

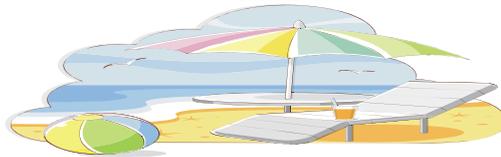


DORSET LUPUS GROUP NEWSLETTER

SUMMER EDITION 2013

CHECK OUT OUR WEBSITE UPDATES

**ARE YOU ON FACEBOOK?... JOIN
OUR PAGE AND GET INVOLVED!**



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PATRONS

Christopher Chope OBE MP
and Christo Chope & Dr. Neil
Hopkinson DM FRCP

SPONSORS

If you would like to sponsor
us or know a company who
would, please get in touch.



New Chair returns...

Hello everyone

I do hope that all of you are keeping fit and healthy, and managing as well as you can with this tremendous heat. It is sometimes all too easy to forget about those of us who have symptoms that get even harder to bear, whilst others celebrate the warmth and brightness of summer.

Anyway, as you may have heard by now, I have returned to take up the position of Chair following the A.G.M in May. I have a new team of helpers so look out for some fresh new ideas.

EDITORS MESSAGE

Hi all,

Where does the time go!

I would first like to say a big thank you to Gerrish Gray who has held the reins for the past year as our Chairman and who has been succeeded by the new Chair Debbie Steel (yes you read that correctly!) If you haven't already heard, Debbie has once again decided to take on the role and has thrown herself (and all of us) into a flurry of things already, which you can read about later on in the newsletter.

I have taken up the role of Vice Chair, so if there is anything at all our members would like to discuss, plan, need advice for please do not hesitate to get in touch with

Rose, who lives in Weymouth, has offered to host regular "drop-in" socials in Costa Coffee in Dorchester every month, starting in September so I hope that those of you in the west and centre of the County will be able to come along and just have a chat. We are also planning the Sponsored Walk along Weymouth Seafront this year, and our Christmas Coffee Morning is to be held in a central Bournemouth Hotel, just perfect for going on to do the Christmas Shopping afterwards (more details later in this Newsletter). I will, as usual order lots of Christmas

cards, so come along and buy yours from us at the Tarrant Monkton Social, if not before.

Finally I am afraid I owe you a huge apology. I have only recently discovered our Website is almost 6 month out-of-date. We are working with Lupus UK HO to try and get this remedied so hopefully by the time you get this it may already be sorted. Please bear with us and if you need to know anything, feel free to just give me a call. I look forward to seeing you at our next meeting or at the Open Garden events.

With warmest regards

Debbie x

either myself or Debbie and we will do what we can to help.

We also welcome a few new members onto the committee - Ann Mays and Rose Smeeton who will be looking to improve our publicity in and around Dorset, and David Mays has agreed to take over the role of Treasurer.

I have been trying to get a good dose of Vitamin D - as much as I can manage in the sun and heat at least and I hope everyone is coping well themselves. I have been using a great sunscreen called Sun Sense Ultra(50 spf) which I was recently told you can get on prescription and the great thing is its quite a milky consistency not greasy at all.



Above is a photo of Debbie and myself enjoying the sunshine on the bournemouth Pier Walk a couple of weeks back with the Pier in the background.

Stay safe in the sun and enjoy the beautiful Dorset scenery in a completely different light.

Tamsin x

A Review of Past Events...

ANNUAL AGM MAY 11TH

See write up later in newsletter. Not so many attended this year, but it was an interesting morning which culminated in a talk by Dr Neil Hopkinson on medication, research and changes to our hospital.



NATIONAL CONFERENCE MAY 12TH

A super write up in the News and Views which has just been published - I couldn't do a better job!

NGS OPEN GARDEN MAY 19TH & JUNE 10TH

Well attended on both days and one

of our helpers (and new committee member) has written a short piece about the afternoon further in the newsletter.

MILBOURNE PORT JUNE 29TH

Thank you to Janet for arranging a lovely morning and to all those who attended—thoroughly enjoyable and great coffee. Good to see a few new people come along.

BOURNEMOUTH PIER WALK JULY 13TH

Wow - what a scorcher! It was a lovely day, the beaches were packed and we had a lovely stroll along the pier ending with a lovely coffee and slab of cake at the café at the end of the pier. Lovely to see some old faces again.



Future Events...

OPEN GARDEN NGS SCHEME AT MANOR FARM, HAMPRESTON, WIMBORNE, BH21 7LX BETWEEN 1.00P.M. AND 5.00P.M. DATES - AUGUST 4TH & 7TH 2013 FROM 1.00—5.00PM.



Anne & Guy Trehane have invited us to help serve the refreshments. All monies collected will

go to Dorset Lupus. Please come along, either to help us serve tea and cake, or to view the magnificent garden.

COFFEE & CHAT AT POOLE PARK CAFÉ, POOLE ON SEPT 7TH - NEXT TO THE CHILDRENS PLAY AREA AT 10.30AM.

A chance to chat and catch up.

NEW! COFFEE & CHAT AT COSTA COFFEE IN DORCHESTER AT 10.30AM ON SEPT 10TH; OCT 8TH; NOV 12TH

This is a new meet up we are trying on the second Tuesday of the

month - A chance for those in the West of Dorset to meet up in an informal environment. The Costa Coffee address for those who don't know Dorchester well is 8 Cornhill Dorchester, Dorset DT1 1BA 01305 257296 and is situated at the top of town. Please call Rose Smeeton on 07866544764 or 01305761454 if you require further information.



INFO STAND AT CHRISTCHURCH HOSPITAL ON OCT 2ND & 16TH AT 10-3PM.

Come and say hello!



WALK THE EXTRA MILE! CHARITY WALK ALONG WEYMOUTH SEA FRONT ON OCT 6TH. MEET FOR LUNCH AT 12PM TO START WALK AT 1.30PM.

Full information on Page 4.



INFO STAND AT DORSET COUNTY HOSPITAL ON OCT 23TH AT 10-4PM.

Come and say hello!



INFO STAND AT BOURNEMOUTH HOSPITAL ON OCT 29TH AT 10-3PM.

Come and say hello!



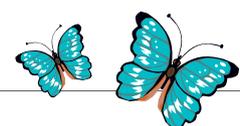
COFFEE & CHAT AT TARRANT MONKTON LANGTON ARMS, NR BLANDFORD ON NOVEMBER 9TH AT 10.30.

There will be a speaker talking about 'Living and Coping with Your Pain'. It won't be about medication – it will be on the general subject of approaches to living with chronic pain and open discussion and questions will be encouraged. Along with the usual coffee and pastries available. Get your xmas cards here!



XMAS COFFEE & CHAT AT ARUNDEL SUITE, THE ROYAL NORFOLK HOTEL, RICHMOND HILL, BOURNEMOUTH ON DECEMBER 7TH AT 10.30.

We have arranged a lovely morning at this gorgeous hotel to have coffee and mince pies (gluten free available just let Debbie know in advance) only £5 pp and then you could pop into Bournemouth and admire the lights and xmas market and do some xmas shopping.



HealthUnlocked

Connect with LUPUS UK and the people affected by lupus

- See what other people with lupus are doing and thinking
- Answers from people within the lupus community

Tools to help you make choices that are right for you. Join a friendly online community of other Lupus sufferers, write a blog or ask a question - it is totally up to you.

<http://lupusuk.healthunlocked.com>

PLEA FOR HELP!

Helpers required for the Open Garden on August 4th and 7th - without help doing the teas/ serving cakes/ washing up... it can't go ahead as the Trehanes rely on help from the Dorset Lupus Group - only fair as we get the proceeds!

If you can lend a hand please call Debbie with your preference on times (1-3 pm or 3-5pm) to help.

Your Story

If anyone would like to write in and tell us their Lupus story please email it to me on; tamsin@dorsetlupus.com We would love to hear it - maybe its similar to someone else's!

Coffee Groups around the county

We are trying to set up some little coffee groups around the county to get more members involved that wouldn't usually come to the meetings or can't get there for one reason or another. If you would like to meet up with others in your area for a coffee and chat please call Tamsin or Gerry and we will try and get in touch with others in your locality

Doctor H's Spot...

Dr Hopkinson was off doing his Lands End to John O'Groats cycle ride recently to raise money for the rheumatology clinic, however his write ups will be back for the next newsletter.

He is being swiftly followed by our very own Chris Maker (Lupus UK) who has volunteered to take part in the Prudential London Ride to raise money for Lupus UK.

ANYONE FOR TEA...

Have you ever wondered what goes on at the Open Garden at Manor Farm, Hampreston...?

Anne and Guy Trehane own a beautiful farmhouse and it has been in the family for 100 years. Anne works as a physio at Poole Hospital where she comes into contact with lupus patients. She is also a very enthusiastic gardener. Her garden wraps around the farmhouse and has several different areas of interest. She is very keen to pass on her gardening knowledge so I always come away knowing something new! The plant stall also has some very healthy plants to buy should you so wish. Under the National gardens Scheme, Anne and Guy welcome visitors to their garden for the cost of a small entry fee, several times a year. This money goes to the NGS but the Tea Money is generously given to the Dorset Lupus group by Anne and Guy, with whom we have a very good relationship. In return, we

If you would like to sponsor Chris please call the team at Head Office on 01708 731251.

Well Done to both of them for even thinking about doing the rides!



offer to make tea and serve the cake. Ann bakes all the cakes herself and sets up the tables in the garden so there is no heavy work for us to do. We can have as few as 20 visitors on a wet day to as many as 200 plus on a good day. We often raise a couple of hundred pounds for what is a very pleasant afternoon's work. If the weather is not good we wrap up warm and carry on because the visitors certainly keep coming! I usually choose to clear tables and this gives me the chance to have a chat with the very friendly visitors. Surprisingly enough, there always seems to be someone with a tale to tell about Lupus and soon a discussion spreads between tables. This is a really good way to share information about Lupus. The members of Dorset Lupus Group who help have a good chat and a laugh whilst washing-up etc. And, of course, helpers always have the opportunity to have a look at the garden for free. Must be good! Why don't you come along and join the team one day?

Ann Mays



Lupus UK Contact - Guest Blog on Health Unlocked June ...

I was approached by Paul Howard of Lupus UK to write the guest blog on Health Unlocked for June. Blogging about my experiences as a Lupus UK Contact. So here goes....

As a Lupus UK Contact, I like to think that all lupus patients whether having had a diagnosis or not, have access to a 'service' to talk to people like me, in whom they can talk to, confide in and be reassured. When I was first diagnosed 18 years ago this wasn't available and as a frightened teenager whose world fell apart it when I was diagnosed, it would have helped me tremendously if only there was someone I could talk to who understood what was happening to me – whereas the reality was that Lupus was still relatively unheard of and I felt there was no one I could talk to about it.

Roll on 15 years later and I had the opportunity to get involved with the Dorset Lupus Group. I was asked to join the committee after turning up to an AGM and after a while I was asked if I would be a contact. I jumped at the chance of being 'that' person I wished I could have talked to all those years ago and to try and help others who needed someone to talk with, who knew how they felt and what they were going through with their families and loved ones.

Initially I went on the Lupus UK Contacts course, where I met similarly minded people, and together we went through many scenarios, questions we might be asked and how we might deal with awkward, difficult or embarrassing situations. I think generally as a lupus patient, you have more empathy towards others with Lupus, as you know what it is like to have the symptoms, even though you might look well and this is one of the biggest hurdles to convey to others.

As a contact we must be reassuring, assertive, make the person you are talking to feel at ease, listen and give advice to the best of your knowledge.

Above all we do not take the place of

the medical professionals.

I can get calls during the day or evening and I always try to make time to talk although this isn't always possible with a family and business to look after, in which case I will make a time to call back. I find that callers are quite tentative when initially talking then relax and open up more when they realise I also have lupus and can understand their symptoms and how they are feeling.

I really enjoy that I am helping people to understand (their) Lupus better, whether the caller is newly diagnosed and scared; a family member who is worried about a Lupus diagnosis and what to expect, or a patient whose family doesn't understand them. Every call is different and every call is important.

If you are not currently a member of the Health Unlocked Community it is well worth a look - specifically the Lupus site but they do forums for all different illnesses, disabilities and health problems. On there you will find a caring community of like minded people who have lupus or know a close friend or relative with lupus and they want to understand, ask questions and help out with their own stories where they can. There is a bloggers section, a lupus uk section and a question section where you can ask, answer or just read. It is also useful to find if there's anyone near where you live who also has lupus...as long as they put in their whereabouts!

I have had many useful tips, questions answered and offered my own experiences on many occasions and think it is a brilliant port of call to find out more about our Lupus.

www.healthunlocked.com/lupusuk

Tamsin C

Walk an Extra Mile...

As you know we like to try to do a sponsored walk each October to raise awareness. This year we will be doing it along Weymouth sea front. We will be meeting at the **Oasis Café** www.cafeoasis.co.uk, the Bowleaze Cove end at **1.30pm on Sunday 6th October**. It is possible to park there and if you buy something from the café (either before or after the walk) can get up to 2 hours free parking.

If anyone is interested in meeting for lunch at the Oasis Café at 12pm please let Debbie know and she will add you to the table numbers.

We will be arranging two routes for walkers depending on how much you can manage. Option A - walk from the Café to the Pavilion and return to the Café. Total Walk approx 5 miles. Option B - walk from the Café to the Pavilion and then back to the Information Stand. Pre-arranged transport can then take people back to the Oasis café to meet up with others - total of just under 3 miles. There is also the Land Train running up to Lodmor past the information stand.

We will be stopping at the Oasis Café at the end for a drink.

We also need someone to man the Information stand if you don't feel up to doing the walk. Please contact Debbie for details, also for sponsor forms and printed t-shirts. It will be a disabled friendly walk with wc's along the route.



Drop In Clinics...

Many regional groups across the UK support a local 'drop-in' centre. This is usually held once a month where the lupus clinic is held (in this case Christchurch hospital) and is manned on a volunteer basis by lupus patients to give support and advice to others who require it. It is not for advice on treatments - that is the consultant and nurses roles, but for help and support for other aspects that concern the lupus patient.

If you have any views on this or would like to get involved please get in touch we would love to talk to you.

Tamsin@dorsetlupus.com

Dr Hopkinson Talk - AGM 11/5/13...

Dr Hopkinson kindly came along to our A.G.M. to update us on any progress that had occurred, within the last 12 months, with particular regard to Lupus medication and research, as well as the proposed potential changes in the Local Health Services which may ultimately affect us all.



Firstly the clinical trials for Epratuzemab, that Dr H had mentioned last year, have not gone as well as hoped. As yet no one has actually been recruited locally, although 2 people have been screened, but found to be ineligible as they were not considered bad enough and were responding well to existing medication. This has been a common problem throughout the UK. Countries such as Romania, Bulgaria and Russia are more successful as they do not have access to the range of drugs that we are lucky enough to have here.

Secondly, Belimumab (trade name Benlysta), was not licensed for use in the UK and is not likely to be so in the foreseeable future. NICE have decided it is too expensive and any net gain made is not worth the extra cost. This is reviewable by NICE so we shall see what happens.

Dr H told us that his Lupus Nurse/ Research Assistant, Carole Frosdick, is leaving to work at Southampton Hospital carrying out research into Strokes. He is looking to replace her with a part time Lupus Nurse and will be applying to Lupus UK for potential funding. This person would cover the

east of the County and it was discussed that there was a great need for someone in the West as well, covering the Dorchester area. Dr H said that that may well require a full time nurse, so further thought will be given to see whether that would be a better proposition.

This led us onto the situation with the local hospitals. Christchurch Hospital has finally been granted Planning Permission for the refurbishment talked about and planned for the past 2 years. Using old buildings, previously unused, there will be a new Pharmacy, Doctor's Surgery as well as other medically related businesses. Some of the other buildings will be knocked down to be replaced by a Residential Home. The Outpatients, MacMillan and Dermatology Departments would all stay at Christchurch so that Dr H will continue to see his patients there.

There was then a discussion about the proposed merger between the Bournemouth & Christchurch NHS Trust and the Poole NHS Trust. At one stage it looked like this was definitely going ahead, but as time goes on, this may only happen by April 2014 at the very earliest. The fact that any decision has been delayed may well mean that it is less likely to go ahead but at the moment nothing is certain.

Dr H's personal opinion was that if this was to go ahead it may actually be better for us as the same services will remain but we will have more choice as to where to get our treatment. The merger would make this easier and more interchangeable.

The decision is currently with the Competition Commission so we will have to wait and see what happens.

The talk was extremely well received as all of these points directly affect all of us. It was good to be able to ask someone what was likely to happen and when. We hear so much in the media about these changes but it is so difficult to see through all the comments in order to determine what is good and what is not for us personally – so a big "Thank You" to Dr H for sharing your opinions and simplifying the situation.

Book Review... by Ann Mays



Julies Story - My life with Lupus by Julie Millar, M.S.W

This short and sweet autobiography was written by a young American woman who, at the age of 24, began her journey with Lupus.

Julie was about to embark on her adult life, her studying for a Masters Degree in School Social Work was coming to an end and she was preparing to find her first job and marry her childhood sweet heart. In fact, everything was going to plan.

But then, childhood headaches became full blown migraines and other symptoms began. Julie was concerned as to what could be wrong with her, as she was young with a healthy lifestyle. Life became increasingly difficult and eventually she was hospitalised and diagnosed with Lupus. This forced her to admit to her fiancé and family that she had been feeling unwell for some time.

The book covers ten years of Julies life, during which time, she did get married, buy a home and had a son, although she was unable to cope with going to work. This was all achieved after a Roman Catholic priest gave her a blessing which removed her fear of Lupus.

With the help of medication and care from her family, she managed to get by, coping with hospital stays and depression. She was determined not to let her son hear about her condition but she did write letters to him expressing her emotions as her illness progressed. These are reproduced in the book and to be given to her son when he is older.

Having a strong faith means that Julie sees her disease as a blessing, enabling her to help others in the form of this book, the proceeds of which are given to the American lupus Foundation.

Julie writes a straight forward account of the progress of her disease acknowledging that her life with Lupus was made easier to bear as her loving family took care of any financial worries and helped with the practical day to day tasks she encountered.

Hughes Syndrome Foundation Patients' Day...

I am a member of the Hughes Syndrome Foundation as I am one of the 35% of Lupus patients who have 'sticky blood'. It is a charity which aims to support research into antiphospholipid syndrome (APS), support sufferers, provide information and education about Hughes Syndrome and raise funds to help with these aims.

I attended the Annual Patients Day at St Thomas's hospital in May. This is always well organised with good facilities and refreshments. The speakers were given half an hour each to talk and answer questions from the floor. The format worked well and before I knew it, we had reached the end of the six presentations.

Professor Graham Hughes introduced the programme. He is a truly amazing man who has a vision to test APS in patients world-wide with kits available 'over the counter'. Treating those diagnosed with Hughes Syndrome would prevent migraines, strokes, heart attacks and still births throughout the world.

The next speaker was Professor Beverly Hunt who is a national and international expert in thrombosis and acquired bleeding disorders. She talked about new oral anti-coagulants which need to be efficient, effective, safe and convenient. Although Warfarin has its problems so do the new drug for which there are no known antidotes. It is a very serious

matter should a bleed occur when taking one of the new drugs. We also do not know yet what the correct dose should be or what their long term effects are. However, Professor Hunt foresees that in the next 5 years these problems should be solved.

Professor Anisur Rahman spoke next. He has a particular interest in autoimmune diseases and chronic pain. He discussed the various tests available for APS and the difficulties they present as there is no perfect test yet.

We then heard the personal testimony of two patients, Craig Givens and Yvonne Wren, on how useful they find the Coagucheck machine which enables them to self-test and this avoid two or three visits a week to the INR clinic. Their experience is that raised stress levels send INR readings sky high!

Then we heard Sander Otter, who has APS and SLE, he outlined his work with the National Dutch Association for Lupus, APS, Scleroderma and MCTD.

Finally we had a presentation by two representatives of an insurance company who offered to help those present with any insurance issues they might have.

All in all it was a very interesting afternoon with lots of interaction from the patients attending.

By Ann Mays.

Trust Fund delight...

We were recently contacted regarding the trust fund monies and are delighted to say the recipient (s) were very grateful and thankful for the monies to service their two personal mobility vehicles which aids their ability to go outdoors not only to help exercise their dog but to also help the person on a daily basis.



A few Questions...



Can someone with Lupus be an Organ Donor?

Having an existing medical condition does not necessarily prevent a person from becoming an organ or tissue donor. In the event of death, clinicians, taking account of that person's medical history, will make a decision about whether some or all organs or tissues are suitable for transplant. Usually, but not always, it is possible for some organs or tissues to be donated. There are only 2 absolute contraindications to organ donation: being HIV positive and having or at risk of having CJD. Therefore, I see no reason why lupus sufferers should not be considered as potential donors, whilst alive or after death.

Christine Cole, Organ Donor Register Team Leader.

Can Lupus or Discoid Lupus Patients be blood donors?

On the whole patients with lupus are discouraged from giving blood. We asked the Blood transfusion centre why this was their policy was and was given the following answer by *Dr Angela Gorman Consultant Haematologist*: There are two main principles underlying our advice on donor selection - firstly, to ensure as far as humanly possible the safety of blood being transfused and, secondly, to ensure that we do not risk the health of our donors in any way. A number of broad categories of illness will prevent a volunteer from donating blood. These include malignancy, illnesses of unknown origin and systemic inflammatory conditions. This is because, without a full understanding of the causes of such conditions, we cannot ensure that we are not risking the transmission of harmful chemicals or toxins to the patient and, furthermore, we cannot be certain that we will not harm the donor in any way.

We are aware that this disappoints many potential volunteers but we must be extremely careful not to allow our need for additional blood donors to override our duty of care to the potential volunteer. Equally, we must avoid the risk of harming the blood recipient, even if this means unnecessarily refusing some donations.

MedicAlert Foundation

MedicAlert is the only non-profit registered charity providing a life-saving identification system for individuals with hidden medical conditions and allergies. This takes the form of body worn bracelets or necklets bearing the MedicAlert symbol on the disc and supported by a 24hr emergency telephone service. Each member receives an emblem that is engraved with the wearers main medical condition(s) or vital details, a personal ID number and a 24 hr telephone number that can access their details from anywhere in the world in over 100 languages.

There is an annual fee of £25 for membership plus the cost of bracelet chosen starting from £19.95. Contact MedicAlert on **0800 581420** email: **info@medicalert.org.uk** or see **www.medicalert.org.uk**.



WAITROSE SCHEME

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 Tamsin on 01202 470211.

Lupus UK wristbands

These wristbands are now available from the Lupus UK website to help spread awareness of Lupus featuring logo & website details - price £1.00. Debbie has a supply of these so anyone who would like to get one can save on postage costs by getting them from Debbie!



Trust Fund



The Dorset Lupus Group have a trust fund with just under £2,000 and would like to be able to use this money to help our members. Donations have been from the Dorset Lions and from the Bourne Lodge, with the stipulation that it was to be used for local sufferers of lupus only.

If anyone would like to speak to Tamsin confidentially, to see whether Dorset Lupus would be able to help, please call her on 01202 470211 or write to 4 Hurn Road, Christchurch, BH23 2TZ Dorset.

Strict confidentiality will be followed at all times.

KEEP IN TOUCH

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

Smiley

Contacts and Hospital Buddies



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 **Hospital Buddy** service, where a member of the Group will attend any appointments or test at the hospital to help support you,

even if its just to remember what the Dr has said!

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

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

LEAFLETS & POSTERS



We have got some brightly coloured leaflets for the Dorset Lupus Group – describing a bit about Lupus and symptoms along with details of the committee and our group. We also have some Lupus UK posters with information about the Group for Doctors surgeries, libraries, notice boards etc. If anyone would like a copy for themselves or to give out please get in touch with Gerry or Tamsin and we can arrange to distribute them to you.

Could you put some in your local Doctor's Surgery, library, church or Information Office?

Treasury Activity...

11 May AGM Raffle - £29.00
 19 May NGS - £94.18
 9 June - Donation from Bourne Lodge £175.00
 9 June NGS - £347.92
 9 June - Donation from J Craigmyle £20.00

Your New Committee...

Chair: Debbie Steel
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Raffles:
 Mrs Carol Berkhauser
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carol.berkhauser@hotmail.com

SHARE YOUR NEWS...

Do you have anything that you would like to share in our newsletter.....photos of events, congratulations...ANYTHING!
 Please email it to

Tamsin@dorsetlupus.com

Dates for your Diary



August 4th 2013 NGS at Manor Farm, Hampreston 1-5pm

August 7th 2013 NGS at Manor Farm, Hampreston 1-5pm

Sept 7th 2013 Coffee & Chat, Poole Park Café, Poole at 10.30am

Sept 10th 2013 NEW! Coffee & Chat, Costa Coffee in Dorchester 10.30am

Oct 2nd 2013 Info stand, Christchurch Hospital 10-3pm

Oct 6th 2013 Walk the Extra Mile, Charity Walk along Weymouth Sea Front

Oct 8th 2013 NEW! Coffee & Chat, Costa Coffee in Dorchester 10.30am

Oct 16th 2013 Info stand, Christchurch Hospital 10-3pm

Oct 23rd 2013 Info stand, Dorset County Hospital 10-4pm

Oct 29th 2013 Info stand, B'mouth Hospital 10-3pm

Nov 9th 2013 Coffee & Chat at Langton Arms, Tarrant Monkton with Speaker

Nov 12th 2013 NEW! Coffee & Chat, Costa Coffee in Dorchester 10.30am

Dec 7th 2013 Christmas Coffee Morning at The Royal Norfolk Hotel, Bournemouth 10.30-12pm

Dec 10th 2013 NEW! Coffee & Chat, Costa Coffee in Dorchester 10.30am

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USED 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.

