

**2009 Committee
Members**

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Secretary: Janet Bourne

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Communications Secretary:
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Raffle & Events:

Carol Berkhauser

Librarians:

Yvonne & Guy Hosking

Other Members:

Yvonne & Charlie Bartlett

Gerrish Gray

Contacts:

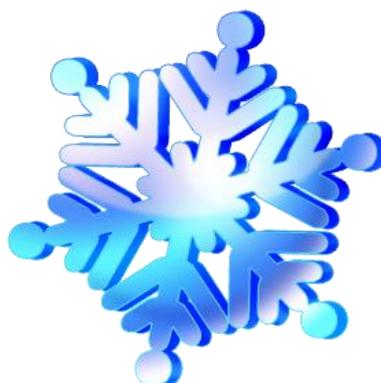
Tamsin Campbelton

01202 470211

Gerrish Gray 01202 849144

Carole Frosdick (Lupus Nurse)

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



Chair's Column

Hello and Happy Christmas to all our members and supporters. It has been a tough year that in some respects has gone slowly, but also quickly in that it feels like only yesterday that I was worrying about who I had missed off my Christmas card list!

On a positive note we welcomed Chris and Tamsin to our committee and the range of events planned for 2009 has been varied. The Nightjar has continued to send regular donations to us. Our involvement with Anne & Guy Trehane, helping serve teas at their Open Garden events during the summer was not only fun, but provided valuable funding to help find a cure for Lupus.

In addition we now have patrons; Chris & Christo Chope, who we hope will help us to raise our profile, and will ultimately help us to raise funds. Since our article in the Stour & Avon Gazette, after the Sponsored Walk, and our Information Stand at Castlepoint during Lupus Awareness Month, we have been contacted from several sufferers who never even knew we existed. Let's hope we can

continue to raise awareness and be here if anyone needs help!

I must also just mention one of our latest events, the **Margaret Hosking Party**, on 4th December organised by Mary and Leahn (who are running the Marathon in April for Lupus UK) and Janet Bourne. The music was great, the food fantastic and everyone, without exception, enjoyed themselves. Not only did they raise a lot of money (£700 plus), but I met a newly diagnosed sufferer and also someone who is keen to help us with our fundraising. Well done girls!

Looking to the future, we have our Annual New Year Luncheon at the Miramar, which is so popular that we have had to hire a larger room at the Hotel! We also have a Racing Night and Coffee Morning organised as well as a talk from Dr Hopkinson, the top Lupus expert in Dorset. As many of you will know he covers both Bournemouth & Christchurch Hospitals; he has promised to come along and talk to us on a Saturday afternoon in April so I urge you all to try to come along and meet him.

Finally, I would like to remind you all of our library service. It is free to all members of Lupus UK (single annual membership only £10) and includes all books recommended about the disease. We have recently updated our library, so please let Yvonne & Guy know if you would like to read one, and we will arrange to get it to you.

That's enough from me for now. I wish you all a Merry Christmas and a Healthy New Year.

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 also have a **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.

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 do appreciate not everyone has email and also that some prefer to receive theirs on their doorstep. We are therefore still happy to post paper copies should you wish.

tamsin@dorsetlupus.com

Tamsin

Do you know someone who may need a "lift"?

If you know of anyone who is going through a bad time or in hospital or struggling at home please let me know so I can send them a card, on behalf of all of us, 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 know someone is thinking of you.

Don't forget to keep the birthday dates coming so we can also keep in touch on your birthday.

Smiley

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

Waitrose

The Waitrose scheme 'Community Matters' divides £1000 per month between three local good causes chosen by the public. If you have a Waitrose near you, 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).

Does anyone live in Christchurch, or Dorchester, or anywhere else that has a Waitrose?

In August this year the Parkstone store chose our group and we were sent a cheque for £287.00 – a big thank you to whoever nominated us and to everyone who used the store and voted for us in August!

Trust Fund

For those who may have recently joined, we have a trust fund kindly donated by the Dorset Lions, in North Dorset, from the proceeds raised by holding a half marathon a few years ago. Their only stipulation was that it should be used "for the benefit of Dorset sufferers".

There are still considerable monies available and whilst we have been able to help a couple of members, we would like to help more. If you need financial help with travel, accommodation, specific items that would help you at home or elsewhere...the list is limitless.

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

Debbie

Membership Renewals

Please remember the membership renewals for Lupus UK are now up for renewal in January - £10 for single membership and £15 for joint membership. If you know of anyone who would like to receive 'News and Views' as well as our newsletter please make them aware of this.

London Marathon 25th April 2010

Mary Hosking-Ellis and Leahn Sharman are running the London Marathon next year in memory of Mary's mother Margaret who died in April this year. Their aim is to raise £2,000 for Lupus UK before the race.

If you would like to sponsor them, you can go online and donate on:

www.justgiving.com/Mary-Hosking-Ellis

Alternatively just send a cheque payable to "Lupus UK" to Debbie and she will make sure it goes to the right place!

As a start to their fundraising quest, the girls, together with Janet Bourne, organised the

Margaret Hosking Party

on Friday 4th December, at the Wimborne Town Football Club. The entertainment was provided by 2 local bands; Double Trouble (where Leahn is half the **trouble** in Double Trouble!) and Stickleback Jack.

Both acts were brilliant and really got the party going, appealing to both young and old alike! There was also plenty of food provided, a raffle with some wonderful prizes, and three different Quizzes! So much effort had gone into making this evening a roaring success.

Many local businesses supported the event by donating raffle prizes and, £200 of the money raised, came from the raffle alone. There was even a race to see who would win the Children's Red Ferrari!

In total the girls raised **£709.11** and would like to thank all their family and friends, as well as all those who made the donations.



Mary, Leahn and Janet at the fundraising event last Friday

WATCH OUT FOR MORE FUNDRAISING EVENTS

Lupus Awareness Month!

Towards the end of the month we had a fantastic stall at The Castlepoint Centre; a large gazebo had already been put up for us outside M&S, which was there in case of rain or shine! Luckily we only had the latter to contend with! There were enough of us to man the stall from 11.00 to 4.30 which meant that no one had to sit outside for too long. We had many people stop to ask questions about Lupus and even met a couple who actually had the illness themselves. The shopping centre staff was very accommodating and it was a very good way to publicise not only our group and ways in which we can help, as well as the work and research funded by Lupus UK. We raised £58.47, mostly from selling Christmas cards, and will endeavour to do this again in the future.

A big thank you to all the ladies and gents who helped out on the stall it was very much appreciated. As a result we also have some new contacts!

In addition to this we had our photo and brief article about Lupus in the Stour & Avon Gazette. Not bad publicity for such a small group.

Specialist Article

Can Osteopathy help Lupus sufferers?

We have managed to get a Senior Osteopath, Oliver Curties, to write an article for our Newsletter to highlight how osteopathy can help with Lupus.

"The answer to your initial question "Can Osteopathy help lupus sufferers?" is simply YES.

I am an Osteopath and I treat people with SLE, Rheumatoid and other systemic autoimmune disorders. What I am treating is the body around the disease/disorder as these conditions are lived with and not cured.

Lupus as you know has many symptoms including aches and pains plus multiple organ involvement. The Osteopath can have an effect on many parts and systems of the body, working movement, function, blood supply and drainage; all factors that effect health and healing - like a full service on a car!

In my opinion; the most important point to make is that Osteopathy is not Chiropractic or Physiotherapy. There are some similarities but Osteopathy is more Holistic in its approach to healing the body allowing the body to work more efficiently.

It can be seen as a physical medicine, not allopathic like a Doctor, but a medicine that tries to optimize and balance the systems of the body.

Osteopathy does not occur often in lupus literature mainly because people assume that osteopathy treatments can be quite rough or aggressive and involve a 'click'.

Osteopathic treatment can be divided between structural and

cranial / functional. 'Structural' treatments are associated with soft tissue work articulation and manipulations or 'clicking'. 'Functional' or 'Cranial' Osteopathy works very much more subtly with connective tissue, systems of the body and also fluid.

The Cranial Osteopathy is probably the most useful for Lupus sufferers. They can benefit two fold; firstly with the aches and pains in the joints being released softly and gently without adding to the inflammatory process; and secondly by maintaining the systems of the body and creating balance throughout the energies and fluids which maintain health and homeostasis.

I am the principal Osteopath at The Westbourne Osteopathic Clinic which is between Portsmouth and Chichester, I also have a clinic day in Lymington. Please if you have any further questions relating to the treatment of Lupus, or any other disorders that could be helped by osteopathy, do not hesitate to me on 01243 372272 or on our website www.westbourneoc.co.uk

Oliver Curties

Dorset Lupus Group Logo Competition

After much deliberation, we have a winner! Well done to budding artist James McCammon-Williams whose creative talents have won the logo competition. We had five contenders – thank you to you everyone for sending in your entries. It was after much heated debate that the Committee chose the winner. We are now working with him to “tweek” the design slightly so that it will fit on our Newsletter,

Headed Paper and personalised leaflets. Bookends, a book and art shop in Christchurch, has kindly donated a Water Colour Tubes Paint Pod, which will be presented to him at the next meeting.

Well done James and thank you to everyone who joined in!

Questionnaire

If there are any more outstanding questionnaires we would still like to have them – please send them to Debbie as soon as you can – if you have lost them and would like another copy please get in touch with Debbie.

REVIEW OF PAST EVENTS

SKITTLES NIGHT, DORCHESTER, SEPT 26th

A great evening had by all who attended. James McCammon-Williams won the main evening's contest with Debbie Steel beating everyone off for a well deserved win in the knockout competition. Another one will be organised for the New Year. Could anyone suggest another venue, close to them, perhaps? £55.50 was raised from the evening.

SPONSORED WALK, POOLE PARK, OCT 11th

A bright and crisp October morning, not as well supported as last year's but our crowd certainly raised some attention. Our new patrons came along to show their support as well as local sponsors 'The Nightjar' who sent Brendon along to roll the bright yellow barrel all the way round with us! We raised

£109.91 from the Lupus stand and collection buckets as well as £452 (with still more monies to come) from sponsorship. We managed to get a small slot in the Stour & Avon Gazette (Debbie has lots of copies if anyone missed it!) Thank you to all who took part.



Members holding the new banner with patrons Chris & Christo Chope

COFFEE MORNING, THE HAVEN HOTEL, OCT 17th

Well attended with an interesting talk on the benefits of using Aloe Vera products. With the bitter wind outside we were glad to be watching the sea and the ferry from the inside! £33.85 was raised from the Raffle and sale of Lupus goods.

XMAS COFFEE MORNING, THE HOWARD CENTRE, CHRISTCHURCH HOSPITAL, 12th DEC

Our last coffee morning of the year was well turned out – heaps of lovely Christmas food and some wonderful raffle prizes as well as good company and Christmas music in the background! This time we collected £60.36 from the usual raffle, tea donations and lupus merchandise sale – where we got rid of the last of the diaries and a few more Christmas cards. We still have some cards left if anyone is interested.

FORTHCOMING EVENTS

NEW YEAR LUNCH, at the Miramar Hotel, Bournemouth, 10th January 2010 at 12.30pm.

Join us for our Xmas lunch. The cost is £15.75 per head and includes a 3 course meal, which you choose on the day.

We are now in the larger room, The Oak Room, as this is proving to be such a popular event, hopefully after its success earlier this year. There are therefore more places available for anyone who is interested and who has not yet booked their place. We do however need to know numbers beforehand so please contact Debbie if you are interested. She will need a £5 per head deposit, cheques payable to "Dorset Lupus". There are facilities, such as high chairs, if you wish to bring along your little ones. They will all be welcome.

This will be a great opportunity to catch up, make new friends and start the New Year as you mean to go on, except possibly for that diet....!



RACE NIGHT, at the Nightjar Restaurant & Pub in Ravine Road, Canford Cliffs, Poole, on Saturday Feb 20th at 7.30pm.

Join and support us for a fantastic evening of horse racing at the NightJar pub in Canford Cliffs. Have you ever wanted to own your own horse – now is your chance! This is a first for us so please, please support this new event and of course the group.

Firstly we need owners to come forward. There are to be 8 races,

with 8 horses in each race. You can be involved in 1 of 2 ways:

- you can "buy" a horse for only a few pounds. When it wins, you win a prize!
- And/or you can bet (only small amounts e.g.50p) on any of the horses to win. The odds are worked out by the organisers and you win real money....

The evening is organised by an independent company who run the races, set the odds, and pay out any winning and owners prizes. Does this sound like a fun night?

For something a little different call Debbie to book your seat and "bag a racehorse or two"! Don't forget to bring along your friends as the more the merrier.

Even if you can't come along, how about sponsoring a horse or two or three....

For more information please call Debbie on (01202) 877390.



Late Winter Coffee Morning, at The Langton Arms, Tarrant Monkton, Blandford DT11 8RX on March 20th at 10.30am.

In order to encourage our northern members to travel south, and our southern members to travel north, we have tried to find a venue as central as possible in the County, and have come up with the Blandford area.

We also have a speaker lined up to talk about Holistic Therapies so why not come along and find out some more?

The usual will be available – coffee and pastries, as well as our usual Raffle! Hope to see you all there!

AN AFTERNOON TALK



**WITH DR
HOPKINSON, On
Saturday April 10th
Place, location and
time to be confirmed**

Join us on a Saturday afternoon for an interesting and informative talk from Dr Neil Hopkinson – 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 and it would be lovely to see you there.

All are welcome. Teas and cakes will be served. We may also have a crèche area for those who would like to bring along their children.

AND



**Dorset Lupus
Group A.G.M**

**On Saturday
April 10th**

**before the Talk with Dr
Hopkinson.**

As our A.G.M. would be due in April, we felt it would be ideal to add it to our

**"Afternoon with Dr
Hopkinson"**

Please come along before the talk to review the past year and elect a new committee. If you would like to be part of the committee, new members are always welcome. It is always good to have other's points of view and new suggestions. We only have 3-4 committee meetings a year and choose them to fit the availability of the committee so why not come along and join us? If you would rather just talk it through beforehand, please call Debbie for more details.

If any of the existing committee do not wish to stand again, perhaps they could also call Debbie beforehand.

Remember, if you have problems with transport, call Debbie and we will see what we can do. Alternatively if you are planning to attend and have room in your car, please call Debbie as your help would be very much appreciated.

OTHER EVENTS FOR THE NEW YEAR –

watch this space for car boot sale; Skittles Evening; Shoe and Bag Sales; Cream teas and Ploughman's lunch, Pimms and Posh Frocks, Murder mystery Night. Any suggestions?

Lupus Convention 2010

Just a quick note for your diaries if you would like to attend! The Lupus UK Convention and AGM for next year will be held on Sunday May 9th at The Old Swan Hotel, Harrogate, Yorkshire. It is such a beautiful part of the country, it is well worth a visit.

The conferences every year are always well worth attending but if you have problems travelling, you can always stay at the same hotel for a few days, or nearby to the conference. If you would like help finding somewhere please call or if you would like to see if others may be going, please call and we will put you in contact with one another.

For anyone who is interested, please contact Debbie.

Sponsorship

Thank you to

The Night Jar in Canford Cliffs for all their fundraising efforts to date.



PC World at the Castle Point Centre.

And

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

Website

The website is going places – and hopefully will be up and running in the New Year, along with our lovely new logo!

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.

Tamsin

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 me in an envelope.

Library Books



Just to remind all of our members - we have a well stocked library with various Lupus books and videos. Please

get in touch with our librarians Yvonne or Guy Hosking on (01202) 575924 if you would like to borrow one (or two!). As long as you are a member of Lupus UK. We can bring them to a meeting or pay return postage for you.

Current books in stock:

- *Coping with Lupus*
- *Talking About Lupus*
- *Understanding Lupus*
- *Lupus – A Guide for Patients*
- *Lupus – A Guide for Nurses*
- *The Lupus Book – A Guide for Patients and their Families*
- *Raynauds – A Better Understanding*
- *Lupus Q & A – Everything you need to know*
- *Living with Lupus*
- *Lupus – The Challenges – Insights & Hope*
- *Friendly Fire*
- *Video – Living with Lupus*
- ***The Brain and Other Animals by Prof Graham Hughes*
- ***Living with Lupus from the Age of Eleven-The Real Me by Adam Cran*
- ***Lupus-the facts (2nd edition) by Prof Isenberg & S Manzi*
- *And **The Butterfly Traveller with useful phrases and medical terms if you are travelling abroad*

All items marked ** are new in stock.

There are also a stack of different leaflets available, covering Lupus and men/ pregnancy/families/relationships/ medications/fatigue.

These are here for our members to use – please take advantage of this!

Recipe Corner



As it's that time of year again, I thought I would put in a recipe that suits the Christmas theme, they make a great pressie and last for up to 10 days (if they last that long!).

Snowball truffles

Makes 30; Prep 20mins plus cooling; Cook 5mins

200ml double cream
200g good quality dark chocolate
200g desiccated coconut

Pour cream into saucepan and bring just to the boil. Chop choc into small bits and place in a large bowl. Pour over the boiling cream, stir until well blended and smooth.. cool, then set aside in the fridge until the mixture is solid(about 2 hrs). Scoop out teaspoons of the mixture and roll into small walnut size balls with your hands. Sprinkle coconut onto a plate and roll the truffle in the coconut until evenly covered.

If you don't like coconut use cocoa powder instead. Try milk instead of dark chocolate for a different taste. Yum!

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 - As you are the first sign of the Zodiac it will be a major influence in the way that you project yourself. Mars will encourage you to be head strong and very determined to make things happen. You have a magnetic personality which attracts many different types of people into your life. The next few months will see partnerships flourish and a feeling of optimism will keep you buoyant. Try not to burn the candle at both ends as you need your sleep, this as you should know is vital if you are to be alert to the opportunities that could be out there for

you. Look after your eyes! And keep warm. Lucky Number – 14

Taurus - As Venus is your ruling planet the emphasis in the coming months will be centred on love, family and the home. You are very trusting and it would be important for you to know who you can rely on. The tarot card the 9 of cups indicate that many small wishes will be granted to you which will give you a feeling of peace and tranquillity. Lots of jolly times with friends and family, try not to over indulge! There will be a few aches and pains that may nag at you, gentle exercise will encourage right blood flow and keep you functioning well. Lucky Number – 15

Gemini - Mercury your ruling planet is generally known for its influence on all aspects of communication. With your powerful, questioning mind you will leave no stone unturned as you quest for knowledge and information. Luck is on your side as you move into the new-year. Be brave, strong and courageous, let your loving warmth touch all that is important to you. Think positive thoughts and you will overcome any obstacles that threaten to hinder your progress. Lucky Number - 13

Cancer - With water as your ruling element and the Moon as your planetary influence it is very important for you at this time not to make mountains out of mole-hills. It is advisable to keep both feet on the ground and approach life in a practical way. There could be lots of younger people around which could lead to a noisy and boisterous time, please take care! The countryside will give you the healing that you might need, enjoy communing with nature! Sigle is the rune of light and sunshine, this is an ideal time to plan your holidays, have fun. Lucky Number – 20

Leo - The Fool tarot card indicates a time of freedom and liberation; try not to be too eager to realize your goal in life, sometimes you need to pace yourself. There is a new beginning for you; you are at the gateway to a new life which will bring great success. Your ruling planet is the Sun, symbol of commitment and constancy. It will also enhance all love relationships. For some this will be a time of celebration. Dagaz indicates a need for you to believe in your-self, if you have a conviction then be true to it and don't be swayed by

others who think they know best. Lucky Number – 22

Virgo - Lovely Virgo; every-ones friend, and, so the next few months will see for you a round of parties and friendly gatherings. Love is in the air! Why not take a chance on it! The Rune Urus is encouraging you to stand on your own two feet, you will need courage to make that stand but the rewards will be great. It is also a rune that will help you to make improvements in all that concerns you. Lucky Number - 12

Libra - Have you found your soul mate? If not then it seems as though that special person is just around the corner. Manaz represents your connection with the healing profession and your quest for new insights into those health issues that concern you and the community. Your star sign of Libra shows how important it is to maintain a healthy balance in mind body and spirit; this is your purpose at this time; to help others and of course yourself. Lucky Number - 19

Scorpio - Watery Scorpio, what a deep and sensitive being you are. This is a time to try to release your feelings and confront your fears; things are not as bad as they appear to be. Go with the flow; don't fear change or the transition that you could be going through, there is a bright light at the end of the tunnel, and you will see it soon. By the way, are you drinking enough water? You need to keep hydrated. Lucky Number - 10

Sagittarius - Travel and exploration could be your desire, if that is what you want then make it happen! Fate is giving you a free hand over the coming months so make the most of it. Your dynamic energy will be very high, try not to over do it though, it is important to modify your enthusiasm that way there will be plenty left over for the celebrations that will take you well into the New Year. Peorth is a rune that represents the home and hearth and that will be your salvation! It is a beautiful place to be. Lucky Number - 11

Capricorn - If you are a traditional Capricorn then all that concerns you will be work related or your financial security. You are advised to play your cards a little closer to your chest; this is not the time to reveal all. Diplomacy and patience will win the day. The planet Saturn can at times indicate that you

might put yourself under needless pressure. You will climb the mountain and get to the top, hurrah! Lucky Number - 4

Aquarius - Are you taking on too much? It certainly seems as though you are or will be, you are advised to delegate a little, let others show you what they are capable of, in so doing you might find the time for a little more pampering of yourself which is or will be over due. Please look after yourself. Fate is a very strong influence at least it will be by the middle of January, this I feel might be a very beneficial time to plan for your future, why not get your pen out and start the year off by keeping a journal, very therapeutic! Lucky Number - 2

Pisces - Your ruling planet, Neptune, will be encouraging you to be more creative over the winter months, why not explore your natural gift for making music or perhaps you might set yourself some tasks that would involve bringing like minded people together. You are a naturally inquisitive being so these following months could see you embarking on some form of education. Whatever your circumstances positive energies will encourage you to be perhaps a little more physically active, let the life force flow. Lucky Number - 6

Thank you Rosemary for our quarterly predictions!
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

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

Relaxation Massage Chair

SL-A01 model, electric, neck/back/shoulder/waist/bum/thigh/calf modes, varying speeds and intensity, hand controls, tan colour. Excellent condition. Buyer must collect. £300

Call Chris on 07899 948099

Yamaha Electric Guitar (Pacifica) and Amp - Great condition, hardly used, electric blue colour, 3/4 ideal for beginners £110 ono Great Christmas Present!

Call Chris on 07899 948099

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

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

In the meantime, I hope you are all as well as can be expected - wrap up warm in the winter months and we look forward to seeing you at the coming events.

Debbie & Tamsin

Dates For Your Diary



Jan 10th - Xmas Lunch at the Miramar Hotel, Bournemouth 12.30pm.

Feb 20th - Race Night at The NightJar, Canford Cliffs, Bournemouth at 7.30pm.

March 20th - Late Winter Coffee Morning at The Langton Arms, Tarrant Monkton, nr Blandford at 10.30am.

April 10th - AGM followed by talk from Dr Neil Hopkinson, time and place tbc.

April 25th - London Marathon, come and support Mary & Leahn!

May 9th - Lupus UK Conference and A.G.M. in Harrogate