

July's *Living Proof* weekend saw a record number of attendees. In fact so many people wanted to come that some trustees gave up their places so that a total of 31 members could attend, of which only three were new members. It was a huge challenge for Simon and the staff at Shallowford House, particularly at meal times when the lounge had to be used as an overflow dining room to feed 38 people; full marks to everyone who contributed their ingenuity and imagination to solve the logistics of running the weekend. Despite of, or maybe because of the challenges, this proved to be a hugely successful event with members reporting: 'a great weekend, relaxing, entertaining, brilliant, fantastic!'



For the most part we were blessed with fine sunny weather, well apart from Saturday evening when rain caused the outdoor barbecue to be rushed indoors. Were we downhearted? Not a bit!

The group continues to draw people from all corners of the UK including from the wilds of rural Wales to far flung reaches of Cornwall and Norfolk as well as from across the border from Scotland. Regardless of the outcome of the forthcoming referendum on independence, our relationship with Scottish

long term survivors seems to be becoming increasingly robust. Our facilitators were Clare and Peter with Lynn, George, Josie, Simone and James as therapists.

## Raffle & Auction

Karl and Shaun once again did a fine job with the raffle: we raised £265. This was supplemented by a further £33 from the auction of a Multi-cooker which was won by Nams after fierce bidding inside the room as well as from an anonymous phone bidder. Thank you to Martin for donating this splendid item. Another member kindly donated part of his travel expenses bringing the total raised this weekend to £318. Well done everyone for contributing prizes, buying raffle tickets or making donations.

You will be pleased to know that John's missing pack of tarot cards turned up and should by now have been returned to him.

The gardens at Shallowford House are maintained by volunteers, and we have taken on the responsibility of looking after our own dedicated section: a big thank you to Rob for helping to tidy up the entrance and dead head the rose bushes. The rose bush that we planted in March memory of David Carpenter a former treasurer of the group has flowered. (pictured)

## Annual General Meeting

Last year we had the largest attendance ever: this year surpassed that landmark. There were 36 votes cast (including 4 postal ballots) All were in favour of the Board's resolution of changing the legal status of the group to become a Charitable Incorporated Organisation. All votes were unanimous in re-electing Gary, Nams and Tom as

Trustees. Andy continues as Chair, Maurice as Secretary and Gary as Treasurer.

## Comment from Pascal

The Living Proof weekend retreat has offered me a tremendous supportive and friendly environment for self-reflection and self-discovery. It was incredibly uplifting and empowering to express and share my inner most fears and struggles to others that understood. It is good to touch base.



## Friday arrivals

Could we kindly request that you do not arrive at Shallowford House before 15:30 on Friday? It is inconvenient for the Shallowford staff and the Trustees when people arrive early. There are plenty of places of interest in the area!

## Funding

As you know NLTSG receives no statutory funding and to keep the costs down we rely on the good will of donors for amounts both large and small. Finances are becoming tighter and it would be very helpful if YOU could help to raise some money for the group. Other members have:

- taken a NLTSG collecting box to local venues;
- arranged a local event and sold tickets (on behalf of NLTSG);

- made a regular monthly donation themselves or asked family and friends to do so;
- made bequests in their wills.

Please remember that NLTSG is a self-help group and we need your help to keep the group going.

If you would like to discuss any ideas for fund raising that you have, please email Tom on [tom@nltsg.org.uk](mailto:tom@nltsg.org.uk)

## My HIV

Attendees at both Living Proof and Recently Diagnosed weekends have commented on the THT website: 'My HIV' which claims to be the largest online community of people living with HIV in the UK. People who have communicated online have since met face to face at a NLTSG residential weekend. Check it out at: <http://www.tht.org.uk/myhiv>

## Other ways of keeping in touch

Send us a comment for inclusion in the newsletter.

Tweet us: @nltsg on Twitter

Visit our website: [www.nltsg.org.uk](http://www.nltsg.org.uk)

Join our Yahoo group

<http://uk.groups.yahoo.com/group/nltsgmembers/>

Find us on Facebook: 'National Long Term Survivors Group'. Our Facebook page needs people to "like" the page - the more people who "like" it; the more it raises our profile. [www.facebook.com/pages/National-Long-Term-Survivors-Group/116095128459393](http://www.facebook.com/pages/National-Long-Term-Survivors-Group/116095128459393)

## Weekend Dates

### 2014

**Sept 26 – 28**

**Dec 12 - 14**

### 2015

**March 27-29**

**July 10-12**

**Sept 25-27**

**Dec 11-13**