

DORSET LUPUS GROUP

Newsletter (September 2004)



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)

Raffle: Carol Berkhauer

Librarians: Yvonne & Guy
Hosking

Other Members:

Gill Green
Shirley Merrett
Sarah Williams
Gerrish Gray

Contacts:

Ian Brittain 01305 852737
Jayne Baker 01202 295320
Sarah Williams 01747 826955



INTRODUCTION

Firstly, I would like to welcome you to the first of our "new style" newsletters. At our AGM earlier this year, many people offered to be on the committee of our group. At long last we will be able to provide many more activities and hopefully get to know more of you, even those who are housebound.

We hope to build upon the success of our summer programme and, as you will see from this newsletter, we have quite a few things in the pipeline over the coming months. As you may be aware October is Lupus Awareness Month and we have been asked to arrange a Short Sponsored Walk to raise funds and general awareness. As we can get free T shirts and Sponsorship Forms from Head Office we need to know numbers as soon as possible.

I would like to take this opportunity to welcome any new members. We hope that you will find belonging to our local Lupus Group a valuable and happy experience. We strive to understand Lupus and help each other to learn to live with it more easily. We also raise funds that help with the running of the Lupus Association and enable them to give grants for research projects.

Do try to come along to one of our meetings. You will find that they are very relaxed and happy

events. Bring friends and family too if you wish, lots do!

Anyway, I trust you are all well and look forward to seeing you, hopefully, at some of the following events.

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

Wedding Bells. Congratulations to Guy and Yvonne who tied the knot on the 3rd September. I am sure that we all wish them all the best with their marriage.

Thinking of you. We were sorry to hear about Lynette Freeman's accident which prevented her attending the Summer Barbeque. We hope that you are feeling better now and look forward to seeing you soon.

PREVIOUS EVENTS

Cream Teas (11th July) – the cream tea event was well attended, where there was a delicious selection of home made cakes as well as scones with cream and jam. Luckily the rain held off and we all enjoyed the afternoon. It was nice to see some of our members from Weymouth. Thank you for travelling so far.

Beach Hut (28th July) – this was a lovely, peaceful, relaxing afternoon by the seaside. We look forward to doing this again next summer.

Barbeque (8th August) – 32 people attended, both members and friends, making this an enjoyable afternoon. Once again we were lucky that the rain held off and, in fact, the cooler weather probably suited most of us better! The food was excellent and it was nice to see everyone mixing well together.

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 25th Sep – 10.30am to 12.00pm COFFEE MORNING at Howard Centre, Christchurch Hospital. Members and guests welcome. Wheelchair access and parking (including Disabled) outside Centre. A range of

Lupus items, including Christmas cards and stocking fillers, will be on sale for this meeting.



Sun 3rd Oct, 11.00 a.m. (Venue to be confirmed once numbers known) – **“GO THAT EXTRA MILE” WALK** - part of the **Lupus Awareness Month** campaign organised by Head Office. We are asking members and friends to take part in a sponsored walk to raise funds to finance the Charity's work. This is the first-ever National Event suggested and we would like to be a part of it. Margaret has suggested a walk of approximately 3 miles, on the flat, which should not be too tiring – so that we can all walk together. At the end it would be nice if we could have a drink, then maybe lunch, to revive our aching bones! Head Office has printed Sponsorship Forms and is offering a free T Shirt (Small, Medium, Large or Extra Large) to anyone who takes part.

It is not important how many sponsors each one of us gets, but how many people we can get to participate. With Gift Aid, we can also increase any of our donations by a further 20%!

If you are unsure and would like to know more details please phone Margaret direct.

If you feel that you cannot make the walk, then why not join us afterwards, in the pub!

PLEASE CONTACT DEBBIE ON 01202 877390 ASAP IF YOU ARE INTERESTED SO THAT SHE CAN GET THE NUMBERS TOGETHER.



Wed 20th Oct 7.30p.m
“Talk on Lupus” by Jayne & Shirley at Howard Centre, Christchurch Hospital. All welcome.



Sun 28th November – 7.30p.m. to 10.30 p.m **SKITTLES EVENING** at Hamworthy Sports Club, Magna Road. The return of our annual event. Bar food available - this must be ordered and paid for in advance. Please complete attached form with your requirements and send to Debbie, with a cheque, payable to “D Steel”, **by the 14th November at the latest.** Once again, all members, friends and family will be welcome. The more the merrier!



Sunday 5th or 12th December CHRISTMAS LUNCH at the Heathlands Hotel, Bournemouth. The date has not been set yet as we thought it would be better to be flexible and see who is interested in coming. The 3 course lunch costs £9.25, with a choice for each course, to suit every taste! If you are interested please call Debbie on 01202 877390 with your preferred date and we can then get the venue booked and menus ordered. Should anyone need transport, then I will be happy to coordinate lifts, just let me know when you call. I would appreciate an early response as I need to book as soon as possible.

AND FINALLY

2005

Sat 2nd April – COFFEE MORNING/ANNUAL AGM at Howard Centre, Christchurch Hospital details to be confirmed later. To be attended by our new Director, who replaces Brian Hanner, who is keen to meet us all.

FUTURE EVENTS (IN THE PIPELINE)

- Marathon 2005 – we already have Mary Hosking running for our Group and would welcome anyone else, with or without Lupus, to raise funds for us. Contact Head Office as some places are still available. 01708 731251
- Car Boot Sale – start putting aside all those unwanted items ready for springtime, please!
- Teddy Bear Sale in Pavilion Gardens, Bournemouth.
- Craft Workshop to keep your hands busy.
- Talk on Stress & Fatigue Management
- Fish & Chip supper at Weymouth
- Coffee mornings in other venues so that our more distant members can get involved

We would be grateful for any other suggestions. Our next newsletter, due in late January 2005, will include details of these events.



WEBSITE AND E MAIL FACILITY

We are looking into the possibility of setting up a Website and E mail address to enable us to communicate with those of you who have access to the internet. This will save on time and postage and will give you an alternative way to contact us. Hopefully our website will be visited by many who would like to find out more about Lupus. Meanwhile, if anyone would prefer to take advantage of this form of communication, please advise Debbie, or one of the committee, of your e mail address.

FEATURE ARTICLE

We have been lucky enough to obtain a transcript of a recent programme on Radio 4 about **Autoimmune Disease**. In case you missed it, here is an extract from it. See attached. If you would like a copy of the whole programme, please contact Debbie. I will also bring along a full copy to the next Coffee Morning.

USED POSTAGE STAMPS

You may have noticed in the News & Views that Diana Westrip from Kent collects used postage stamps to raise funds for Lupus. As several of us collect them, we were wondering whether others would like to collect them too and we can then send the stamps as a "Group

effort". 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.....

Well that's all for now, for this year anyway! The next Newsletter will be due in late January 2005 so I would like to take this opportunity to wish you all a Merry Christmas & a Happy New Year from all of the Committee. If anyone has found any interesting articles or would like to write a piece for the next Newsletter, it would be much appreciated.

In the meantime I have attached below a **Reminder of Events** for you to cut out and pin to your Notice Board so that you don't forget us!

Debbie Steel



DATES FOR YOUR DIARY



25th Sept – Coffee Morning at Christchurch

3rd Oct – Sponsored walk for Lupus Awareness Month

20th Oct – "Talk on Lupus" at Christchurch

28th Nov – Skittles evening

5th or 12th December – Sunday Christmas Lunch

2nd Apr 2005 – Coffee Morning / AGM at Christchurch