

DORSET LUPUS GROUP

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“Caring for people with lupus”

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Dear Members & Friends

I hope you have enjoyed the lovely summer and have not overdone that sunshine. As I write today it is pouring with rain outside which is quite a relief for the garden and makes me feel like catching up on all those indoor jobs sadly neglected.

Now the holidays are over it is time for people to plan their Autumn and be sociable again. This letter is to tell you of three dates to put in your diary. As you know families and friends are very welcome to any of our get-togethers. The venues are all on the ground floor and suitable for wheel chairs.

- Sat. 27 Sept. 10.30–12.00, Howard Centre, Christchurch Hospital, The Fairmile, Christchurch
- Sat. 18 Oct. 10.30–12.00, St.Aldhelm's Church Hall, St.Aldhelm's Road, Branksome, Poole
- Tues. 2 Dec. 7.30- 10.00, Hamworthy Social Club, Magna Road, Canford Magna, Wimborne

St.Aldhelm's Church Hall lies behind the church, between the main Poole Road (A.35) and Lindsay Road near Branksome railway station. The car park entrance is actually off Lindsay Road.

The coffee mornings are happy, gentle, occasions that give us a chance to keep in contact, share news, and have a chat. Many newly diagnosed members have gained considerable support from chatting informally at these meetings. We usually have a range of leaflets, books and our video available to borrow, and there is generally a raffle and, of course, a cuppa! Please make a big effort to come to one or both of the mornings. If you are combining it with a shopping trip you don't have to stay the whole time, just drop in for half an hour or so.

Our last skittles evening was great fun and so we are having another in the run-up to Christmas. Please invite friends and families to come. You don't have to play skittles but just come to enjoy the company. Food is available and drinks can be bought from the bar. There will of course be a raffle and if you have anything that could go on the raffle table please bring it along.

October is our Lupus Awareness month. We need to tell people about lupus in this month. You may know where a lupus leaflet may be helpful e.g. your library or doctors surgery. Perhaps you could have a small coffee morning at your home for a few friends so you can feel you have done your bit. If you need any advise or leaflets please give me a ring.

Now I have retired from full-time work I should have more time to produce a proper newsletter, as we used to have until last year. If you have anything that you would like to include in the newsletter or any ideas to make it a better read please let me know as soon as possible.

Looking forward to seeing you soon

Margaret Hosking

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