

DORSET LUPUS GROUP

Newsletter (May 2005)



COMMITTEE MEMBERS

Chairperson: Margaret Hosking
(Tel: 01202 884809)

Vice Chairperson: Jayne Baker

Secretary:

Treasurer: Ian Brittain

Newsletter & Social Secretary:
Debbie Steel (01202 877390)

7 Ebor Close, West Parley,
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Raffle: Carol Berkhauser

Librarians: Yvonne & Guy
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Other Members:
Gill Green

Shirley Merrett

Sarah Williams

Gerrish Gray

Janet Bourne

Contacts:

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INTRODUCTION

Welcome to Newsletter 3 –
hope you enjoy!

Debbie Steel



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.

Both Jan Nicholson & Barbara Houston have had a bad time lately. I am sorry that I have not been able to visit you in hospital, Barbara, but I have had a hard time shaking off the flu and the last thing I want to do is pass it on to you! I hope that you are both feeling better and that the treatments are helping.

Welcome to all our new members. My apologies for not speaking to each of you individually yet but I hope we will get to meet at one of the forthcoming events. Please feel free to come along with any friends or family as all are welcome to our get-togethers.

PREVIOUS EVENTS



Coffee Morning & Card Making Session (Sat 26th Feb) – A good time was had by all making cards and having a chat at the same time! Thank you to Janet for all you're your hard work and effort. For those who are interested Janet makes cards for all occasions, and can even make to order, with profits going to our Lupus Group. She has a stall at each of the meetings and is happy to take orders if you want something for that special occasion! They are of an extremely high standard and reasonably priced – I speak from experience.

Sunday 6th March – “MARCH HARE” ROAD RACE in Christchurch. No one volunteered to help at the run so we were unable to receive any donations from the local group organising the Run. Hopefully we will have more of an input in December (see later in Newsletter).



COFFEE MORNING at Osmington Mills, Weymouth (Sat 13th March) – This was due to be held at a pub but unfortunately they were closed for refurbishment until Easter. We had tried to contact them to book on the telephone but they never answered their phone – now we know why!!! Anyway we formed a convoy and made our way to another pub closer to the centre of Weymouth and had an enjoyable meeting. Some of us stayed for Sunday lunch, which was equally enjoyable.

Many people travelled from the Bournemouth/Christchurch area but disappointingly only 2 couples attended from the Weymouth area. We will have another meeting based in the area, so hopefully more of you will be able to come along next time. I would appreciate any feedback from those in the Weymouth area as to when or where to hold the meeting as this would help in the organisation. Thank you.



A.G.M. followed by talk on “Stress & Fatigue Management” (Sat 2nd April) – Although the attendance was less than last year, a number of members and friends came along to Shirley’s talk and the A.G.M. despite the glorious

weather outside! We were joined by Chris Maker, from Head Office, who was interested in what was going on in the Dorset area. The minutes of the meeting are enclosed so that you can see what you missed. In summary Margaret outlined our progress as a group throughout the year and how she saw the group developing over the coming year. We were treated to some excellent cake from Janet, and requested by all those who attended, a copy of her **Malt Loaf** recipe follows later. Please try it – it was delicious!!

Anyway, Chris talked about the bigger picture and how Head Office is trying to raise awareness of Lupus. I shall leave you to read the rest.

As far as the committee was concerned very little was changed. 2 people kindly volunteered to help – Gerry Gray and Janet Bourne. As both regularly attend our meetings, and don’t suffer from Lupus, they will be welcome additions as they will have more stamina than the rest of us. Everyone else remained unchanged.

We also left a blank sheet of paper requesting suggestions for social events. Unfortunately there were none so if anyone has any thoughts please give me a call.

The talk afterwards from Shirley was excellent and many of us were so relaxed that we almost fell asleep (there wasn’t even any alcohol!). I’ve tried the therapy when I can’t sleep at night and it certainly helps you relax.

We raised £87.30 on the day from the raffle, Chocolate Quiz profit and sale of Lupus merchandise.

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TEAM QUIZ NIGHT (Sun 24th April) - A fun evening for all those who attended.

Unfortunately we did not have enough people to have the buffet but we were still able to choose from the bar menu.



Sat 14th May – 10.30am to 12.00pm COFFEE MORNING & CRAFT WORKSHOP (for all those who missed it first time around), organised by Janet Bourne at the Howard Centre, Christchurch Hospital. This

was a real success and the cards made were extremely good. It was nice to see one of our newer members, Amalia, together with Guy’s granddaughters. Thank you Janet for all the time and effort to get this event arranged.

My apologies to anyone else who may have come, had they been advised in time, but I tried to get an interim letter to those who had been along to meetings during the last 12 months.

EASTER CHOCOLATE QUIZ

Thanks to all those who participated, including the friends and family. The Chocolate Easter Bunny was won by Nicola Green – well done Nicola! We managed to raise £47 and as the Bunny was kindly donated by Thorntons, Dolphin Centre, Poole, it was all clear profit for group funds.

SUMMER FLOWER QUIZ

As I have received a donation from Golden Acres Nursery of £10 in gift vouchers for plants etc, I thought it would be nice to have a "flower based" quiz, especially as it is summertime. As before, please complete your answers (or take copies and get all your friends and family to take part as well) and send them with £2 entry fee either to myself, or bring them along to the Cream Tea where the winning draw will be made. Even if you don't know all the answers, why not enter anyway!

Good luck and may the best man/woman win!

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.



Sunday 18th June at 10.30 to 12.00. COFFEE MORNING at Milborne Port, near Sherborne (see att map)

Janet Heath, one of our members, lives in Milborne Port, has kindly arranged this coffee morning for me at Church House, which is nest to the Church, on the main road. I believe it used to be a venue for our meetings many years ago, for all those who have been members for some time. It would be lovely to see everyone from the north part of Dorset, plus of

course anyone else who can travel. There will be the normal refreshments as well as our various stalls, and of course the raffle. I do hope lots of you will be able to attend as it would be nice to meet you all.

The room is all on one level and we will also have access to the garden, so bring along those hats and sunscreen if it is a nice day.

We have chosen this date particularly as it is during the Sherborne Festival so there should be lots going on in Sherborne, with street entertainment, once the Coffee Morning has finished. If you want to find any more details try their website –

www.sherbornefestival.com

If anyone is interested in going, but has problems travelling, please call either myself or Margaret as I am sure someone will be able to take you.



Saturday 2nd July Jazz & Swing open air concert, followed by fireworks, at Kingston Lacy, Wimborne.

Gates open at 6.00pm for you to bring your own seats and picnic outside before the concert and fireworks begin. We thought some of you may enjoy this. Cost £14 per person in advance. We get a discount for group booking so all those interested contact me on 01202 877390 to advise numbers by the end of May to ensure we get tickets.



Sunday 10th July 3.00 to 6.00 ANNUAL CREAM TEA.

The venue has changed this year. It will be held at Janet's house. The address is 18 Fairwood Road, Verwood, Dorset. BH31 6UA. It will cost £3.50 per head, where you can eat as much tea, scones and cake as you like! I believe there may even be ice cream too! For children under the age of 10 it will cost £2.

I am attaching a map to help you find Janet's. If all else fails, give her a call on 01202 823760.



Browsea Open Air Theatre presents "Measure for Measure" on Browsea Island.

Whether you are a big fan of William Shakespeare or not, these plays are good fun. They are easy to understand, even if you have not read the play. You catch a ferry from Poole Quay from 6.00p.m. onwards over to the island, where you can have a picnic, or just a drink before the performance starts at 7.30p.m. At half time there are refreshments available, and then you return to the mainland at about 10.00. Bring along your woollies (as it can get cold in the late evening) as well as mozzie repellent if it is hot!

The tickets cost £16 per person, including boat ride, and are excellent value for a good night's entertainment. It is on Mondays, Wednesdays and Fridays but they run alternative dates if rain forces cancellation. We propose to book for Wed 27th July, with a second choice of Wed 3rd Aug. Some dates are already sold out!

For all those interested in going please contact me on 01202 877390 to advise numbers by the end of May to ensure we get tickets.



Sunday 7th August at 2.00 to 6.00 (or until everyone goes) ANNUAL BARBEQUE.

As this was so popular last year, we are holding it again at my house, 7 Ebor Close, West Parley, Ferndown, Dorset BH22 8LZ (map attached). There will be plenty of meat, salad, desserts and soft drinks for just £5 per person. There will also be alcoholic drinks available on a "donation to group funds" basis. Please bring along your friends and family as all will be welcome. Any offers of help with food or preparation would also be gratefully received.

Please send cheques payable to "D Steel" in advance so that I will have an idea how many to cater for. I will need this by 29th July at the ABSOLUTE LATEST!



BOAT TRIP INLAND FROM POOLE TO WAREHAM FOR FISH & CHIP SUPPER during early September.

We thought this would be nice once the tourists and children had returned to school before the cold weather sets in. You meet up at Poole Quay to catch the boat, for a 3 hour trip along the inland waterways to Wareham, to have a fish & chip supper there, and then return back to Poole. Unfortunately we haven't got dates or prices yet as it will depend on the tides but all those who are interested please call me and I can pass on more details to you once we have them.

FUTURE EVENTS (IN THE PIPELINE)

- 16th October suggested date for sponsored walk. We thought it would be nice and easy to walk along the seafront from Boscombe to the Chines (and get a lift back) to increase Lupus awareness and raise funds for the "Go that Extra Mile" campaign. For those interested please contact me for a sponsor form nice and early.
- 22nd October Coffee morning booked at Howard Centre, Christchurch Hospital
- 20th November Skittles Evening at Hamworthy Sports Club, Magna Road, Wimborne
- 4th December Christmas Lunch to be arranged
- 11th December Christmas Fun Run in Christchurch to raise funds for Lupus. I already have 2 volunteer marshals. Anyone else interested?

PRESCRIPTIONS

* Have you all got your Lions International Green & White Emergency Prescription Bottle? They are issued free by all local doctors and are for people who regularly take medication. I guess that probably covers most of us!

You need to complete your personal details on a piece of paper inside and put the bottle in your fridge. You then stick a green & white cross on the glass part of your front door so that the emergency services know that you have completed the form, and will then automatically look in the fridge for it. It is so simple but will help them if you have collapsed, or are unconscious, etc. They will also know who to contact, who can look after you pets or anything else that may concern you.

If anyone has problems getting one, or knows someone else who may benefit by having one, please let me know as my local surgery has plenty and they have all been donated free by the Lions Club.

* Talking of prescriptions, I hope that, if you are on regular medication, you have a 4 monthly or annual prepayment certificate. For each individual item the cost is now £6.50, whereas unlimited items for 4 months costs £33.90, and an annual certificate will cost £93.20. They are still arguing in Parliament whether we should be having free drugs, but as yet we still have to pay! Contact me if you need any further details.

CHARITY BRACELETS

I have obtained a Charity Bracelet (one of those rubber ones) which is purple and says "LUPUS? WHAT'S THAT?" If anyone would like some they are £1 each and I am going to get a batch from St Thomas' Hospital. So give me a call if you are interested.



WEBSITE AND E MAIL FACILITY

OUR WEBSITE ADDRESS IS:

www.dorsetlupus.com

Has everyone visited the it? You will notice that the Newsletters are now on there. We are also updating it with both Local & National Upcoming events.

Has anyone got anymore suggestions re what they would like to see on it? We await a response.....

Registration Update I have added 3 more e-mail addresses to my list since last time. When registering could you please let me know whether your computer accepts Word as I have to do something different to it to make the newsletter legible for you (I think!).

I am also attaching a tear off strip so that I can update all your contact details with us. I would appreciate your completing and returning it to me. Thank you.

MEMBERS SUGGESTIONS



Well here is Janet's Malt Loaf recipe, long awaited! It is for a 900g (2lb loaf)

Ingredients

- 8 tablespoons malt extract (or 2/3 mixed with 1/3 black treacle)
- 75ml (3floz) hot strong tea
- 175g (6oz) wholemeal self raising flour (or ordinary s/r flour will work just as well)
- good pinch of ground mixed spice
- 75g (3oz) raisins
- 75g (3oz) sultanas
- 1 egg

Butter a 2lb loaf tin and line with greaseproof paper

Pre-heat the oven to 140°C/275°F/Gas mark 1

Mix the malt extract with the hot tea and leave to cool

Place the flour with the mixed spice in a bowl along with the fruit, egg and malty tea

Mix well together before spooning into the lined loaf tin

Bake in pre-heated oven for 1 1/4 to 1 1/2 hours

Pierce with a skewer to test. Once it can be lifted out cleanly, the loaf is cooked

Leave to stand for 10 minutes in the tin before turning out onto a wire rack

Once cold, wrap and pack in baking parchment then keep for a minimum of 2-3 days in an airtight container to mature

Once sufficiently matured, serve with butter.

Thanks Janet. Who else has some nice easy, delicious recipes?

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.

THANK YOU FOR YOUR KIND WORDS WITH REGARD TO THE NEW FORMAT. I WOULD HOWEVER SAY THAT UNLESS I HAVE ANY OTHER INPUT FROM OTHER MEMBERS I WILL BE RUNNING OUT OF IDEAS SOON!!!!!!

LIBRARY

Don't forget our library is 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.

USED POSTAGE STAMPS

I haven't sent any stamps since our last lot as I have only had 1 lot from Louise Allen (from her employers) and also from my employers.

I hope you are all still saving them as every little bit helps. 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.

AND FINALLY

Finally I would like to thank BAE Systems at Christchurch once again for printing this and the previous 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.

All those listed in red need a commitment from you in advance. In the cases of the Jazz Concert & the Brownsea Air Theatre I need to know within the next week or two. Thanks.



DATES FOR YOUR DIARY



18th June – Coffee Morning at Milborne Port, Sherborne

2nd July – Jazz evening Kingston Lacy

10th July – Cream Tea at Janet's

27th July – "Measure for Measure" on Brownsea Island

7th August – Annual Barbeque at Debbie's

2nd September (?) – Boat trip to Wareham

16th October – Sponsored walk – don't forget to get your sponsor forms nice and early

20th November – Skittles evening

4th December – Christmas Lunch

11th December – Christmas Run, to raise funds and promote awareness