

Once again we had a full house for the July Living Proof - with the lounge pressed into service as an overspill dining area for breakfast. There were no problems with space for the Saturday barbeque – we had a whole marquee at our disposal.

We had very mixed group who came from all parts of the country including, Scotland, Norfolk, Wales and Devon. There were 9 new members, several members who hadn't attended for a while, a bunch of regulars and a 'graduate' from one of our Recently Diagnosed weekends; in total there were 29 attendees. Facilitators were Peter Jones and Emma Herrell Wills; with Joy, Josie, Simone, Lyn and Alex offering a wide range of therapies.

We had evidence that traditional NLTSG values continue: one member who hadn't been for a number of years remarked that the old spark of caring and supporting each other was very much alive. Similarly, reports came back from the facilitated groups of older experienced members taking care of and sharing their wisdom and experiences with new members. Final proof; we didn't need taxis on Sunday: we had enough offers of lifts.



Perhaps the weather played a hand in bringing people together...although we did see some spells of sunshine. The planned conducted tour of the grounds on Saturday

afternoon, however, had to be curtailed because of rain. Of course the fish didn't mind and seemed pleased to see us; likewise, the ducks quacked contentedly in their cosy enclosure.

Thanks to Carl and Garry for running the raffle which raised £285; and thanks also to Tremain for acting as auctioneer of a splendid premium vacuum cleaner kindly donated by Josh. The auction produced tension and amusement in equal measures with a fight from bidders within the room pitted against a mystery bidder on Gary's phone who placed the successful final bid of £72: a big thank you to everyone who donated prizes and bought tickets.

CIO Update

The next Annual General Meeting will be the first one to be run under the new constitution, and the last one to be reported to the Charity Commission under the old charity number. Gary has assured a smooth transition of bank accounts and HM Revenue and Customs have confirmed receipt of our application for the new CIO. Hopefully, all the spade work has been completed so that the transition will be concluded smoothly over the next few months.

Weekends in Scotland

We are spreading our wings! NLTSG has been awarded a grant from Awards for All Scotland to hold one Living Proof weekend and one Recently Diagnosed weekend north of the border. Both of these will be held at The Bield, a few miles outside of Perth. Our partners in Scotland are Waverley Care, and they will be handling all bookings. The weekends are only open to people who live permanently in Scotland. For the Living Proof weekend the criterion is the same as our Shallowford weekends: you must have

been diagnosed for 5 years or longer. The dates are:

Recently Diagnosed: 16-18 October 2015

Living Proof: 27-29 May 2016

There is a nominal charge of £50 to attend either of the weekends but this can be waived for people who do not have the means to pay.

If you or anyone you know is interested in attending one of these weekends you can get further information and an application form from Angie Parsons on Angela.Parsons@waverleycare.org or 07549 181118

Volunteers

NLTSG is a self-help organisation run entirely by volunteers who are themselves members of the group. We are always looking for people who are willing to share that work out. If you would be interested in contributing in some way please contact Andy with your ideas on how you could help. Andy@NLTSG.org.uk

KPS Trebullom

KPS Trebullom, Cornwall, have requested we draw your attention to their respite opportunities for those living with HIV. These include Personal Development Breaks for adults and Summer Camps for children. They will also be running weekends on the following: water colour painting, walking, artisan bread making, introduction to digital photography and a good food trial to include making sausages & bread and visit local producers.

For more details please contact Sunnie Jarvis

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

Website: www.kpsdirect.com

Ways of keeping in touch

- Send us a comment for the newsletter. maurice@nltsg.org.uk
- Follow us on Twitter **@NLTSG** – We are now following 1,648 and have over 500 followers an increase of 100 since March <https://twitter.com/>
- Visit our website: www.nltsg.org.uk
- Join our Yahoo group <http://uk.groups.yahoo.com/group/nltsgmembers/>
- Like us on Facebook: 'National Long Term Survivors Group'. www.facebook.com/pages/National-Long-Term-Survivors-Group/116095128459393

Weekend Dates

2015

Sept 25 - 27

Dec 11 - 13

2016

Mar 11 - 13

July 8 – 10

Sept 23 – 25

Dec 9 - 11

