

**SPRING  
Newsletter  
2010**

**DORSET LUPUS  
GROUP**



**2010 Committee  
Members**

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**Vice-Chair:** Chris McKenna

**Treasurer:** Debbie Steel

**Communications Secretary:**  
Tamsin Campbelton

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Carol Berkhauser

**Librarians:**

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**Other Members:**

Yvonne & Charlie Bartlett

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Tamsin Campbelton

01202 470211

Gerrish Gray 01202 849144

Carole Frosdick (Lupus Nurse)

01202 705302 – please leave  
contact details and she will get  
back to you.

**PATRONS**

Christopher Chope OBE MP and  
Christo Chope



**Chairs Column**

Well Spring is almost upon us, and as a keen gardener I can start to get out there and plant my seeds. I don't know about you, but the lighter evenings and blue skies make me feel a whole better when I get up in the morning.

This Newsletter has lots in it this quarter. Thank you Tamsin for all your help with it – it is surprising how long everything takes and I certainly do appreciate that. The feedback I have received over time regarding the Newsletters has always been positive. Nevertheless we would still welcome any thoughts you have for new articles or different events we could hold.

With regard to past events I must mention the Race Night which turned out to be a real fun evening. Who would have thought that watching horse racing, projected onto a big screen, could be such fun? I guess it must have been the company – so thanks for coming along and getting involved.

As you may have noticed if you live within the **Stour & Avon Gazette** or **Blackmore Vale** regions, we are now able to not only advertise our future events, but also to relay what happened in those events afterwards.

I would be grateful if anyone could tell me if they have a local newspaper that I could contact about a similar arrangement. I would gladly do my best so that others in Dorset get to hear about our Group and can come along and join in.

We have been asked again by Anne & Guy Trehane to help with the teas and coffees at their NGS Open Garden, in Hampreston, this year. In return all the money raised from the refreshments will go to Dorset Lupus. Last year this raised over £745 over the 3 events! Truly remarkable! The dates for this year are May 23<sup>rd</sup>, June 27<sup>th</sup> and August 1<sup>st</sup>. If you would like to help then please contact me. We always need servers, washer uppers, collecting the money, collecting cups and especially trays.....and so on. Otherwise please come along and see the garden, indirectly supporting us, as it is beautiful and well worth a visit (the cakes are lovely too).

Mary & Leahn continue to organise fundraising events for Lupus UK and are doing an excellent job. Please support them as they work so hard to organise great events – the next one being March 26<sup>th</sup> (Skittles Evening). As usual bring along as many friends as you can – the more the merrier.

We also have a novel fundraising idea from Paula in Christchurch. See the "Jailbreak" section later in the letter.

Anyway as in life, I have talked too much! I hope you are all feeling brighter now those cold damp days are over.....for now anyway!

*Debbie Steel*

## Contacts



**Contacts** 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 just a chat may help you. There is no need to sit at home and worry. Just pick up the phone and talk to one of our friendly contacts.

We have introduced the **Hospital Buddy** service, where a member of the Group can come along to any appointment or test at the hospital to help support you.

Please contact Debbie Steel on the number at the beginning of this Newsletter if you would either like someone to come along with you (on a confidential basis of course) or to volunteer to help others in the Group.

We would not expect anyone to pay for this help and would be happy to cover any out-of-pocket expenses such as petrol or parking for the Buddy.

## Leaflets

We have now got some new leaflets for the Dorset Lupus Group – describing a bit about Lupus and symptoms along with details of the committee and our group. If anyone would like a copy for themselves or to give out please get in touch with Debbie or myself and we can arrange to send them to you.

Perhaps we could have some in the local library, or church, or Information Office?

## Waitrose

The Waitrose scheme 'Community Matters' divides £1000 between three local good causes the public choose. If you have a Waitrose near you, please pick up a leaflet in store to nominate our good cause.

Has anyone applied for this? We would be interested to hear from you.

If you would like some help filling in the form please call me (Tamsin on 01202 470211).

## Does anyone need a boost?

If you know of anyone who is going through a bad time or in hospital or struggling at home or celebrating a special event, please let me know so I can send them a card, on behalf of Dorset Lupus Group, to let them know we are thinking of them. My email address is;

[smiley.face@sky.com](mailto:smiley.face@sky.com)

Alternatively phone me on (01202) 535123. It's always nice to receive a card.

Keep the birthday dates coming so we can also keep in touch on your birthday.

*Smiley*

## E-Mail addresses

Thank you to everyone who has sent me their email addresses so far. For anyone who hasn't yet let me know and would like to receive the newsletter by email please contact me with your details on the address below. We are aware not everyone has email and some prefer theirs to arrive on their doorstep.

[tamsin@dorsetlupus.com](mailto:tamsin@dorsetlupus.com)

## Help Required

The nature of Lupus means that we are not always fit enough to get involved with the Group on a regular basis. However, could you spare some time when we hold a fundraiser, or offer to go out and distribute leaflets, or make some cakes for a cake stall? Or attend a meeting, representing the Group occasionally?

We are trying to build up a team of members who may be able to help, from time to time, with many important roles. You may not want to get involved with the committee but with willing helpers from time to time, we could do so much more.

We have recently been approached by the Dorset ARMA – the Arthritis & Musculoskeletal Alliance, to come along and give our points of view. They meet every 3 months with Health Care professionals to work towards improving services and maintaining high quality provision. This would help all of us and maybe someone would like to get involved with this.

We have also been approached by the Poole CVS (Council for Voluntary Service) and have joined them to find out more about the Charity sector and raise our own profile. Would you like to get involved with this?

These are just 2 examples where help is always welcome.

If you are interested, or would like to run your own fundraiser, then please call Debbie. We hope to talk more about this at the A.G.M.

## Questionnaires

We are beginning to analyse those questionnaires completed earlier. The results will be revealed in the next Newsletter. If you have not done one please contact Debbie for a form.

## Lupus Meetings coming up

The **National Committee Meeting for Lupus UK** will be held on Saturday 20<sup>th</sup> March in London at the Grange City Hotel.

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The **A.G.M. for the Dorset Lupus Group** will be held on Saturday 10<sup>th</sup> April at 1.00p.m. at the Kinson Community Centre, Pelhams Park, Millhams Road, Kinson, Bournemouth, BH10 7LH. It will be a prompt start to enable Dr Hopkinson's Talk to start on time.

\*\*

The **Lupus UK Convention and Annual A.G.M.** is going to be held on Sunday May 9<sup>th</sup> at The Old Swan Hotel, Harrogate, Yorkshire.

\*\*

## New Relationship

We have been approached by

*Olive Branch Handbell  
Ringers*

as they wish to donate any proceeds received from their concerts to Lupus UK, Dorset Group. They play for fellowship meetings, luncheon clubs and various other groups throughout the year. They make no charge but merely ask for donation to the charity of their choice. They have asked that we be their charity for 2010.

Recently they held their first concert, raising £77.68 for the Charity. I am sure you would like to join me in thanking them for their support.

If you would like to know any more about the Group, or would like to book them for an event, please call Debbie as she has their contact details.

## Visiting the Doctor?

Helpful tips and questions when seeing your doctor/consultant

*With thanks to the Hampshire Lupus Group Spring 2009 newsletter*

### **Before your appointment:**

- Write down your two or three important questions.
- Take a list or bring all your medications with you, as well as any vitamins and supplements.
- Ask your hospital or surgery for an interpreter or communication support if needed.
- Ask a friend or family member to come with you if you like (or the Lupus Group buddy if you would like).

### **During your appointment:**

- Don't be afraid to ask if you don't understand
- If you don't understand any words, ask for them to be written down and explained.
- Write things down, or ask a family member to take notes.

### **Before you leave:**

Check that:

- You've covered everything on your list
- You understand what has been said and agreed
- You know what should happen next and when.

### **Write it down**

– What happens next?

- Who to contact if you have any more problems or questions.

- Ask about support groups and where to go to for reliable information.

- Ask for copies of letters written about you – you are entitled to see these.

### **After your appointment - don't forget...**

- Write down what you discussed and what happens next.
- Book any tests that you can and put the dates in your diary.

## Trust Fund

As you may be aware we have a trust fund with just over £2,000 and would like to be able to use this money to help our members. It was originally donated by the Dorset Lions, from the proceeds of a half marathon, with the stipulation that it was to be used for local sufferers of lupus only. We have already made 2 payments, and committed to a third.

If anyone would like to speak to Debbie confidentially, to see whether Dorset Lupus would be able to help, please call on 01202 877390 or write to the address at the top of this letter. Strict confidentiality will be followed at all times.

## Used Postage Stamps

Many of our members are regularly collecting used postage stamps. Please keep them coming! 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 them along to the next meeting or send them to Debbie in an envelope.

## **REVIEW OF PAST EVENTS**

### **XMAS LUNCH, MIRAMAR HOTEL, BOURNEMOUTH JAN 10<sup>th</sup>**

As usual the food was excellent and everyone had a lovely time. This year we had so many that we actually hired a larger room to accommodate everyone.

### **RACE NIGHT AT THE NIGHT JAR, CANFORD CLIFFS FEB 20<sup>th</sup>**

I never realised we had so many gamblers amongst us! Thank you to everyone who came along and made the evening a success. I would also like to thank everyone for their generosity. The raffle prizes were excellent and the ease with which people sponsored jockeys and horses made the evening a huge fundraising success. In all we raised £322.92!

### **ROWATHON & INFORMATION STAND AT CASTLEPOINT MAR 13<sup>th</sup>**

This went very well with a lot of interest being shown. Mary & Leahn, with their helpers, also managed to collect some money towards their overall target for Lupus UK.

## **FUTURE EVENTS**



**SPRING COFFEE MORNING**, at The Langton Arms, Tarrant Monkton, Blandford DT11 8RX on March 20<sup>th</sup>

from 10.30am.

Please support this new venue. We wanted to try something

more central in the County in the hope that more members would join us. Unfortunately our Holistic Therapist speaker has had to pull out for personal reasons. However we will reschedule the talk for another time. The refreshments provided by the venue will cost £1 for coffee/tea and biscuit and £2.50 for coffee/tea and Danish pastry.

There will be the usual Raffle, Library available and Lupus Merchandise.

Hope to see you all there!



**SKITTLES EVENING**, at Wimborne Football Club, Wimborne, on Friday 26 Mar

at 7.30pm.

Mary & Leahn are hosting another fundraiser and invite everyone to come along and play skittles at the Wimborne Town Football Club. Food will be provided – a choice of Fish, Sausage or Veggie Burger and Chips. The total cost for the evening will be £8. Please contact Mary in advance on 01202 886664 to order your food. **You will not be able to order food on the night!**



**EASTER FAYRE**, at Spetisbury Manor, Spetisbury, Blandford Forum DT11 9EB on

March 27<sup>th</sup> at 3pm.

A friend of one of our lupus sufferers is organising and Easter Fayre and has generously said that all funds raised will go to Dorset Lupus. Please come along, have some fun and help support Dorset Lupus at the same time! There will be an Easter Egg Hunt for the children, tombola, and a cake stall to name just a few. For more details, or offers of goods or help, please contact Debbie on the usual number.



**A.G.M.**, on Saturday April 10<sup>th</sup> between

**1.00p.m.-2.00p.m. at the Kinson Community Centre, Pelhams Park, Millhams Road, Kinson, BH10 7LH before the Talk with Dr Hopkinson.**

This will include a summary of everything that has happened over the past year.

If you are interested in getting involved with the committee, or as an “ad hoc” volunteer when we need help with fundraising events, please come along and offer your support. If you are unable to attend, or would like to discuss this further please call Debbie on the number at the beginning of this letter.

A new committee will then be elected.

We shall then have a short break, with some delicious homemade cakes and tea on sale before the Talk from Dr Hopkinson.

### **Followed by**



**AN AFTERNOON TALK WITH DR HOPKINSON**, on

Saturday April 10 at 2.30p.m.

Join us on this Saturday afternoon for an interesting and informative talk on “Developments In Lupus” from Dr Neil Hopkinson – the top Lupus Consultant from Bournemouth and Christchurch Hospitals. He will also be there to answer any questions you may have on the subject.

As he is very much in demand Debbie has worked hard to secure this afternoon with him so please show your support. It will be lovely to see you there.



**LONDON MARATHON on April 25<sup>th</sup>.**

Mary Hosking-Ellis and Leahn Sharman are running the London Marathon, in memory of Mary's mother Margaret who died last year, and to raise funds for Lupus UK.

If you would like to sponsor them please go to

[www.justgiving.com/Mary-Hosking-Ellis](http://www.justgiving.com/Mary-Hosking-Ellis)

Alternatively just call Mary and she will add you to her sponsor list. Some of us are planning to go up to London to see the girls race so if you are interested please call Debbie or Mary.

GOOD LUCK MARY & LEAHN!



**SPONSORED JAILBREAK**

**May 9<sup>th</sup> around Christchurch (i.e.**

**the day before World Lupus day)**

A new member (Paula), her husband and friends are planning a Sponsored Jailbreak for World Lupus Day, (May 10<sup>th</sup>). Her explanation goes as follows

*"Our idea is roughly as follows.....we start out at point A, and have 12 hours to arrive to point B.....using only our initiative.....NO cheating e.g. by buying train tickets etc.....we are going to dress as convicts (we have already approached a few hire shops to ask if they would give us a discount or donate (always worth asking) ..... thought we might carry donation buckets..... as well as asking for sponsorship.....could either sponsor pay per hour or one-off donation.....we would need to find a (sensible/neutral) referee to choose start point and finish point which must be achievable.....could also form teams (invite others to join in) or boys v girls.....and we thought sponsors might also choose whom they thought*

*would win.....of all correct winners draw 1 name out of hat to win, say £10, to add interest!"*

Wow that sounds exciting! If you would be interested in

- Sponsoring them **or**
- Taking part **or**
- Forming a team (from family, school, friends etc) **or**
- Help with suggestions of A & B

Then call or email me and I will pass on your details to Paula who will make contact.



**OPEN GARDEN NGS SCHEME**

**Sunday May 23<sup>rd</sup> at Manor Farm,**

**Hampreston, Wimborne, BH21 7LX between 2.00p.m. and 5.00p.m..**

Anne & Guy Trehane have invited us to help serve the refreshments. All monies collected from this will then go to Dorset Lupus.

Please come along, either to help us serve tea and cake, or to view the magnificent garden. If you wish to help on any of the 3 dates, please call Debbie who will organise cover.

The other dates are June 27<sup>th</sup> and August 1<sup>st</sup>.



**WAREHAM RIVER TRIP, from Poole Quay, Poole, on Saturday June 19**

The trip cruises across the western reaches of Poole Harbour and up the River Frome to the historic Saxon market town of Wareham, with views of the Poole Harbour islands, Purbeck Hills, Corfe Castle, Arne Nature Reserve, and the Frome Valley en route. Duration is 3½

hours including 1 hour ashore in Wareham, enough for a couple of us to collect a tasty lunch from a local fish and chip shop for all who want it. We had a lovely time on our last trip, leaving late morning and returning to Poole Quay by mid-afternoon, despite the onset of rain. It was September so we are hoping that the weather will be kinder to us in June!

Cost for this will be approx £8 per head with lunch extra – a good price for a fun day out on the water. Timings and price cannot be confirmed until nearer the time. However register your interest early as we may be able to get discounts if we have enough people coming!

**OPEN GARDEN NGS SCHEME**

**Sunday June 27<sup>th</sup>. Opening times and venue address see May 23<sup>rd</sup>**



**AFTERNOON CREAM TEA at 7 Ebor Close, West Parley, Ferndown,**

**on July 4<sup>th</sup> at 2.30pm.**

Please come along to Debbie & Dave's for this Afternoon Cream Tea event. There will be lots of friendly faces as usual, with plenty of tea, coffee, scones with jam and cream, as well as delicious homemade cakes – as much as you like for only £4.50! There will be the obligatory raffle, possibly a Quiz and maybe even games in the garden (any suggestions?). Don't forget to bring along family and friends – all are welcome.

Care has been taken to avoid The World Cup Final!

**OPEN GARDEN NGS SCHEME**

**Sunday Aug 1<sup>st</sup>. Opening times and venue address see May 23<sup>rd</sup>**



**LUPUS FEST, in Weymouth, running from Friday 8<sup>th</sup> to Sunday 10<sup>th</sup> Oct.**

This is likely to be a fantastic event run by lupus patient Carol Osborne and her husband Stewart. The event started in 2007 as Carol & Stewart's wedding reception and has become an annual event that raises four-figure sums each year for the St.Thomas's Lupus Trust and The Hughes Syndrome Foundation. Well worth supporting and a great series of evenings for those who enjoy the best in pub music and comedy entertainment – see

[www.myspace.com/lupusfest](http://www.myspace.com/lupusfest).

## **OTHER EVENTS FOR 2010**

Watch this space for car boot sale; Skittles Evening; Shoe and Bag Sales; Pimms and Posh Frocks (possibly Aug), Quiz Night (possibly Sept). If anyone has any suggestions for venues, and/or speakers at our coffee mornings or indeed would like to talk themselves please let myself or Debbie know.

## **RCN Conference in Bournemouth**

The Royal College of Nurses are having their annual conference in Bournemouth at the end of April and Lupus UK will have a stand there. We have been asked to help by providing cover for the Lupus UK Conference. If anyone is interested please call Debbie.

## **Recipe Corner**



I really hope everyone enjoyed making the chocolate truffles! Coming up to Easter time, I thought it would be nice to have some lemon cupcakes for you all to try. These go down a real treat with the old and young.

### **Lemon Cupcakes**

*Makes 12; Prep 10mins; Cook 20-25mins*

*120g plain flour  
150g caster sugar  
1 ½ tspns baking powder  
2 tbsps grated lemon zest  
40g unsalted butter  
120ml whole milk(although I use semi)  
1 egg  
12 hole cake tray lined with paper cupcake cases  
Lemon frosting – 250g icing sugar, sifted  
80g unsalted butter  
2 tbsps grated lemon zest  
25ml whole milk(although I use semi)*

*Pre heat oven to 170°C/325°F. Put flour, sugar baking powder, lemon zest and butter in a mixer with paddle attachment – beat on slow speed until you get a sandy consistency with all ingredients combined. Gradually pour in milk and beat until just incorporated. Add the egg to the flour mixture and beat until just incorporated. Continue mixing until smooth. Spoon the mixture into paper cases until 2/3 full and bake for 20-25 mins or until the sponge bounces back when touched. Lemon frosting – Beat together the icing sugar, butter and lemon zest. Slowly add the milk and continue beating until light and fluffy – about 5mins. When cupcakes are cold, spoon the lemon frosting on top and decorate with a little lemon zest.*

Hollowing out a bit of the sponge and putting in a small spoonful of lemon curd makes this cupcake very moist and tangy. Enjoy!

## **Website**

The website is nearly there– and will be up and running very soon, along with our lovely new logo!

[www.dorsetlupus.com](http://www.dorsetlupus.com)

I still have had no emails with ideas – come on people this is your group's website and we want to make it good! We are putting a few new sections in, as well as photos of events and committee members so you will all know who we are! The newsletter will also be on it too, along with back copies.

*Jamsin*

## **Lighting in hospitals**

Spectrum have recently received notification from the Chief Executive of the NHS Trusts concerning incandescent light bulbs and a joint venture with Dept. of Health and Dept. for Business, Innovation and Skills for the tackling of needs of patients and to reduce greenhouse emissions. They are looking to develop, design, manufacture, install and maintain the LED (light emitting diode) lighting, which is the next generation of lighting for hospitals and healthcare. LED lighting should provide a suitable alternative to both incandescent lamps and fluorescent based lamps. It can also be designed to provide many different spectrums of light and should by careful selection, be suitable for people with light sensitive conditions.

## ***A Letter from Nepal...***

By Lupus Nurse Carol Frosdick

*“Last Year; 12th October 2009, I left the UK for three weeks to go and work in a health clinic in Nepal.*

*Nepal is the 8<sup>th</sup> poorest country in the world and has been in political disarray for many years. There is currently no ruling government and the King is in exile in the jungle.*

*Nepal has hit the headlines in recent years due to the battle by Joanna Lumley to enable the Ghurkas to remain in this country and to receive pension rights.*

*This, I understand more, as I travel around the country seeing the poverty that many people live in. A weekly English pension could feed many Nepalese for months in Nepal but not so in the UK.*

*Nepal is a rich country in many ways, but not financially as the western world classifies “rich”. The land is very fertile and crops grow exceptionally well. The climate, although difficult in the monsoon season, is on the whole temperate and like a sunny British summer’s day. I was there in their autumn and it could get cold at night, although nearer Everest the climate is much more extreme.*

*The area, myself and three other Medics headed for, was up in the hills in the opposite direction to Everest and it was known as **Lusanku**.*

*There were about 15 of us in all that boarded the colourful bus for Lusanku. We had translators, students from the university, cooks, the Nepalese organiser Amir and his parents and brothers and cousins. In Nepal the family units are huge and everyone mixes and socialises with their cousins or great aunties etc. This extended*

*familial support is another of Nepal’s riches.*

*Amir’s father was one of the village elders and had built a clinic in Lusanku; however it was underused and was manned by one untrained nurse who sold medications. There is no free NHS in Nepal so families usually club together to buy what limited medicines are on offer.*

*We took medications with us, also wound dressings and basic medical kits.*

*Understandably the untrained nurse who was there was not at all happy to see us as we intended to offer a free service and put him out of work, so he did everything he could to make things difficult.*

*Nevertheless, the Health Clinic began. The first day we opened I saw 50 patients - the queues were winding down the mountain as farmers far and wide waited to see us, many had walked all day to get to the clinic or spent the night in the fields if they got to Lusanku and the clinic was closed.*

*Many of the patients had bad backs from a lifetime of heavy lifting and Rheumatoid Arthritis in their hands and feet.*

*Cataracts were common in the elderly, as was psoriasis and a few patients even had Leprosy.*

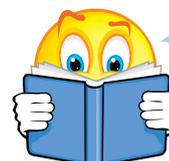
*I saw one young woman who had Lupus. She had the facial rash and fatigue, but I was unable to definitively diagnose her as I was unable to do blood tests. Also steroids and Placquenil were unavailable to me anyway.*

*Consequently many cases we had to refer to Bir hospital in Kathmandu which was a day’s journey away by bus, so I doubt if many patients ever went.*

*The whole experience was an eye opener to another world.”*

Carol’s account will continue in the next issue. It makes you realise how fortunate we are, although it doesn’t always feel like it!

## ***Library Books & Reviews***



We thought that we would get some of our members to do a book review to let our readers know about some of the books we have in stock and to encourage everyone to take advantage of these free reads! Please get in touch with our librarians Yvonne or Guy Hosking on 01202 575924 if you would like to borrow one (or two!). We can bring them to a meeting or pay return postage for you.

### **UNDERSTANDING LUPUS by DR. GRAHAM HUGHES**

**Reviewed by Smiley**

*“Any book by Dr Hughes is always clearly written and easy to understand. This one is no exception. It is a book you can dip into at anytime and is very informative. The pages have headed paragraphs so no time is wasted in reading something that does not apply to you. Likewise it is easy to refer to any symptom you may be experiencing at the time. I would definitely recommend reading this book.”*

\*

### **LUPUS Q&A EVERYTHING YOU NEED TO KNOW**

**Reviewed by Carol Berkhauer**

*“Lupus Q&A is very informative and really does answer a lot*

of questions that lupus sufferers want to know. It's quite easy to read and the answers are explained in a way that the majority of people would understand. I think that newly diagnosed people would find this one helpful; by giving them an insight about what is happening to them."

\*

### **THE BRAIN AND OTHER ANIMALS** by PROF GRAHAM RV HUGHES FRCP

Lessons from patients with Hughes Syndrome (The Antiphospholipid Syndrome)

Reviewed by Chris McKenna

"I found this book to be informative & educational. A book I would not have generally chosen to read and I am glad I chose it to review. It held great insight for me especially, because I suffer with sticky blood and I learned a lot by reading it. It is broken up by short chunks of information, is easy to understand & will particularly appeal to readers as it is not filled with medical jargon. The book is written in nice big print & can easily be read in a afternoon. I would thoroughly recommend this book for anyone who has an interest; or who suffers with 'The Antiphospholipid Syndrome' they won't be disappointed."

\*

### **LUPUS - THE FACTS 2nd Ed,** by DAVID ISENBERG & SUSAN MANZI 2008.

Reviewed by Gerry Gray

"Written by two of the world's leading medical experts on the disease, this is a brilliant little book, packed with up-to-date information and facts about lupus. Coping with lupus is not easy, say the authors, and patients, family, friends and doctors need to understand as much about the disease as possible - education, education, education is a key factor in

optimising treatment, they emphasise. They also have a very encouraging message: reviewing current developments in drugs and research they conclude that the outlook for lupus patients is getting brighter. Definitely worth a read!"

Thank you to our reviewers – we look forward to some more in the next newsletter! If you have read a book, whether in our library or not, and could tell us a little about it, perhaps you could write a critique for us and we could add it to our stock.

## **Sponsorship**

**THE NIGHTJAR** Thank you to **The Night Jar** in Canford Cliffs for all their fund raising efforts to date.



and to **PC World** at the Castlepoint Centre for

donating our printer free of charge.



**Grapefruit Graphics** in Hamble,

Southampton, for their sponsorship of the new banner for the walk in October!

## **Lupus Stars**

Some people don't read them, others swear by them but we are very lucky to have our very own set of horoscopes written for us Lupus sufferers by holistic therapist Rosemary Prince.

**Aries** - Try not to put yourself under pressure, you are coming to the end of a rather difficult time and better days are ahead for you. Use your physical energies wisely. Time to plan for your summer holiday I think!

Lucky Number - 3

**Taurus** - The emphasis will be on mind development rather than using up valuable physical energies. Be cool, calm and collected you are about to discover many things that will be useful for your future development.

Lucky Number -7

**Gemini** - Your desire might be to isolate yourself; this will be ok as long as you have a strong mind, try not to make mountains out of molehills. You will have much knowledge to pass on to others, now would be a good time to plan for your future.

Lucky Number - 9

**Cancer** - Always act in tune with your true self, if you do this then over the next few months others will see how strong and determined you can be. It would be to your benefit if you only do what you feel is right. This will be a time of getting what you need, rather than what you want.

Lucky Number - 1

**Leo** - The next few months will see you being very involved with your family or loved ones. Fertility is all around. Now is the time to plant the seeds to your future, are you drinking enough water? If not then try to take more as it will enliven you.

Lucky Number - 8

**Virgo** - Happiness and celebration is on the cards for you over the next few months. Bring harmony and balance into your life by reassessing your diet; try not to over indulge as it might make you feel a little sluggish.

Lucky Number - 11

**Libra** - Good friends will be all around, why not plan a party or small get together, you need the brightness of laughter and music to lift your spirits. More money could be on the way for you.

Lucky Number -17

**Scorpio** - Completion and success lies ahead for you. This is a very auspicious time to invest in property or new items for your home. You might need to look farther afield to find that special something that will enhance your environment.

Lucky Number - 2

**Sagittarius** - Any aches and pains that you have been experiencing over the last few months will ease as the better and milder weather develops. Some of you will want to stand on your own two feet, this can happen but it will need careful planning.

Lucky Number - 5

**Capricorn** - Try not to be too disheartened or dissatisfied with the way certain events are evolving, any change will be beneficial for you. It seems as though prickly situations will be fading away leaving you with inner peace and contentment.

Lucky Number -4

**Aquarius** - Is it time to have a clear out? If it is then don't waste time, just get on with it, changing the colours that are around you would also enhance your energy levels. Joy and happiness are yours as many will hold you in high esteem.

Lucky Number - 21

**Pisces** - Lucky you! Good luck and brightness of spirit will surround you; this will make you feel good about yourself as you should do. Try to stop worrying as your guardian angels are protecting you. The way is clear for you to open the channels of communication that will bring benefit to you and those you love.

Lucky Number - 22

Thank you Rosemary for our quarterly predictions!  
[www.rosies-visions.co.uk](http://www.rosies-visions.co.uk)

## Adverts/For Sale/Wanted

Please let me know anything you would like to advertise, sell or maybe there is something that you are looking for.

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**Westbourne Osteopathic Clinic** in Lymington. Experienced with auto immune diseases including SLE, Arthritis etc.

Please contact Oliver Curties  
*Bsc(Hons)Ost, Bsc(Hons)Nursing*  
for a consultation on 07957 309043

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**Freelance Architect available:** Design, Planning and Building Regulations drawings. Are you considering an extension, conversion or new build? Please call for enquiries 07816 069566.

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**Gazebo** available for hire (donation to Dorset Lupus Group!), new acquisition by DLG - do you need one for a garden event you're having? The gazebo is 3mx6m. Call Debbie for more information 01202 877390

Please email or call or text me on 07816 069566 to place an ad.

*Tamsin*

I hope you have enjoyed this Newsletter. The next one will be coming out for the Summer period so look out for it in June. If anyone has an article they would like to have included could you please contact Tamsin or Debbie by the end of May.

In the meantime, I hope you are looking forward to some warmer weather - and we look forward to seeing you at the coming events.

*Debbie & Tamsin*

## Dates For Your Diary



**March 20<sup>th</sup>** - Spring Coffee Morning at the The Langton Arms, Tarrant Monkton at 10.30am.

**March 26<sup>th</sup>** - Skittles Nite at Wimborne Football Club, Wimborne at 7.30pm.

**March 27<sup>th</sup>** - Easter Fayre at the Spetisford Manor, Spetisbury, Blandford Forum at 3pm.

**April 10<sup>th</sup>** - AGM followed by talk from Dr Neil Hopkinson, Kinson.

**April 25<sup>th</sup>** - London Marathon

**May 9<sup>th</sup>** - Jailbreak fundraiser

And

**May 9<sup>th</sup>** - Lupus UK Convention & A.G.M.

**May 10<sup>th</sup>** - World Lupus Day.

**May 23<sup>rd</sup>** - N.G.S. Open Garden

**June 19<sup>th</sup>** - Wareham River Trip, from Poole Quay, Poole at morning time tbc.

**June 27<sup>th</sup>** - N.G.S. Open Garden

**July 4<sup>th</sup>** - Afternoon Tea at Debbie's. 2.30pm in Ferndown.

**August 1<sup>st</sup>** - N.G.S. Open Garden

**October 8-10<sup>th</sup>** - Lupus Fest in Weymouth.