

**2009 Committee  
Members**

**Chairperson:** Debbie Steel (Tel: 01202 877390)

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**Secretary:** Janet Bourne

**Vice-Chair:** Chris McKenna

**Treasurer:** Debbie Steel

**Communications Secretary:**  
Tamsin Campbelton

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Carol Berkhauer

**Librarians:**

Yvonne & Guy Hosking

**Other Members:**

Yvonne & Charlie Bartlett

Gerrish Gray

**Contacts**

Tamsin Campbelton

01202 470211

Gerrish Gray 01202 884809

Carole Frosdick (Lupus Nurse)

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



**Welcome**

Welcome to our Summer Newsletter! The days are longer and warmer so hopefully, like me, you are feeling much brighter. As you will see from the enclosed copy of the A.G.M. minutes I have been officially voted the new Chair. I would like to welcome 2 new members to the Committee:-

■ Chris McKenna who will be helping me as Vice Chair, and;

■ Tamsin Campbelton who will be dealing with the Newsletter, and revamping our Website ([www.dorsetlupus.com](http://www.dorsetlupus.com))

Sadly, Margaret is no longer with us. We shall all miss her terribly - she had been such an important part of the group for so long. Thank you to all those who replied to my letter; for your kind words and generous donations to our **Margaret Hosking Memorial Fund**. We shall cover this later in more depth.

Thanks also to PC World, Christchurch who have generously donated a new printer to the Group. It is

considerably faster than my own at home, and will also be more adaptable at printing posters and personal invites to our events.

Our events this summer are spread around the County. If anyone has any other suggestions regarding fund raising ideas or potential venues we would be happy to include them in any future newsletters.

We are also hoping to arrange some medical speakers but it would help if we knew how Lupus affects each of you. Who has Rheumatoid Arthritis, Sjogren's, Reynauds, Discoid Lupus, Nephritis, Anti Phospholipid, Light Sensitivity etc? I am therefore attaching a Questionnaire and would ask you to fill in as much as you feel able to in order to help us find ways in which we can help you. It can be posted back to me, you can phone me (or leave a message), or email me on [debbie.steel@dorsetlupus.com](mailto:debbie.steel@dorsetlupus.com).

I thank you for your continued support and hope that we can build the Group around your own individual needs.



*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.

Gerry is taking over where Margaret left off and Tamsin has agreed to become a new Contact. Please feel free to speak to them if you have any problems or fancy a chat.

We have also 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 01202 877390 if you would either like someone to come along with you (on a confidential basis of course) or alternatively to volunteer to help others in the Group.

We would be happy to cover any out-of-pocket expenses (such as petrol or parking) for any volunteers who may be able to help.

## Cards

If you know of anyone who is going through a bad time or who is in hospital or struggling at home please notify me so that 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.

Also I need more birthday dates so we can keep in touch on your birthday. Don't worry about the year, just the day and again I will do my best. *Smiley*

## E-Mail addresses

As everyone is aware, in the current climate, saving money is on everyone's minds. In consideration of this we would like to start emailing out rather than posting our newsletter to our members. We are aware not everyone has email and some prefer their's to arrive on the doorstep. However if you would like to start receiving your letter by email please let me know and send your email addresses to me at [tamsin@dorsetlupus.com](mailto:tamsin@dorsetlupus.com).

This issue will be emailed to all those email addresses we currently hold. If however you would prefer a hard copy please email straight back and we will post you a copy.

## Waitrose

I don't know if anyone is aware but Waitrose have launched a new scheme called '**Community Matters**'. Each month £1000 is donated and split between three local good causes that have been chosen by the general public. If you have a Waitrose near you, (there is one in Christchurch and one in Ringwood) please pick up a leaflet in store to nominate our good cause. If you would like some help filling in the form please call me (Tamsin on 01202 470211).

## Trust Fund

Remember, we have a trust fund and we want to spend the money! Now that the credit crunch is here, we all have to tighten our belts even more. The Dorset Lions have donated this money to help us and we are itching to spend it!

We have already helped someone to buy a replacement charger for their scooter and want to help more of you.

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

## REVIEW OF PAST EVENTS

### COFFEE MORNING AT THE HAVEN HOTEL, SANDBANKS, MARCH 14<sup>th</sup>

The sun shone for us and luckily the huge window kept out the biting wind. Nevertheless we had a wonderful view looking out over the harbour and sandbanks ferry. They made us most welcome and the facilities were excellent. They was a good turnout, 27 in all, with visitors coming from as far away as Dorchester, Milborne Port and London! We welcomed Nobuku for the first time and Peter, who has donated a collection of First Day Covers (we are currently having these valued). In all we raised £73 of which £43 was from the raffle. It was an enjoyable morning in an excellent location.

### A.G.M. AT THE HOWARD CENTRE, CHRISTCHURCH HOSPITAL, APRIL 4<sup>th</sup>

This year we hoped to have Dr Hopkinson to talk about recent developments in Lupus – unfortunately he was not able to join us due to running a marathon on the continent. Tina Stemp, the new Treasurer of Lupus UK (replacing Tony Rance), and Chairman of Hampshire Lupus Group joined us and gave an insight into her new role, what is happening at Lupus UK and also a bit on our neighbouring group.

Carole Frosdick, the Lupus Nurse at Christchurch Hospital, also spoke to us.

The new Committee was elected (see front page for members' names) and a successful year was reviewed. The Treasurer's Report showed a healthy income (increase of 41% from last year) and a 15% reduction in expenditure from last year, as well as a healthy £735 contribution to Head Office for the second half of 2008 in December. On the day we collected £122.52 of which £33 Raffle money and £24 Sweetie Quiz.

The winner of the Easter Egg Sweetie Competition was announced – well done to Chris Williams and runners up Pat Read and Alison Thompson. Thank you to Thornton's in Poole who donated the Chocolate Bunny.

#### **QUIZ NIGHT AT HAMWORTHY ENGINEERING SPORTS & SOCIAL CLUB, MAY 1<sup>ST</sup>**

There was a great turnout for our quiz night with 8 teams taking part – some of whom proved to be very competitive! The quiz was made up of 10 rounds including general knowledge; quick fire; tennis aces; TV character pictures and many more.

The winning team were the Rheumatology Ravers, and runners up were the C's & D's – well done to both teams.

We raised £82 from entry fees, £78.10 from raffle ticket sales and the winning team kindly donated their prize money back into the pot – raising a total of £160.10 for the evening.

Thank you for all the raffle prizes donated and to everyone who made this such a fun evening.

#### **LUPUS UK CONVENTION AT THE BEST WESTERN, STOKE-ON-TRENT MOAT HOUSE, MAY 10<sup>TH</sup>**

Several members from Dorset attended and found the convention to be very useful and inspiring. The speakers covered

- Pregnancy and Lupus
- Lupus and the Mouth
- Lupus in Children and Adolescents with the help of Declan, a 12 year old, with his Mum
- and finally Lupus and Medication

Further details will follow in the next Lupus 'News and Views' but if you would like to know anymore prior to that please contact Debbie on 01202 877390.

#### **COFFEE MORNING AT THE NIGHTJAR, MAY 16<sup>TH</sup>**

Thank you to everyone who brought along a cake. The turnout was good as usual and we welcomed one couple who are regulars of The Night Jar. In all we raised £85.66 including £33 from the raffle. Thank you to The Boathouse in Christchurch for donating a raffle prize.

#### **MANOR FARM, HAMPRESTON, BH21 7LX MAY 24<sup>TH</sup>**

We could not have asked for better weather! Superb views around the beautiful gardens which will change throughout the summer, making this one definitely worth a visit in June and July. Our thanks go to Guy and Anne Trehane who invited us to help serve the teas, donating the funds raised to Dorset Lupus.

Thanks also to Debbie and Dave Steel, Janet and Chas Bourne, and May Gage who, by all accounts, had a busy (but

enjoyable) afternoon serving teas in the garden.

A mere 13 large cakes were consumed and gallons of tea! We are waiting to find out how much we raised.

### **FORTHCOMING EVENTS**

**AFTERNOON TEA IN THE GARDEN, 'Trehurst', Quarry Lane, Melbury Abbas, Shaftesbury SP7 0DA Wednesday June 3<sup>rd</sup> at 2-5p.m.**



Frances and James Stanford have once again kindly offered to provide us with a beautiful venue for an afternoon tea, so if you fancy something a bit different, with some good company for the afternoon, please come and join us. For directions please call Frances on 01747 854938.



**MANOR FARM, HAMPRESTON, BH21 7LX on Sundays June 14<sup>th</sup> and July 19<sup>th</sup> between 2 and 5pm.**

Anne Trehane is opening her garden for 2 more dates under the National Garden Scheme and has kindly offered to donate the proceeds from the sale of teas and cakes to Dorset Lupus.

In the Yellow Book the garden is described as "A traditional farmhouse garden designed and cared for by 3 generations of the Trehane family. It has been thoughtfully replanted with herbaceous borders and rose beds within the box & yew hedges. There is also a mature shrubbery, water and bog garden."

If you are able to help serve the teas and coffees please call Debbie as we need more

volunteers for each of the Sundays. Even if you can only offer an hour or two, it would be lovely to see you.

Alternatively if anyone is interested in visiting, by having a cuppa as well, you will also be helping support us. The gardens are well worth a visit.

Thank you, Anne & Guy for your generous offer. Let's hope we continue to have some lovely weather.



**COFFEE MORNING**  
**at The Rodhill**  
**Centre, Puddletown**

**Saturday June 27<sup>th</sup>**  
**at 10.30am**

Please join us for an enjoyable chit chat and browse around our stalls – bric-a-brac; plants; lupus merchandise; books; and crafts etc. Tea and cakes will be served. If you have anything we can sell please contact Debbie. Hope to see you there!



**SHOE & BAG**  
**SALE, also at the**  
**Rodhill Centre,**  
**Puddletown**

**Saturday July 4<sup>th</sup> at 7pm.**

If you fancy an alternative evening out girls, bring your friends along too! Why not come along to our Shoe and Bag Party? There will be shoes, boots and handbags on sale at great prices from around Europe. If you are interested please have a look at

[www.shoesgloriousshoes.co.uk](http://www.shoesgloriousshoes.co.uk)

Give Chris a call on 01305 848629, to give her your shoe size before the end of June and book your place. Wine will be available and credit cards are will be acceptable.

**SUMMER BBQ & PICNIC, at**



**Studland Bay**  
**Sunday July 26<sup>th</sup>**  
**from 11.30am.**

Come along to our family day out at Studland Bay. We will provide the BBQ (£5/ £3 per head) – bring along your picnics, drinks and games for a fun afternoon. We will have some gazebos for those needing shade. Please contact Debbie for further details and to book your place.



**WINE & CHEESE**  
**TASTING EVENING,**  
**7 Ebor Close, West**  
**Parley, BH22 8LZ**

**Saturday August 22<sup>nd</sup> at 7pm.**

Are you a wine connoisseur or do you just like to chill out on a warm summer's evening with good company and great wine? If the answer is yes to either question then maybe you'd like to join us for an evening of wine and cheese tasting and bring along your friends. Please call Debbie to book your place. £5 per head.



**SPONSORED**  
**WALK, place to**  
**be confirmed on**  
**Sunday Sept**  
**27<sup>th</sup> at 2-5pm.**

Venue to be arranged. Please contact Tamsin if you have any suggestions for our annual event.

**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.

We have sent **23,080** to Lupus UK for 2009 so far! Well done. Keep them coming.

**Recipe Corner**

Surprisingly it has been quite difficult to get people to send in recipes. So, in light of this I am going to choose some of my own favourites to pass on.

**Banana Bread**

4 brown bananas  
210g caster sugar  
1 tspn vanilla essence  
1 tspn cinnamon  
1¼ tspn baking powder  
¼ tspn bicarb soda  
2 eggs  
50g butter  
300g plain flour

-Pre-heat oven to 350°F/ 180°C  
-Mash bananas in a large mixing bowl until smooth.  
-Combine all other ingredients with bananas and mix until smooth.  
-Pour into a large greased loaf baking tin.  
-Bake for approx 1 hour. Stick a skewer into the centre of the cake to check it's cooked through – when it comes out clean its ready!

This is a great way to use up those old brown bananas instead of throwing them away. It's always a big hit with my family and rarely lasts very long!

TIP: If you don't have enough bananas or have too many why not freeze them until you have enough.

## Website

We are currently in the middle of updating and enhancing our website. Keep an eye out for the new look [www.dorsetlupus.com](http://www.dorsetlupus.com) If anyone has any ideas for it please email me. 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.

*Tamsin*

## Sponsorship

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



A big "Thank You" goes to PC World, Christchurch for donating a wonderful new printer. This will enable us to print our newsletter much quicker and more efficiently. Thank you James & Co.

## Competition

We are looking for a new logo for our new look website so if there's anyone out there who fancies a bit of a dabble with creativity, pick up a pencil and have a scribble. The winning design will go on the front page of the Dorset Lupus Group website as well as on the newsletters!

The design should be a butterfly shape and somewhere on the design will have the words 'Dorset Lupus Group'. These are the only constraints.

Please send your entries to me; Tamsin at 23 Liberty Court, Dragoon Way, Christchurch, BH23 2TZ.

To give everyone a chance – friends, family, kids and adults

we will finally announce the winning design in our winter newsletter, with an interim report in the Autumn one. There will be a creative prize for the winning design.

*Good luck!*

## Questionnaire

We want to find out more about you, our readers and members of Dorset Lupus Group. Our main reason for this is so we can provide relevant speakers at events, more specific information and potentially be able to provide you with help from other members suffering in similar ways. **Contact between members will not be given without express permission from all parties.** To help on our mission we have enclosed a questionnaire for you to fill in and return. Thank you in advance for helping us to help you.

**New**

**Adverts/For Sale/Wanted**

We want to start a new section, so anything you would like to advertise, sell or maybe something that you are looking for – we want to know about it!

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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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**FOR SALE:** King Size timber bed frame and mattress. Good Condition. £75 Call 07816 069566

**FREE:** to a good home (or donation to Lupus). Wheelchair. Call for details 01202 877390

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Please email or call 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 Autumn period so look out for it early September. If anyone has an article they would like to have included could you please contact Tamsin or Debbie. The cut off date for this will be 6<sup>th</sup> Sept.

In the meantime, I hope you are all as well as can be expected and look forward to seeing you at the coming events. Take care

*Debbie & Tamsin*

Finally, as a reminder, here are some dates for your Notice Board

## Dates For Your Diary



**June 3<sup>rd</sup>** – Afternoon Tea in the Garden, Melbury Abbas  
**June 14<sup>th</sup> and July 19<sup>th</sup>** – Open Garden at Manor Farm, Hampreston  
**June 27<sup>th</sup>** – Coffee morning in Puddletown

**July 4<sup>th</sup>** – Shoe & Bag Sale in Puddletown  
**July 26<sup>th</sup>** – Summer BBQ and Picnic, Studland Bay

**Aug 22<sup>nd</sup>** – Wine & Cheese Tasting Evening, Ferndown

**Sept 27<sup>th</sup>** – Sponsored Walk Place TBC