

DORSET LUPUS GROUP

Newsletter (Feb 2006)



Committee Members

Chairperson: Margaret Hosking
(Tel: 01202 884809)

Vice Chairperson: Jayne Baker

Secretary:

Treasurer: Ian Brittain

Newsletter Editor: 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

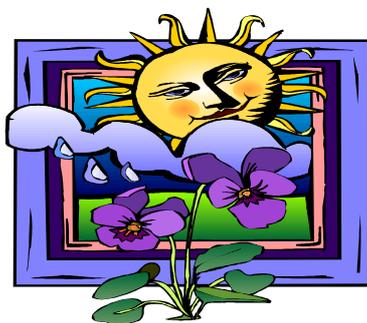
Janet Bourne

Contacts:

Ian Brittain 01305 852737

Jayne Baker 01202 295320

Sarah Williams 01747 826955



Introduction

I wish a Happy New Year to all who read this Newsletter. Christmas seems a long time ago, the days are getting longer and snowdrops are blooming. It is great to feel that spring is on the way. We haven't had a get-together since the Christmas Lunch so we are now planning some events, starting with a Coffee Morning later this month. You will find all dates and details in this letter.

We welcome many new members during the autumn. It was pleasing that members also phoned for a chat. Don't forget that we are always happy to hear from you.

We were very saddened to lose one of our members, Jan Nicholson, during December. Several of our local members went to her funeral. She was such a happy lady and those of you who had the privilege of knowing her will miss her smile and words of encouragement in times of need. Our thoughts are with Keith.

Many of you have raised funds for Lupus in the past year - well done to **all** our members, especially those in the North of the region who are becoming more involved.

Our Area Annual General Meeting is planned for 8th April.

Please make a real effort to come as after the business section of the meeting we will view the short video "Living With Lupus". There will also be refreshments, a Raffle, and a Pencil & Paper Quiz.

Finally keep well, warm & cheerful!

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.



DON'T FORGET WE NOW HAVE A WEBSITE FOR UP-TO-DATE INFORMATION AND CONTACT DETAILS. OUR EMAIL ADDRESS IS

www.dorsetlupus.com

Members News

Thinking of you.

Sadly, as Margaret has just mentioned, Jan Nicholson passed away just before Christmas. We shall all miss her greatly as she was always so positive, and with a smile on her face, no matter how she felt. It must have been so hard for her to come to terms with the problems of her illness, having lived such an energetic and full life previously. I am sure you would all like me to pass on your condolences to Keith, her husband, and send him our best wishes. I hope you will continue to come along and see us at our coffee mornings, Keith, as you will always be most welcome.

New members

Welcome to Mrs Holland who joined in the latter part of 2005. If you would like to know a bit more about our group, or the events coming up, or may even wish to help at any of the events please feel free to call me. The weekends are usually the best time nowadays. Friends and family are always welcome at our get-togethers – in fact the more the merrier!

Previous events



Saturday 10th September **BOAT TRIP** inland from Poole Quay to Wareham for a 'Fish & Chip' lunch

Well how do we manage to pick such weather for all our events? The weather was OK as we all sat on the top of the boat, but by the time we got out into the Harbour the rain started. It was certainly very refreshing....

Luckily the sea was still quite calm so no sickness. When we arrived at Wareham our Fish & Chip supper soon arrived and we sat on the boat in comfort. By now the rain had almost stopped but it was still rather damp to walk too far!

By the time we got back to Poole we all agreed that we had had a good time despite the weather.

LUPUS AWARENESS MONTH



Sunday 16th October
"Go That Extra Mile"
SPONSORED WALK in aid of **Lupus**. This time we decided to walk in the afternoon, as general feedback had suggested we would get more participants if we did this. I am not sure if in fact this was the case.

Still, we manned an Information Stand with 2 people by Bournemouth Pier, and a further 11 people took part in the walk.

The first part of the walk, to Boscombe Pier, went well as we managed to talk to many people who were playing on the sands, walking along the beach or merely sitting in their cars watching the waves. Our buckets were building up with donations!

The return, however, was marred once again by the wonderful English weather. Most of us made the return journey despite fierce winds and driving rain. Unfortunately we had no one else to talk to so the second half finished rather quickly.

Of the 5 people who got sponsorship, we managed to raise £860.35 (which equates to over £1,000 when grossed up after tax relief for those people donating who were taxpayers). Special thanks go out to Glyn Brown, a friend of Margaret, who does not suffer with Lupus but

who was on crutches when he did the walk! It was hard to keep up with him once he got going.

I have sent some photos to Head Office and hopefully we shall make the pages of Lupus News & Views next issue.

Many thanks to all of you who took part, and also to those who kindly sponsored us.

OTHER FUNDRAISING

In addition to the main walk, **Joe Dunstan**, father to one of our members and fellow sufferer, **Sarah**, organised another Sponsored Walk, with some friends around Cadbury Castle, visiting it afterwards. In addition Sarah's sister also walked around Bristol with her partner, collecting sponsorship for the "Go That Extra Mile" campaign. Between them, the Dunstan family managed to raise over £350! A wonderful achievement!

We would like to thank them for putting such a large amount of effort into our cause and helping to raise awareness and valuable funds to help sufferers and research into Lupus.

Sheila Rossiter and Janet Heath got together with some friends and set up a cake stall in Sherborne, by the butchers, in aid of promoting Lupus Awareness during October. They did splendidly, raising £130. In fact they were so successful that they are planning to set up a similar stall in May, to highlight World Lupus Day so if you are in the area, or can offer some help (selling or in the kitchen) please pop along or call me for Janet's telephone number.

Thank you girls and friends for all your hard work!



Saturday 22nd October
COFFEE MORNING & CARD
MAKING SESSION at the
Howard Centre, Christchurch
Hospital

This was a huge success thanks to Janet & Margaret and all their "card making" equipment. A number of people got rather involved and the results were excellent. As we had also just received the Lupus merchandise from the new catalogue we managed to sell a lot of Christmas Cards, Christmas Bears and general stationery items such as notelets and pens. In fact we managed to sell almost £100 of merchandise just at this meeting. This, together with a collection for the tea, meant we collected £103.35. We didn't have a raffle this time as everyone was so interested in other things going on!



Wednesday 26th
October AWARENESS
INFORMATION DESK & FUND
RAISER outside ASDA,
Bournemouth

This never really took off as we had been so busy with the Sponsored Walk and the Charity Stall in Wimborne that there was little support for the ASDA Awareness Day. We have however given some leaflets to the Health Information Stand and will hold a fund raiser there later in the year, possibly.



We managed, at the last minute, to get a stall at the **WIMBORNE CHARITY TABLE TOP SALE** on Saturday 29th October. There were a number of tables, rented out at £10 a time to various charities to sell items or raise awareness, whatever they preferred. We did a bit of everything - selling Lupus goods, homemade Christmas cards, homemade knitted wear, as well as giving out information about Lupus.

It was extremely worthwhile as so many people wanted to ask about the disease and we even made contact with local sufferers who had not heard of Lupus UK!

We were also asked to provide a speaker at other charity meetings to promote & discuss Lupus.

In addition to this, we also raised over £70 – not bad for a morning's work!

My thanks this time go out to Glyn, once again, as it was his idea to take part in the Charity Sale and to his sister, who kindly donated all the knitted wear.



Sunday 20th
November SKITTLES
EVENING at Hamworthy Sports Club, Magna Road.

Once again very successful but we would like some more ideas for another event. Alternatively, is there somewhere in the Sherborne or Dorchester areas where we could hold a similar event?

With 16 players we had a great time, not to mention a few laughs! Fund Raising for this event came to £97 after the hire of the alley was paid for.



CHRISTMAS LUNCH
was held at the Sandbanks
Hotel, Poole on Sunday 4th
December.

The view, food and company were excellent – a good run up to Christmas!



CHRISTMAS FUN RUN
in Burton, Christchurch on
Sunday 11th December.

Thanks to the 10 members and friends who turned up to help at the Fun Run. It was a large event and we were surprised to find out just how many people were involved. We were all keen to assist but our help was not needed. Despite the biting wind, it was still a beautiful sunny day, and did us good to get an hour or two of fresh air.

This story has a happy ending as, although we did absolutely nothing to help, we have received a donation of £100 from the Race Organisers with their apologies for not giving us more to do.....

They are holding another race, the Mad March Hare, over the same course on 5th March and have asked us for our help again. I have been told they need people on the course this time and I for one will be happy to help as it was a good excuse to get out & about, and it helped raise more funds for Lupus sufferers – anyone else fancy helping?

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.



AFTERNOON TEA AT THE HOWARD CENTRE, CHRISTCHURCH HOSPITAL on Saturday February 18th at 2.00p.m. to 4.00p.m.

As a result from feedback from the Group, we are trying an afternoon get-together rather than a morning coffee meeting. This will be an informal chance to have a chat with one another about what has been going on since we last met before Christmas. There will be the usual Raffle and if anyone would like to bring along some cake, it will be most welcome.

Janet will bring along her Card Making equipment for all those who are keen to make cards for Easter.

There is full disabled access and toilet facilities at the Centre and plenty of parking just outside.

Please bring along any friends and family as all are welcome.



COFFEE MORNING AT MILBORNE PORT at The Church House, Milborne Port, near Sherborne on Saturday 18th March from 10.30a.m. to 12.00p.m.

We are returning to Milborne Port for another meeting. Let's

hope the weather is as good as it was last visit.

The Church House is next to the Church on the main road and will be clearly signposted.

As usual there will be a Raffle and a sales table so perhaps you could bring something along?

There is a full disabled access and toilet facility at the Centre and parking is in the lane outside.



MAD MARCH HARE RACE in Burton, Christchurch on Sunday 5th March

We have been asked to provide help and an Information Desk in return for publicity and a donation to Lupus Funds. They need marshals, people to help with the refreshments and some to help with the general administration.

For anyone is interested, please call me on 01202 877390 for more details.



A.G.M. DORSET LUPUS GROUP AT THE HOWARD CENTRE, CHRISTCHURCH HOSPITAL on Saturday April 8th at 10.30a.m. for coffee, with the A.G.M. starting at 11.00a.m. sharp

We have positions vacant on our committee. We need a Secretary and a person to help organise social events. We are announcing this now to allow every member the opportunity to consider if this is for them. We work as a team so you will never feel uncertain.

We are also looking for a group of "**Voluntary Helpers**" who can be called upon to help at special events or at times of need but who do not wish to formally join the committee. This may include baking, addressing envelopes, using artistic talents etc.....

After the formalities there will be a showing of the "Living With Lupus" and a Fun Quiz and Raffle.

There is full disabled access and toilet facilities at the Centre and plenty of parking just outside.



LUPUS UK A.G.M. AT ASHFORD INTERNATIONAL HOTEL, ASHFORD, KENT on Sunday 7th May

Several of us are aiming to attend the A.G.M. and will be arranging for shared transport, possibly a minibus, depending on numbers interested. There are still plenty of tickets available but we need to have an idea of numbers in order to make arrangements. Personally I have found it most worthwhile, meeting other members from other groups and listening to the informed speakers.



Could all those who are interested please phone me on 01202 877390 as soon as possible.



LUNCH AT THE YENTON HOTEL, Gervis Road, Bournemouth, BH1 3ED on Sunday 14th May at 12.00 noon

The 3 course Sunday Lunch, with coffee, is priced at £12.95 per person. The Menu is unavailable at this time but there will be several choices, to suit all tastes. The hotel is particularly accessible, being close to Bournemouth Station, and we would hope that many of our members (together with families and friends) may be able to enjoy a trip to "sunny" Bournemouth!

For all those who are interested, could you please contact Yvonne & Guy Hosking on 01202 575924 to register your interest. You will then be sent a menu once they are available.

Future Events (in the pipeline)

- More Coffee mornings/afternoons in the North, West and East of the county
- Cream Tea
- Picnic
- Barbeque
- A visit to the Cliff Top to watch the Red Arrows

ARTS AND CRAFTS

Many thanks to Janet Bourne who has made beautiful cards for us to sell at our meetings. She has also produced cross-stitch items and knitted scarves. Are there any other crafters who would like to produce saleable

goods where a percentage of the proceeds would be taken towards Lupus Funds?

If so, please contact Janet on 01202 823760

We also need some more wool, all your oddments will do! Glyn's sister will knit them up for us so that we can sell them in aid of Lupus. Please call me if you have any spare.

CHRISTMAS CARDS AND LUPUS MERCHANDISE

Sale of Christmas Cards has been a tremendous success with some of us taking samples and catalogues with us to work in order to sell more Cards.

In total we managed to sell 63 packs of cards with a total sale value of £199.00.....

SUGGESTIONS PLEASE!

- What do you want from your local Lupus Group?
- What would you like to see in this Newsletter?
- How often would you like meetings?
- Any suggestions for future events?
- If you use the website, what would you like to see on it?
- Would you like any guest speakers? If so, who would you like to hear from?

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

Member's contribution

Sarah Dunstan is one of our members from Sherborne and has kindly agreed for me to publish one of her poems.



MY STRENGTH

When the hope has left,
And you feel bereft,
When the joy of life,
Is overrun by strife.

Stand back and see,
You're the one who believes,
No matter who may doubt,
Don't keep it in but shout.

I know my strength, I can be,
I feel, I speak, the reality,
I know the truth and it will out,
And I will win the final bout.

This world that we live in,
Tries to put you in a spin,
And you need someone who,
Will help you see it through.

And when your life, is looking up,
You're lifting high, the winning cup,

Remember how it felt back then,

But feel the pride, you've won again.

Used Postage Stamps

I received lots of stamps from my employers. Could everyone else ask at work?

Well done to all those who have sent me some. Keep them coming. 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 or send in an envelope.

Thank you

LIBRARY

Don't forget our library is available and free of charge to all members. If you would like to borrow any of the books please contact either of our librarians, Guy & Yvonne Hosking, on 01202 575924 for any books on Lupus.

Alternatively if you have read a book which you think someone else would find useful relating to Lupus or any linked illnesses, please let them know so that we can increase our stock for the library.

For those new members, I am including a new list of our books available in the library.

AND FINALLY

Finally, once again, I would like to thank BAE Systems at Christchurch for printing this newsletter for us free of charge. It is very much appreciated. As a small local charity we need all the help we can get from local businesses.

Debbie Steel

Well here are the dates for your Notice Board to cut out and keep. This lot should keep you busy for a while.



Dates For Your

Diary



Sat 18th February 2.00p.m.-
4.00p.m. – **Afternoon Tea** at the
Howard Centre, Christchurch
Hospital.

Sat 18th February 10.30a.m.-
12.00 noon – **Coffee Morning** at
Milborne Port

Sunday 5th March – **Mad March
Race** – helpers required

Sat 8th April 10.30a.m.-12.30p.m.
– **A.G.M** at Howard Centre,
Christchurch Hospital followed
by video

Sunday 7th May – **LUPUS UK
A.G.M.** at Ashford International
Hotel, Kent

Sun 14th May 12.00 noon –
**Lunch at the Yenton Hotel,
Bournemouth** – all welcome