

# Lupus Latest

## from the Grampian Lupus Group

### COMMITTEE MEETING MINUTES

The Committee met recently to appoint a new chair and other Committee members. The post of Chair has come about as Hugh Morel has decided to move on and hand over the reigns, the vote was cast and we are delighted to announce that Mr Jim Fletcher has been appointed Chair. (In later newsletters we'll do "getting to know you" article on Jim)



*Mr Jim Fletcher, Chairperson*

A huge thank you must be extended to Hugh from everyone on the Committee for all his hard work and dedication over the past years.

Other members re-elected or appointed were the Treasurer, Angela O'Sullivan, Secretary, Dorothy Stalker & Newsletter Editor, Lesley Jenkins. Thanks also to our Committee member Mrs Elizabeth Davidson who was also present at the voting. Apologies were received from Marie Simpson and Maria Jones

### SUGGESTIONS

Sadly, there is nothing to report here! You are either all extremely satisfied with everything that's happening or you missed the call & I really hope it's the first one!

### OTHER BITS ....

- The replacement for Rona McIvor, is Elizabeth Wyber Rheumatology Specialist Nurse, who can be contacted at the Arthritis & Osteoporosis Resource Centre Woolmanhill Hospital, along with Rena Sandison Osteoporosis Specialist Nurse.

Elizabeth provides a walk in service, although calling first helps! There is also a telephone Advice Line 10am - 3pm and a voice mail which will be checked daily 01224 555403.

- The Lupus Information packs are still being sent out to Dr Nick Fluck and Elizabeth Wyber. There has been quite a demand from Elizabeth for these packs.
- The Connective Tissue Diseases clinic with Dr Youssef, Consultant for CTD is held once a fortnight at Woolmanhill, where newly diagnosed Lupus or other CTD diseases are seen.

# LUPUS EVENTS

## Lupus World Day - Saturday 10th May 2008

Please organise an event **on the day**, no matter how small or large! If just ten more people learn about lupus through you, we cut into the diminishing number "who haven't heard of lupus".

Any event will do – Coffee morning, Jumble sale, Sponsored walk, and if you need anything to help advertise or support the event please get in touch with Angela or Jim who have a range of posters, stickers etc.



## AGM - Sunday 11<sup>th</sup> May

This year's AGM is being held in Scotland which is excellent news and I am sure many of you will want to be in attendance.

Can those of you who are attending the AGM and wish reimbursement for expenses please supply copies of their registration form, receipt for travel expenses e.g. fuel, train tickets, bus tickets, receipt for accommodation stay whether 1 night or 2 night's and receipts for food and beverages.

Please ensure that all receipts are with Angela O'Sullivan, 114 Western Road, Aberdeen, AB24 4LX by Friday 30th May so that cheques can be either sent or handed out at the Summer Lunch. Reimbursement of monies may be of the full amount or a percentage dependant on the number of claimants.

**Member's costs will be dealt with prior to any non-member attending.**

### COMMITTEE MEMBERS (at the Aberdeen Northern Hotel)



Angela O'Sullivan  
Treasurer



Dorothy Stalker  
Secretary



Lesley Jenkins  
Newsletter Editor



Elizabeth Davidson  
Committee Member

## Grampian Summer Lunch - Sunday 8<sup>th</sup> June

I know it seems that the summer days will never come but none the less let's get in the spirit and remind you all of the lunch that is being held in the **Aberdeen Northern Hotel** at 12.30. **Two courses and coffee will be served at a cost of £10 per member.** Please ensure that you return the tear-off slip at the back of this newsletter and return to Angela O'Sullivan along with your non-refundable payment of £10 before the 5<sup>th</sup> June to secure your place.

We really look forward to seeing as many of you as possible to meet Jim and the new committee and also to say Farewell to Hugh who will also be in attendance.

To try to raise some funds, this year we will also have a raffle and prizes have kindly been donated by the Committee members. Also on sale will be the latest Lupus badge and again we hope you all manage to dig deep!!

## Tenants Open Day - Lupus Stand - July 26<sup>th</sup>

Jim Fletcher, our new Chairman, has secured a display table at a Tenants Open Day on Saturday 26<sup>th</sup> July from 10.00am to 4.00pm at the Music Hall, Aberdeen.

Angela O'Sullivan will be co-ordinating the day and will have plenty leaflets and information to man the table for 6 hours. Dorothy Stalker, will be setting the display up on the Friday afternoon.

## Your help is needed .....

Volunteers are required on the 26<sup>th</sup> July to be there should anyone have any questions on Lupus. Please contact Angela on 01224 495990 for further information. Elizabeth Davidson & Angela will cover from 3.00pm to the finish so volunteers able to manage any time between 10.00 & 15.00 would be most gratefully welcomed.

Lunch is provided for those covering the lunch period. Ideally, 2 volunteers per hour would be great!

Please contact Angela by July 12<sup>th</sup> to ensure that she has enough people to cover the day. A reminder will be sent nearer the time.

## Lupus Awareness Month - OCTOBER

This year members are being asked to "Adopt a Hospital" for Lupus Awareness Month and beyond. This will consist of getting a Display board and lots of leaflets and putting them in to the hospital and making sure the display is kept well stocked. The Committee are ahead of the pack and have already enquired about this and hope to have this up in the very near future - Let us know what you think of it when you see it!!

Another suggestion from HO is that members Lunch4Lupus during October - now this is something we *can* all do! Instead of your guest bringing the host the usual flowers, wine or chocolates they are instead asked for a donation.

Any one interested in this can receive invitations and helpful hints on hosting the event by contacting the National Office.

Christmas Lunch - Saturday December  
6<sup>th</sup>.

No sooner is Summer mentioned than I bring up Christmas!  
Our lunch this year will again be at the **Aberdeen Northern Hotel** at 12.30pm.

The cost of the lunch will be £10 per head and will include a welcome drink!

The Aberdeen Northern Hotel are extremely supportive to the Grampian Lupus Group with free use of their rooms for our meetings on many occasions, so we'd like to take the opportunity to thank Jim and his staff for all they do for us.

Lighter Bites

As this is my first newsletter I'd be delighted to hear from you about the content!

If there is anything specific you'd like to see in the pages or if you have anything you'd like to get off your chest or contribute in any way I'd be really happy to add that in too.

Please contact me at [cydrdog@hotmail.co.uk](mailto:cydrdog@hotmail.co.uk)

Regards,  
Lesley Jenkins, Newsletter Editor

A Smile to finish with .....

Friends are chocolate chips in the cookie of life!



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Summer Lunch 2008

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Number attending: \_\_\_\_\_

Payment included: \_\_\_\_\_

Please return to: Mrs Angela O'Sullivan, 114 Western Road, Aberdeen, AB24 4LX by no later than 5<sup>th</sup> June 2008