

Living Proof



National Long Term Survivors Group Reg. Charity 1040586 July 2012

What a lot of awful weather we had! The Summer Living Proof weekend began with torrential rain and flooding. However, this did not dampen the spirits of the diverse group of ten old and four new members who braved the elements. Indeed it may have been the warmth and laughter generated by the group that had a beneficial effect on the weather...because the sun did put in an appearance. With a touch of bright sunshine, the work on the gardens could be fully appreciated. The fencing at the back of the upper car park has been removed and you can now walk freely into the extensive kitchen garden which replaces the former pig and duck pens.



Although the numbers were smaller than the usual for July, there was a good mix of ages and gender from across the country. Fewer people also had the beneficial effect of allowing greater and quicker group cohesion than is normally possible with larger numbers. Perhaps the quality that was most appreciated, was the care and concern that members of the group showed for each

other. For the first time in my memory, the Open and Closed groups were combined with both facilitators in attendance. This was mutually agreed by all and seemed to work well. Sunday morning, again by mutual consent, was devoted to one-to-one counselling sessions.

Our facilitators were Emma and Pat and therapist were Joy, Jose and Yvonne. It was reassuring to have news from the one person who was ill and needed to go home, that he is much better; he was disappointed to leave and is looking forward to returning on a future weekend. To Isaac and Steve who had to cancel because of health reasons, we wish a speedy recovery.

There was an excellent turn out for the AGM on Friday after dinner. The business was dealt with efficiently and was concluded in half an hour. Emma and Pat acted as independent tellers. The single resolution to delete clause 7n from the constitution was accepted unanimously apart from one abstention. Namakau, Gary and Tom were elected to stand for a further two year term.

Thanks to everyone who helped to make the weekend such a success, especially Karl and Sean who ran the raffle which raised £116. Sean also proved to be an accomplished Bingo caller...I actually got a line...my first ever win at Bingo! Andy had a full house and Karl won the Irish Bingo.

The weekend ended in bright sunshine that allowed us to have a group photograph outdoors in the garden...A big thank you to each one of you for having the courage to show your face.

Keep well

Maurice

Patron

We are delighted to announce that the Rt. Hon Lord Smith of Finsbury (Chris Smith) has kindly agreed to become a patron of the NLTSG. In his letter to the group he congratulates the trustees and members of NLTSG on reaching its twentieth anniversary. He notes that our continued development is a testimony to the value of the group and wishes us well in our celebrations and for the future.

NLTSG Taster Day

Congratulations to Tom and everyone who made the Living Proof taster day at AB+ in Birmingham in June a success. The event funded by Birmingham City Council was well attended. Well done to all involved!

Walk for Life

Isaac took part in the annual National Walk for Life in London on May 20th. Thanks to everyone who sponsored him. He raised £500. Well done Isaac!

NLTSG 20th Anniversary

The September Living Proof weekend has been chosen as the one to mark the celebration of the 20th anniversary of the first meeting. There will be a screening of '*We Were Here*' followed by a champagne reception on Saturday night. Members are invited to bring along photos and mementos of past weekends and there will also be an opportunity to record personal memories.

Newly Diagnosed Weekend

On November 2-4th 2012 we will be hosting the first weekend run by NLTSG for people newly diagnosed with HIV. The aim of the weekend is to help newly diagnosed people

overcome the fears and lack of knowledge at the time of diagnosis leaving them with a more positive outlook. More details will be announced later. Please contact andy@nltsg.org.uk with any questions or comments.

Fund Raising

All donations can now be Gift Aided. Gary has produced a visiting card to give to your family and friends. For further details contact Gary@nltsg.org.uk

£3 a month is all it takes to help us support people who have been living with HIV for 5 or more years

www.nltsg.org.uk/donations.htm

KPS Trebullom

KPS Trebullom, Cornwall, have requested we draw your attention to their Enabling Futures project funded by the BIG Lottery, which offers new respite opportunities for those living with HIV. These include Personal Development Breaks for adults and Summer Camps for children. For more details please contact

Tel: 01566 86378, Fax: 01566 86331, Email: jhunter@kpsdirect.com

Website: www.kpsdirect.com

Weekend Dates

2012

Sept 28 – 30

Dec 4 – 16

2013

March 22 - 24

July 5 - 7

Sept 27 - 29

Dec 13 – 15