



East Midlands Lupus Group

Hi Everybody,

Volume 2 Issue 2

Welcome to our Spring/AGM special addition of the group newsletter. We sincerely hope to see some of you at the AGM and if you are intending to come we would appreciate a telephone call, email or a letter so that we can ensure adequate seating and refreshment arrangements. Let us hope that the weather is vastly improved from our January/February experiences.



The early part of this year has been reasonably quiet and activities such as fund raising and information stands have yet to be finalised. Our next major event will be the AGM which will take place at the Holiday Inn in Nottingham on Sunday April 11th commencing at 2:30pm. More information on this event and directions to the venue can be found inside this newsletter.



The AGM is your chance to influence how the group operates for the next 12 months. The committee are very open to discuss and listen to criticism, suggestions and ideas raised by our members. This is your group and we value all member contributions.



The first major fund raising venture is likely to be the Mansfield Half Marathon which takes place on Sunday 27th June 2010. We are hoping to have several runners in the event and if possible we will run an information/tombola event at the venue.



We have just received funding news from Cleon who together with his team are intending to once again raise funding for lupus with another dancing extravaganza to be held in the Nottingham area during early August. Our next newsletter will be covering this event in detail. If you like watching or participating in the dance scene then this is the event to attend.



The lupus UK annual conference & AGM is in Harrogate on Sunday 9th May at a cost of £15.00/person which includes refreshments/lunch. If you have never been then please make the effort as you will not be disappointed



WELCOME TO LUPUS SUFFERERS AND CARERS FROM :
DERBYSHIRE-LEICESTERSHIRE-LINCOLNSHIRE-NOTTINGHAMSHIRE

The East Midlands Group AGM

The AGM will take place at the Holiday Inn, Castle Bridge Road, Nottingham. The meeting will commence at 2.00pm on Sunday 11th April 2010. Refreshments will be available prior to the meeting

The agenda for the meeting will include the following:

Welcome and Opening Address (chair)

Secretary's Report.

Treasurers Report.

Nominations and election of the group committee.

Please note that any nomination for committee work is voluntary and under no circumstances will any pressure be applied to any member to join the committee in any capacity. Any member wishing to serve on the committee will be appreciated and under these circumstances can you please notify the secretary/chair by the end of March.

Immediately following the formal part of the meeting, Theresa Helliwell will give a short presentation about "Pain Management". Theresa is an assistant practitioner for chronic conditions and works alongside Physio Therapists and Occupational Therapists. With 15 years experience providing support and education in the management of chronic pain. I am certain that most lupus sufferers will benefit from the information and advice that Theresa can offer.

We are hopeful that Chris Maker (Director of Lupus UK) will be available to attend (circumstances permitting). We all appreciate the workload that Chris covers within the UK groups and head office. If you have any questions relating to the national charity Lupus UK then Chris is the man to ask.

This is the first AGM in 5 years for the East Midlands Group. We welcome all our old and new members to attend and share your opinions to help the committee provide for the needs of its members.

Directions to the venue can be found in the Autumn/winter newsletter. For our members with internet connection then Google maps will provide both written and visual directions to the venue. Enter the postcode for the Holiday Inn (NG7 1GX) and press search.



Have a laugh Bits and Pieces from around the Groups

Genuine Quotes from Motor Insurance Claims

- ◆ “The gentleman behind me struck me on the backside. He then went to rest in a bush with just his rear end showing”.
- ◆ “In an attempt to kill a fly, I drove into a telegraph pole”.
- ◆ “The car in front hit a pedestrian but he got up so I hit him again”.
- ◆ “Coming home I drove into the wrong house and hit a tree that I don’t have”.
- ◆ “I have been driving for forty years and fell asleep at the wheel”.
- ◆ “I pulled away from the side of the road, glanced at my mother-in-law, and headed straight over the embankment.
- ◆ “I was travelling at about 70-80mph when my girlfriend on the pillion reached over and grabbed my testicles, causing me to lose control”.
- ◆ “The accident happened because I had one eye on the lorry in front, one eye on the pedestrian and the other on the car behind”.
- ◆ “Going to work this morning I drove straight out of my drive and hit a bus that was 5 minutes early”.
- ◆ “I collided with a stationary truck coming the other way”.
- ◆ “I pulled into a lay-by with smoke coming from under the bonnet. I realised that the car was on fire so I took my dog and smothered it with a blanket”.
- ◆ “An invisible car came out of nowhere, struck my car and vanished”.

According to a recent survey, 90% of men say that their lover is also their best friend. Now this is really disturbing when we consider that man’s best friend is ..his dog.

Sentences actually typed by NHS Medical Secretaries

- “The patient is numb from her toes down”.
- “Rectal examination revealed a normal size thyroid”.
- “The patient is tearful and crying constantly. She also appears to be depressed”.
- “The patient was in his usual state of good health until his aeroplane ran out of fuel and crashed”.
- “By the time the patient was admitted his rapid heart had stopped and he was feeling much better”.
- “While in ER, she was examined, x-rayed and sent home”.
- “The skin was moist and dry”.
- “She has no rigors or shaking chills, but her husband states she was very hot in bed last night”.
- “The lab test indicated abnormal liver function”.
- “Examination of genitalia reveals that he is circus sized”.



HEALTH AND LIFE-STYLE

Good & Bad Food for Lupus Patients

We thank one of our lupus members for the good & bad food guide. The guide illustrates the types of food that are generally suitable or unsuitable for lupus patients.

Good Food

Foods suitable to consume in quantity are:-

- ⇒ Vegetables such as broccoli, cabbage, Brussels sprouts which are rich in antioxidants.
- ⇒ Bioflavonoid wholegrain cereals
- ⇒ Dairy products, fortified soya and rice beverages are rich in calcium
- ⇒ Oily fish, nuts, walnuts & linseeds are rich in essential fatty acids.

Limit - fats, especially animal fats.

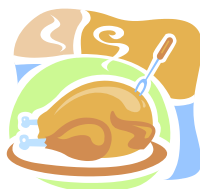
Foods to Avoid are:-

- ⇒ Alfalfa in all forms & other legumes
- ⇒ Celery, parsnips, parsley, lemons, and limes
- ⇒ figs if sun sensitive as these contain psoralens which heighten photosensitivity
- ⇒ Mushrooms & some smoked foods
- ⇒ High -Protein, high-fat foods especially animal products.

If you are taking cyclosporine (immune suppressants) then please check if you can have grapefruit or grapefruit juice as they greatly increase the body's ability to absorb cyclosporine, which can lead to severe toxicity, although Please note) they are generally recommended for most Lupus patients.

Some preliminary studies have found that vitamin E may slow the process of Lupus, vitamin E is found in nuts, seeds, oils & wheat germ.

These extracts have been adapted from The Readers Digest 'Foods That Harm & Foods That Heal'.





Committee & Contacts

The committee of the East Midlands Group is as follows:-

| | | | |
|----------------------|-----------------|-----------------------|--------------|
| Chair | Brian Kimberley | chair@emlupus.com | 01623 552834 |
| Secretary | Gill Woodford | secretary@emlupus.com | 0115 9374168 |
| Treasurer | Linda Herbert | treasurer@emlupus.com | 0115 9253807 |
| Membership Secretary | Linda Kimberley | | 01623 552834 |

Committee Members

Kathleen Baker Arnold, Nottinghamshire

Sharon Mousley Mansfield Woodhouse, Nottinghamshire

Correspondence address 9 Saville Road, Skegby, Sutton-in-Ashfield,
Notts. (NG17 3DF)

Telephone Contacts (members approved by lupus UK)

| | | |
|-------------------|-----------------------------|--------------|
| Gill Woodford | (Keyworth, Notts.) | 01159 374168 |
| Linda Kimberley | Sutton-in-Ashfield, Notts,) | 01623 552834 |
| Sylvia Massey | (Loughborough Leics.) | 01509 266389 |
| Margaret Lawrence | (Markfield Leics.) | 01530 242837 |
| Chris Neville | (Loughborough Leics.) | 01509 260631 |

National Young Contacts (younger members approved by Lupus UK)

Helen Salter 01283 544407

Stephanie Matthews 01912 645634

Contacts are trained lupus members who have volunteered to help lupus sufferers, carers and patients that are undergoing medical diagnosis. All contacts can give support and non-medical advice to those in need.



Links and Useful Information

Lupus UK <http://www.lupusuk.org.uk> (raise funds for lupus by using this as your home page & search engine). You can earn our charity up to £50 pounds a year.

British Sjogrens Syndrome Association (BSSA) www.bssa.uk.net

Hughes Syndrome Foundation www.hughes-syndrome.org

St Thomas' Lupus Trust www.lupus.org.uk

Uklupus www.uklupus.co.uk

Raynaud's & Scleroderma Association www.raynauds.org.uk

Lupus Foundation of America www.lupus.org

Lancashire & Cheshire Lupus Group www.lclupus.co.uk (Light sensitivity Information)

West Midlands Lupus Group www.westmidlandslupus.co.uk
(our nearest neighbour)

The lupus group sites shown above have links to other Lupus groups. Please visit all our sister lupus group sites as they cover a wealth of information that I am sure all our members will find useful. Other useful sites which you may wish to visit have been included since our last newsletter

Useful Information

Don't forget that the new Lupus Membership Rates are (Single £10.00 and £15.00 per couple). If you have not yet paid then please do so now. With your help we continue to improve the quality of life for lupus sufferers.

The National Conference is only two months away and will take place in Harrogate, Yorkshire on Sunday 9th May. Please book now at £15.00 per person and reserve your place If you wish to attend. Details are in the Winter News & Views.

A warm welcome to our new members who have moved into our region from the other groups.

We hope that you have enjoyed the contents of the newsletter and if you wish to forward an item for our next issue it will be gratefully received. Our next group newsletter will be distributed in July/August and I would request any contribution to reach the chair by the end of June.