk on 'Stress and Fatigue in Lupus'. There will also be refreshments and time for a chat, a sales table, our library, a raffle and the result of the Sweetie Quiz. Please do your very best to come; family and friends are also very welcome.

Margaret Hosking



CONTACTS

In the panel on the left of this page you will find a list of Contacts for our group. These 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 a chat may help you. There is no need to sit at home and worry. Just pick up the phone.

Also, if you know of any members who are hospitalised or particularly unwell, please let one of the contacts or one of the other committee members.

MEMBERS NEWS

Thinking of you.

Our secretary, Jenny Helyer, has been particularly unwell for a number of months and our warm wishes go out to her.

Welcome to all our new members. I am sorry I have not spoken to you all yet but I am trying my best! If you want a chat, or have any comments, please call me on the telephone number on the front of this newsletter.

PREVIOUS EVENTS

Following feedback from some of you, I am including details of funds raised at each event. These figures are not always clear profit, unless specifically designated as such as, for example, we have had to pay for the lupus merchandise initially.



Coffee Morning (Sat 25th Sep) – It was nice to see so many people attending. This was well timed as it gave us a chance to get a number of sponsors for our Sponsored Walk, for the “Going that Extra Mile” to promote October as Lupus Awareness Month. The funds raised from the Raffle, sale of Lupus Merchandise and Tea donations totalled £90.99.



Sponsored Walk (Sun 3rd Oct) – In the end 10 of us turned up to complete the 2-3 mile walk. Not all of us were sponsored but it was nice to have some support from our non-lupus sufferers. The weathermen had threatened bad

weather but as we turned up at the car park, we thought we were going to be lucky. No such luck! We posed for an initial photo, and then headed out to the woods’ car park. As we started to walk the rain started, and as we continued it got heavier, and heavier, and heavier. Luckily Mary, Margaret’s daughter, had devised 2 routes – one longer for the keen ones, and a shorter one (cutting off the corner) for the rest of us. We all laughed, made the best of it and looked forward to a roaring fire in the pub.

The rain decided to stop just as we started to eat and the sun came out. Why didn’t we walk in the afternoon.....?

Of the 5 people who were sponsored – Patricia Vaughan, Alan Candy, Louise Allen, Margaret & myself, we managed to raise £492, including a matched donation from Abbey PLC of £173.50.

Thanks to everyone who participated. I hope you all enjoyed it as much as I did. Thanks also to all those members who sponsored us.

Photos will be on display at the next Coffee Morning and at the AGM.



Talk on Lupus (Wed 20th Oct) – Despite appalling weather, a number of you attended to hear a very interesting talk by Shirley Merrett, one of our members. Unfortunately I missed it, but heard good reports from various people I spoke to afterwards. We were joined by a new member, Pat, who I hope to meet next meeting. Welcome Pat.

I understand Shirley will also be giving a further talk after our AGM in April, regarding Fatigue and Stress Management. Thank

you Shirley for all your time and effort spent with this.

As usual we had a collection and raffle, and also sold some more of our Lupus Merchandise. The total collected that evening was £43.83.



Skittles Evening (Sun 28th November) – This was the first time I had played skittles and was surprised at how easy it was. There were 18 of us in total and it was clear from the start that some knew a lot more about bowling than others. Nevertheless we all had a great time where the emphasis was socialising, eating, and playing skittles. It was nice to see a few new faces, with several people bringing along friends and family to participate. In fact the venue was such a success that we are planning a Quiz Night at the same place – see later in this letter for details.

This evening a further £151.65 was raised for the Group Funds.



Christmas Lunch (Sun 12th Dec) – An even better turn out, with 28 members attending. It was good to finish the year on a high note, especially as we wanted to thank Kathleen, our former Chairperson, for all her time and hard work that went into keeping the group going. I have sent a photo to Lupus News & Views so watch out, in case!

We decided to keep this event purely social and had a beautiful basket of fruit, kindly donated by Yvonne & Guy Hosking, as a prize draw.

FUTURE EVENTS

If anyone would like to attend any of these events but would have problems getting there, please phone Debbie on 01202 877390 as we may be able to get another member to collect you.



Sat 26th Feb – 10.30am

to 12.00pm **CRAFT WORKSHOP** making cards, organised by Janet Bourne at Howard Centre, Christchurch Hospital. For those of you who are artistic, or maybe those who are not, here is a chance to have a go! All of us have long spells at home, too tired to do much. Well here is something that you can try and see if you enjoy. All materials will be supplied free of charge.

Please could you let Janet know if you are interested in coming as she needs to ensure she has enough for all of you? Her telephone number is 01202 823760.



If anyone else has any hobbies that they could share with anyone why not get in touch and see if we can arrange something.

My husband & I are keen jigsaw puzzlers, so if anyone fancies a swap-shop let me know!

I am also a keen cross-stitcher, photographer and traveller. Anyone fancy discussing travel stories?????????????

6th March - see end of letter for details of help urgently required



Sun 13th March – 10.30am to 12.00pm **COFFEE MORNING IN WEYMOUTH** at The Smugglers, Osmington Mills.

Hopefully this will enable more of you from the Weymouth area to join us for a chat.

Members and guests welcome. If anyone is interested in travelling from the east of the County please contact me so that I can sort out some car shares – perhaps we can meet en-route?

The usual raffle and stall will be there to boost Group funds.

For directions please contact either Margaret or myself.



Sat 2nd April 10.30a.m

A.G.M. FOLLOWED BY TALK ON FATIGUE AND STRESS MANAGEMENT at Howard

Centre, Christchurch Hospital. Car parking and disabled access are available outside the Centre, within the hospital grounds.

Chris Maker, from Lupus UK, will be coming to meet us all. If anyone is interested in joining the Committee please come along, or call me beforehand, as there is plenty to do, especially as more people are getting involved with the Group and its fundraising.



Sun 24th April – 7.00p.m. to 10.30 p.m. **TEAM QUIZ NIGHT** at Hamworthy

Sports Club, Magna Road. Bring along friends and family for a fun evening. There will be a buffet, at a cost of £6 per head and the adjoining bar provides hot and cold soft drinks, (as well as the usual alcohol). There is full disabled access and plenty of

parking. Whether you can make up a team of 4 with some friends, or would like to come along and make up a team with others, please come along. Price per head will be £2. The more the merrier! There will be prizes to be won!!

I need to know numbers by 10th April and need your money for the food by that date as well, as I have to order and pay in advance. Thank you. The details are as usual – cheques payable to “D Steel” sent to 7 Ebor Close, West Parley, Ferndown, Dorset. BH22 8LZ.

For those who are keen to come but have problems getting there, give me call and I will try to organise some transport. Tel 01202 877390

FUTURE EVENTS (IN THE PIPELINE)

Progress on suggestions for pipeline fixtures mentioned in last newsletter

- Marathon 2005 – Unfortunately Mary, Margaret’s daughter, is unable to run the London Marathon for us due to injury. We have however had someone else volunteer and we would welcome as many sponsors as possible. If anyone is still keen please contact Head Office as soon as possible in case there are any places available. 01708 731251
- Car Boot Sale – We haven’t discussed this yet at the Committee meeting but if anyone has already started collecting, give me a call.

- Teddy Bear Sale in Pavilion Gardens, Bournemouth. We have decided not to this for this year as it would involve manning a stall in Bournemouth for 3 consecutive days. We felt that at the moment this would be hard to cover but will consider it again next year.
- Craft Workshop organised for 26th February, with probably a second to follow to allow others to take part
- Talk on Fatigue & Stress Management to be combined with AGM on 2nd April
- Fish & Chip supper at Weymouth – nothing arranged as yet-could anyone in Weymouth take this on?

New Items in the pipeline

- Cream Tea Afternoon
- Summer barbeque
- A Christmas Run in Christchurch sponsoring Dorset Lupus on Dec 11th. All we need to do is man an Information Stall and provide a few marshals and they will be donating the proceeds for the benefit of Lupus
- A Coffee morning or event to be held in the north of the county. Any suggestions for a venue?

We would be grateful for any other suggestions. Our next newsletter, due June/July, will include details of these events.



EASTER CHOCOLATE QUIZ

Attached to this newsletter is a Sweetie/Chocolate Quiz for all of you to try for a bit of fun. The prize will be a **large** Easter Egg. All correct completed entries will be put into a prize draw to be made at the A.G.M.

Please send your entry with £2 to me (address on front page) before the AGM on 2nd April, or bring along with you as we shall be asking Chris to draw the winner. All entries not received at my home address by that date will not go into the draw, so make sure you get yours in early, or come along to make sure you can win!

I know it's a bit late for Easter but it means you will have already eaten all your eggs from the previous weekend and will have room for more.....



WEBSITE AND E MAIL FACILITY



NEWSFLASH

OUR NEW WEBSITE ADDRESS IS:

www.dorsetlupus.com

No e-mail addresses yet but these will follow.

We now have to put something on it. All suggestions to Margaret as Gerry (her partner) is in charge of that.

I am still keen to hear from anyone who has access to the internet and is happy to accept contact from us by e-mail. I could then remind you of events coming up, send your newsletter every 4 months and generally keep in touch via the internet. I can then also contact you if anything happens in between newsletters. This will save on time and postage and will give you an alternative way to contact us as well.

Following last newsletter I have had some response from members, but would welcome more as I now have approx 3% signed up for e-mails! Let's see if we can double this figure this time?

MEMBERS SUGGESTIONS



We all have trouble from time to time when cooking is the last thing on our mind. Gill Green has come up with an excellent recipe for Rice Pudding which is quick and easy and does not take a lot of effort. So why not give it a try.

Ingredients

- 80g Basmati Rice
- 800ml Skimmed Milk
- 60g Caster Sugar
- 4 Cardamom Pods
- 2 Bay Leaves
- Ground Cinnamon to serve

Bring rice, milk sugar, cardamom pods and bay leaves slowly to the boil in a non-stick pan. Stir constantly, reducing to a gentle simmer for up to 30 minutes until thick and creamy. Allow to cool, stirring occasionally. Remove cardamom pods and bay leaves. Serve and decorate with ground cinnamon. TASTY!

Thanks Gill for the first one. Who else has some nice easy recipes?

FEATURE ARTICLE

EXPERT PATIENTS PLAN

Jayne Baker has asked me to mention details of a free six-week course, run by the NHS, to help people cope with any long-term health condition, which of course covers Lupus. The attached sheet summarises what it is aiming to achieve. For more details about what is available in your areas contact the Health Information Shop on 01202 318954. (I also have a leaflet I can send you if you are interested.)

WHAT DO YOU WANT?

I would appreciate any comments you may have with regard to our "new format" Newsletter. What would you like to hear about? Are there any issues you would like raised?

Following on from that, what would you like in your **Dorset Lupus** website?

Please phone or write to me. All suggestions will be gratefully received.

LIBRARY

As we are starting to build up a library of Lupus books I have enclosed an up-to-date list of all those available. If you would like to borrow any of them please contact either of our librarians, Guy & Yvonne Hosking, on 01202 575924. As members, you all have access to this facility free of charge.



On Sunday 6th March we have been offered a donation to our group's funds if would be able to supply a few marshals to help the "March Hare" 20 mile road race in Burton, Christchurch. It will involve staying at 1 spot on the course (standing or sitting if you bring a chair with you) for about 1-1.5 hours starting at 10.00 onwards – depending on how far you are around the course. If anyone is free and could offer some assistance please call Margaret on 01202 884809.

USED POSTAGE STAMPS

After the last newsletter I managed to send over 2,000 used stamps to Diana Westripp. Hopefully, after Christmas, you should all have been able to save even more stamps. Either bring them to any meeting or pop them in the post to me.

Thanks.

Don't forget 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 along to the next meeting. Perhaps your employers would like to contribute too! Every one counts.....

AND FINALLY

I hope you have enjoyed reading the 2nd edition of the newsletter. I would welcome any comments you have as at the moment I am trying to find out what you want and do not want. If anyone is a literary genius, and could add articles or editorial know how, I will be more than happy to hear from you!

Finally I would like to thank BAE Systems at Christchurch for printing this and the previous newsletter for us free of charge. It is very much appreciated.

Debbie Steel

Well here are the dates for your Notice Board to cut out and keep

DATES FOR YOUR DIARY



26th February – Coffee Morning and Craft Workshop, making cards at Howard Centre, Christchurch Hospital

6th March – Help required at Race in Christchurch

13th March – Coffee morning at Osmington Mills

2nd April – AGM, Talk on Fatigue & Stress Management and Draw for Easter Quiz

24th April – Quiz evening at Hamworthy Club Ltd