

**Summer  
Newsletter  
2010**

**DORSET LUPUS  
GROUP**



**2010 Committee  
Members**

**Chairperson & Treasurer:**

Debbie Steel (Tel: 01202  
877390)

debbie.steel @dorsetlupus.com

**Secretary:** Janet Bourne

**Vice-Chair:** Chris McKenna

**Newsletter Editor:** Tamsin  
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[tamsin@dorsetlupus.com](mailto:tamsin@dorsetlupus.com)

**Raffle & Events:**

Carol Berkhauer

**Librarians:**

Yvonne & Guy Hosking

**Other Members:**

Yvonne & Charlie Bartlett

Gerrish Gray

Dawn Jeffs

Jean Durrant

**Contacts:**

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.



**Chairs Column**

Hello & welcome to our Summer Newsletter. Firstly I would like to introduce our new logo – see above. The design won our logo competition earlier this year and was created by James Williams, who won a Paint Pod of Water Colour tubes, kindly donated by Bookends of Christchurch. Well done James! We especially liked this entry as we felt it showed everyone's hands, held out in friendship, there to support one another. I hope you like it.

Our A.G.M. provided us another couple of Committee members, Dawn & Jean and I would like to welcome them both. It is always useful to have more input when organising the events. At the A.G.M. we also had our first medical speaker in many years. As Dr Hopkinson is the primary Lupus consultant in the whole of Dorset, it was a real privilege to hear him talk about the complexities of diagnosis and the breakthroughs that are being made in the treatment of lupus. It is our aim to follow this up with further medical speakers in the future

Mary & Leahn continued to fundraise with their Skittles evening (which was a great success) and, then finally, they both successfully completed the Marathon in all that rain. They

managed to hit their target for Lupus UK after a **lot** of hard work by not only themselves, but also Janet & Charles Bourne and their respective partners and friends. That is such a tremendous achievement and I would like to thank every single one of them.

I personally got involved with the RCN Conference this year, which was held at the BIC in Bournemouth. I went along to help promote awareness of Lupus to our up and coming nursing staff and health professionals from all over the country. Many had little or no idea about the disease so we were able to distribute lots of books, leaflets and posters. If only 1 took away a greater understanding, and will be able to help someone in the future, then we have been successful. It was also interesting to get an insight into how hard Head Office work to promote awareness of the disease – and with awareness comes more help and research!

In case you have not noticed **World Cup Fever** is upon us and we are trying a novel way to raise funds, in conjunction with The Nightjar. We are running a "Goal Predictor" for each of the World Cup Games. The winning predictor gets half the money collected, with the remainder going to Lupus UK. So, if you are in the neighbourhood please go along to Canford Cliffs and have a go. The Nightjar is televising every match, live.

Well I've over extended my column again – I just never know when to stop. I hope you all have a lovely summer and can take advantage of the warmer weather.

*Debbie Steel*

**PATRONS**

Christopher Chope OBE MP and  
Christo Chope

## 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 a new volunteer, Jean, and I shall be trying to get her on a Contacts Course as soon as possible.

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 distribute them to you.

Perhaps we could have some in your 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)

## Trust Fund

As you know 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 in the last quarter granted two payments.

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.

## 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.

If you are interested, or would like to run your own fundraiser, then please call Debbie.

## **Coffee Mornings**

We would like to bring in a speaker to our future coffee mornings and need your help for ideas – if you know anyone who would be willing to talk or would like a certain topic spoken on please contact Tamsin or Debbie with details. The subject matter is open to anything and everything (within reason!), we want to arrange things that you want to listen to so step up and let us know!

## **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. The score so far stands at over 12,000.

**Although not mentioned before, we have been given a large collection of stamps and first day covers by 2 members. We had tried to get them valued locally but were advised to hold onto them for the time being. Having spoken to HO, it was suggested that we take them to the Convention, to be passed onto another Area Group where John Sandon, the expert from the Antiques Roadshow, may be able to help us. He is their patron. We have done this and we are awaiting a response. Thank you to those members who have made the donations. I shall update you as soon as we have any progress.**

## **REVIEW OF PAST EVENTS**

### **SPRING COFFEE MORNING, THE LANGTON ARMS, TARRANT MONKTON, BLANDFORD MARCH 20<sup>th</sup>**

A new venue for us and was very well attended by old and new members. Everyone enjoyed The Langton Arms and we will endeavour to use it again in the future.

### **SKITTLES EVENING, WIMBORNE FOOTBALL CLUB, WIMBORNE, MARCH 26<sup>th</sup>**

Good evening enjoyed by all who came along, fish and chips were fantastic.

### **EASTER FAYRE, SPETISBURY MANOR, SPETISBURY, BLANDFORD FORUM March 27<sup>th</sup>**

Thank you to all at Spetisbury Manor and the local community who made the day very enjoyable for old and young alike. A lot of Easter eggs were hidden, found and consumed as well as delicious cakes.

### **A.G.M. KINSON, followed by AN AFTERNOON TALK WITH DR HOPKINSON, APRIL 10<sup>th</sup>**

The AGM was very well attended and we appointed a new committee member, as well as meeting several newer members. The talk by Dr Neil Hopkinson afterwards was a great success. The full and informative talk in layman's terms was very well received by members and I think everyone there learnt something new. We hope Dr Hopkinson will give another talk soon.

### **LONDON MARATHON, APRIL 25<sup>th</sup>**

Mary Hosking-Ellis and Leahn Sharman did us proud and completed the marathon despite the weather. Congratulations and "Thank You" girls for all your efforts. (See later article).

### **LUPUS UK CONVENTION AT OLD SWAN HOTEL, HARROGATE, YORKSHIRE, MAY 9<sup>th</sup>**

Several members from Dorset attended and found the convention to be very useful and inspiring, especially the first speaker, who talked about the new drug Rituximab, and the Lupus Nurse from Sheffield Hospital. Details of all the speakers will follow in the next Lupus 'News and Views'

### **SPONSORED JAILBREAK CHRISTCHURCH, May 9<sup>th</sup>**

Unfortunately this had to be postponed due to personal bereavement. Further details will follow at a later date.

### **OPEN GARDEN NGS SCHEME MANOR FARM, HAMPRESTON, WIMBORNE, MAY 23<sup>rd</sup>**

It was another lovely, hot summer's day. In fact it was almost too hot as people were probably staying in the cool. We still raised £177 and would like to thank Anne & Guy for their hospitality and all the members who helped serve the teas. The garden was as lovely as ever.

## **FUTURE EVENTS**



### **WAREHAM RIVER TRIP, from Poole Quay, Poole, on Saturday June 19<sup>th</sup> at 6pm**

A mid summers eve (nearly) river cruise which tours 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 leisurely walk in the pretty town. We will meet at 5.30p.m. (by the Quay) for a 6.00p.m. departure. The cost for this will be £13.50 per head or £12.50 for seniors – a good price for a fun eve out on the water which includes your fish and chip supper. This has proved to be a popular and fun trip in the past so we hope to see lots of you there. Please contact Gerry for more details on 01202 849144



### **COFFEE MORNING**

**on Saturday 26<sup>th</sup> June at The Nightjar, Canford Cliffs at 10.30a.m.**

The usual chat over tea/coffee and cake. A Raffle will also be held. All are welcome so bring along your family and friends.



### **OPEN GARDEN NGS SCHEME**

**Sunday June 27<sup>th</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.

**We desperately need help with this date so if anyone can offer their assistance; it would be very much appreciated.**

We shall also be helping at the Garden Opening on 1<sup>st</sup> August, so if you are interested in helping then, please call Debbie.



### **TEA PARTY (with an American Theme) at 7 Ebor Close, West**

**Parley, BH22 8LZ, on July 4<sup>th</sup> at 2.30pm.**

Once again Debbie & Dave have invited us into their garden. This year they are having a Tea Party. As it will be Independence Day, we could not avoid the "theme" so come along and have some muffins, Mississippi Pie and so on..... Weather permitting we are planning games in the garden and a Quiz, to keep you occupied so come along, have some fun and win a prize.

There will also be the obligatory raffle, so all donations will be greatly received. Don't forget to bring along family and friends – all are welcome.

It would be helpful if you book ahead so that approx numbers may be catered for.

Care has been taken to avoid The World Cup Final which is the following weekend!

### **OLIVE BRANCH HANDBELL RINGERS**

**will be holding a concert in The Memorial Hall, West Moors on July 6<sup>th</sup>, 2.00-3.00p.m. raising funds for Lupus.**

### **OPEN GARDEN NGS SCHEME**

**Sunday Aug 1<sup>st</sup>. Opening times and venue address see June 27<sup>th</sup>.**



### **COFFEE MORNING at The Church House, Milborne Port**

**Sat 4<sup>th</sup> August at 10.30 (Date provisional so please call Debbie in advance in case the date needs to change)**

It's a while since we last met in the North of the County, so Janet (Heath) is organising this Coffee Morning for us. Please come along and join us in this beautiful part of the County. Some of us are planning lunch in Sherborne afterwards to make a day of it so come along and join in!



### **PIMMS & POSH FROCKS at the Grey Friars Hall, Grey Friars, High Street, Ringwood BH24 1DW on Saturday 4<sup>th</sup>**

**September at 7.30pm.**

This is the first black tie event that the Dorset Group has done and we are involving the Hampshire group as well, so please please please support us and don your posh frocks and suits and come along for what is going to be a fantastic evening! The venue is a lovely setting with an outdoor area. There will be a 2 course sit down buffet meal with coffee and biscuits/chocolates, licensed bar, live entertainment & dancing and a glass of Pimms on arrival, along with a photographer and tombola. More information on this will be sent out shortly. Tickets cost £35 each or you can buy a table of 8 for £250.

In the meantime please get in touch with Tamsin on 07816 069566/ 01202 470211 if you would like some more information or to buy tickets. This is going to be a popular event so don't leave it too long! If anyone would like to help me please get in touch too!



**COFFEE MORNING**  
at The Howard  
Centre, Christch'ch  
Hosp on Sat 25<sup>th</sup>  
Sept at 10.30a.m.

Come along and see us for a get-together. We hope to have a speaker for this event and will let you know nearer the time, about the details as our next Newsletter will be due out mid September.



**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 again 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).



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

**Friday 22<sup>nd</sup> Oct at 7pm.**

If you fancy an alternative evening out girls (bring your friends 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)

..and give Chris a call on 01305 848629, to give her your shoe size before the 14<sup>th</sup> October.

## **OCTOBER-LUPUS AWARENESS MONTH**



**SPONSORED**  
**WALK – GO THE**  
**EXTRA MILE** in aid  
of Lupus UK.

**Suggested date Sunday 3<sup>rd</sup>  
October.**

Are you able to walk, with aid or alone, for a couple of miles or so? With one of the most beautiful coastlines, we would like to try a walk along the coast westwards this year, towards the Jurassic Coast, for our annual sponsored walk. Nothing has been tested yet but more details will follow in the next Newsletter. We felt doing the walk earlier in the month, may bring us better weather!

We would ensure that the walk would be on the level and that everyone who wanted to be involved, could get there. Do not be worried if you need help – there will enough of us to help if required – so call Debbie if you would like to get involved in any way, whether it be by manning the Information Stand, carrying collecting tins, sponsoring some of the walkers or trying the walk yourself.



**CASTLEPOINT**  
**STAND at**  
**Castlepoint**  
**Shopping Centre**  
**on 9<sup>th</sup> October**

Please come and support us, we have a pitch outside of M&S for the day, please call Debbie if you have an hour to spare and are able to help us. Seats will be available and you will be under cover.

We are also trying to organise an Information Stand in 3 locations:- The Atrium, Poole Hospital, Shaftesbury, and The Corn Exchange in Blandford, so if anyone can help man the stands (we will only have them 1 day each in the whole of the month) then please contact Debbie to check when you would be available to help.

## **OTHER EVENTS FOR 2010**

Watch this space for car boot sale; Skittles Evening; Quiz Night ..... 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.

## **Marathon Mary**

Congratulations and well done to Mary Hosking-Ellis who completed the London Marathon in just over 6 hours and has raised £2000 for Lupus. In spite of the inclement weather, getting wet at the start, and having blisters on her feet the size of saucers which later required medical attention, she completed this gruelling 26 mile race. Many people went along to support Mary including her 20 month old twins. An extra jumper was supplied 11 miles in and she was seen through various check points. Mary's husband, Colin, joined her for the final few miles through to the finish. A fantastic achievement and a big

**“THANK YOU”**

to Mary and her friend, Leahn for raising a huge amount of money in aid of Lupus. Mary would also like to thank everyone who supported her and in making the final sum such a large figure.

Well done ladies!

## Recipe Corner

This is a real favourite of mine so I thought I would put it in.  
*Macaroni Cheese:*

500g macaroni  
225g grated cheddar cheese  
40g butter  
40g plain flour  
450ml milk  
1 tspn Worcestershire sauce  
Pinch salt  
Pinch cayenne pepper

Cooking time 35-40mins  
Oven 180oC/ 350F / GM 4

Cook the macaroni in boiling salted water for 10-12 mins or until tender. Drain well.

Put half the macaroni in a liberally buttered casserole dish.

Cover with half the grated cheese, then top with the remaining macaroni. Melt the butter in a saucepan. Stir in the flour and cook for 1 minute, stirring constantly. Remove from the heat and gradually stir in the milk. Return to the heat and bring to the boil stirring. Add the Worcestershire sauce, salt, pepper and cayenne. Simmer for two mins, then pour into the casserole dish. Sprinkle the remaining cheese on top.

Bake in a pre-heated oven for 20-25 mins or until top is golden brown. Serve immediately.

Enjoy! If anyone has been trying out the recipes please drop me a line and let me know if you enjoyed them!

## Website

Well we are nearly there. The new logo can be found at the front of the newsletter and now we have someone working on the website, so we will be up and running soon.

[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*

## 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.

We had no reviewers this quarter but if anyone could do one for next quarter, we would be very grateful. We welcome any of your comments with regard to each of the books.

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.

## A Letter from Nepal...part II

By Lupus Nurse Carol Frosdick

### Modes of Transport

*“Nepal is a popular place for tourists to visit who enjoy trekking, and visits to Everest base camp are undertaken by many trekkers.*

*We booked a trip with a local airline to fly over Mount Everest, however we had forgotten that the Nepalese have little concept of time, they live by the clock of sunup and sundown, so we ended up waiting at the airport for three hours while the airline decided if they should fly or not.*

*We boarded the tiny little aircraft and flew over the summit of Everest, but didn’t see any mountain climbers to wave at.*

*The next day we went around Kathmandu, which is a busy town, full of side streets where people sell all sorts from their houses, the roads are very rough and unmade and there is electricity for only four hours per day, however some of the bigger hotels had their own generators so they had electricity for longer.*

*We rode in a Tuk Tuk around Kathmandu which is like a small milk van, and usually driven by teenage boys, another popular mode of transport is rickshaw, these all seemed to be driven by young boys who looked exhausted, so we didn’t try these out.*

*We walked to many historic temples and visited Durban square, popularised by Michael Palin in his travels.*

*We all travelled up the mountain to Lusanku the village where we would be working, in a large Bus. The buses were painted in very bright yellows, reds, blues and greens and were nothing like the buses in England.*

*Every space on the bus was occupied by people, the seats,*

the aisles, the roof, people hanging off the sides and all driven by a young man that looked no older than seventeen.

The kitchen sink was in the middle of the aisles along with two western style toilets as the accommodation we were going to be staying in had no such luxuries, and the people of Lusanku were going to build these western luxuries for us.

This is a picture of the kitchen in our accommodation in Lusanku. All cooking is done on the floor, and there are no fridges."



Thank you Carol for your extremely interesting insight into local life in Nepal, it makes us realise how lucky we are.

## Sponsorship

**THE NIGHTJAR**

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



**Grapefruit Graphics**

**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** - The emphasis over the next few months will be on travel and movement, try not to over exert yourself as energy levels at times might be a little low. Keeping physically fit will see you moving towards better times, watch your diet!

Lucky Number - 5

**Taurus** - For you the most important aspect over the next few months will be relationships, love is in the air, let fate guide you to where it is that you need to be, so that right healing can take place. A celebration will bring happiness.

Lucky Number - 25

**Gemini** - All change for you I think over the next few months. You have been in a period of transition, continue to take life one step at a time and all will be well. Spend more time in the countryside if you can, it might refresh your spirit.

Lucky Number - 13

**Cancer** - Golden dawns and new beginnings are on the horizon, lucky you! Meanwhile, try to get your minor issues sorted out, like a visit to the dentist, don't put it off, do it now, you will feel much better for it. Buy the way; leave the past where it belongs, in the past, its time to open new doors!

Lucky Number - 23

**Leo** - Any family worries or concerns will gradually fade away leaving you feeling relieved and much happier. A gathering of like minded folk will stimulate you and bring you new and interesting opportunities. Try to keep yourself hydrated.

Lucky Number - 9

**Virgo** - You intuitively know what you need to do, why not trust yourself and get on with changing your life. Only positive influences are out there for you, take a chance and you might be rewarded with an increase of vitality and passion.

Lucky Number - 10

**Libra** - Always act in tune with your true self; try not to be influenced by those who think that they know what is best for you. You are on the brink of finding true and lasting peace and happiness, Be strong!

Lucky Number - 8

**Scorpio** - Go with the flow! Try not to make so many waves! Completion and success will depend on you acting in accord with others who have power and authority. Take a step back; this will enable you to see the bigger picture.

Lucky Number - 21

**Sagittarius** - All partnerships are well stered and over the next few months pleasant developments will lift your spirits. The gift of love will be offered to you, take it with both hands and be happy!

Lucky Number - 7

**Capricorn** - Try not to be too down and disheartened, if you feel that your life has been in suspension then that time of stagnation is nearly at an end. Money, work and practicalities will move things along and bring new opportunities.

Lucky Number - 12

**Aquarius** - This might be the time when your hopes and wishes will be fulfilled. Try to accept any invitations that are offered to you, it would be good for you to party a little. Even though there are clouds in the sky the sun is still there! Keep your chin up; fate is working in your favour.

Lucky Number - 16

**Pisces** - Home is where the heart is, so they say, and for you at this time it might be true, if you are looking to move then now would be a good time to set the wheels in motion. Have patience though, this is a time for planning your future.

Lucky Number - 14

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.

\*\*\*\*\*

**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 autumn period so look out for it in mid to late September.

If anyone has an article they would like to have included could you please contact Tamsin or Debbie by the beginning of September.

In the meantime, I hope you are looking forward to the summer months – and we look forward to seeing you at the coming events.

*Tamsin*

## Dates For Your Diary

**June 19<sup>th</sup>** – Wareham River Trip, from Poole Quay, Poole at 5.30p.m.

**June 26<sup>th</sup>** – Coffee Morning at Nightjar Pub, Canford Cliffs at 10.30a.m.

**June 27<sup>th</sup>** - N.G.S. Open Garden at Hampreston 2.00-5.00p.m.

**July 4<sup>th</sup>** – Afternoon Tea Party at Debbie's. 2.30pm in West Parley

**August 1<sup>st</sup>** - N.G.S. Open Garden at Hampreston 2.00-5.00p.m

**August 4<sup>th</sup>** – Coffee Morning at The Church House, Milborne Port at 10.30a.m.

**Sept 4<sup>th</sup>** - Pimms & Posh Frocks, Ringwood

**Sept 25<sup>th</sup>** - Coffee Morning, The Howard Centre, Christchurch Hospital at 10.30a.m

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

**Oct 3<sup>rd</sup>** suggested date for yearly Sponsored Walk

**Oct 9<sup>th</sup>** - CastlePoint Lupus Awareness Information stand

**Oct 22<sup>nd</sup>** - Rodhill Centre, Puddletown