

NLTSG Newsletter

Our Summer Living Proof weekend took place over a warm, sunny and laughter filled July weekend. The weekend was facilitated by Roland, who made sure we were all welcomed and introduced to each other on the Friday evening. This Living Proof weekend was also a combined Recent Diagnosed Reunion for members who had previously attended a Recently Diagnosed weekend workshop. This added another layer of dynamism to Shallowford House. We then commenced our usual routine interspersed with meals and therapies, board games in the lounge and films in the teaching room. The fine weather also gave us plenty of opportunity to be outside enjoying the sun, warmth, countryside and each other's company.



As it was such beautiful weather, I made the short pilgrimage to the NLTSG garden at Shallowford House. The garden hadn't received much attention since the previous summer, so I took it upon myself to spruce up the beds and the lawn. It was a slightly more ambitious task than I had estimated it to be, but after a couple of days it was back to its original, tended glory. There are plans to make a few small changes to the garden in September – more about that later...

This Living Proof weekend was slightly undersubscribed, partly due to the fact that at the December Board meeting the Board made the difficult decision to suspend the Inclusion Fund pending the outcome of several bids for financial support. Happily, those bids have been successful – we have

received grants from Awards for All, and from the MAD Trust. I'm happy to tell you that we have therefore, reintroduced the Inclusion Fund for those members who qualify to apply for it.

Our therapists for the weekend were Lyn, Simone, Josie and Joy. Our professional 'Closed' group facilitator was Jenny, and Roland facilitated the Open group discussions.

The ever popular Saturday night raffle returned with Carl on tickets and draw duties. Thanks to all those who donated prizes, took part and raised £264! Huge thanks to all involved. Please remember to bring a raffle prize if you are attending a Living Proof weekend. If you are able to donate a raffle prize but are unable to attend a weekend, please email@nltsg.org.uk and we will provide you with a postal address.

Membership Matters

The Trustees elected me (Andrew Whibley) as 'Member Liaison' at the March Board Meeting. My first official duty was to Chair the members meeting late on Saturday afternoon in the Shallowford House Lounge. I will be responsible for communicating with all of our members and friends, as well as producing newsletters and updates. Any thoughts, suggestions or requests, please contact me at andrew.whibley@nltsg.org.uk

A reminder that annual NLTSG Membership renewal is due in September. The cost remains £10 per-head. The membership is valid for one year from September to September only. To update your membership details, please speak to a Board member on any of the Living Proof weekends, or renew your membership subscription <<HERE>>. To clarify, anyone can be on the NLTSG mailing list; only members will get additional newsletters/updates, attend the members meetings and have a vote at the AGM (in September).

While we are on the subject of the AGM in September, those eligible to vote will be receiving their instructions on the various resolutions and how to vote in the near future.

