

Snow, snow everywhere snow!

Unbelievably, snow played a significant role in shaping the March **Living Proof** weekend. Two members had to cancel because of local weather conditions in Cornwall and the Welsh Borders. Therapists feared that they wouldn't be able to get to Shallowford House because of drifting snow where they lived. The Easter Bunny refused point-blank to have anything to do with holding an egg hunt in such un-spring like conditions. In December, shortly before Christmas, the group photo was taken outside; in March, the week before Easter, snow and freezing temperatures kept us indoors for the picture. How ridiculous! So did this spell disaster for the group? Not a bit! We had a ball!



## House full - Again!

This time, Shallowford House was put to the test, all the tables in the dining room were in use at each mealtime, every public space was fully used and many members had to share rooms...a bit like the old days! Instead of damping spirits, the severe weather conditions in true British fashion, seem to bring out the best in everyone. Perhaps the very thought of the cold outside made

people more determined than usual to come together as quickly as possible to share experiences of living with HIV. This was no mean feat considering that we had nine new members: the most since the Elton John AIDS Foundation scheme finished.

In all we had a mixed gendered group of 27 individuals from a wide age span and from different ethnic backgrounds. It was heartening to see the speed with which such a diverse range of people from throughout the UK were able to form a warm, friendly supportive community. Not even a fire alarm that required the complete evacuation of the building into sub-zero conditions was able to check the spirit of generosity amongst members. Our facilitators were Jenny and Peter, supported by five therapists: Alex, James, Josie, Lyn and Simone.

## Special interest groups

As in December, there was a women's group that met late Saturday afternoon. This was well attended as was the 15 years' diagnosed group which met for the first time last December. Because of the timing, more people were able to take part in these sessions, which seemed to have been greatly appreciated. This was also true of the period of meditation led by Jenny that followed immediately afterwards.

## Tom Clarke

We are grateful to the family and friends of Tom Clarke who kindly made donations to the NLTSG instead of buying funeral flowers. Gifts like this as well as legacies will help greatly to ensure the Group's survival.

## Raffle

Thanks to Karl and Shaun for another successful raffle that raised £208. This was supplemented with a further £50 from the auction of an Easter basket. After some furious bidding between Gary and Bernie the highest bid came from Martin, a surprise outsider, stunning everyone at the final moment. Well done everyone for bringing such wonderful prizes and buying so many tickets.

This weekend was made extra special for me by the attendance of another two talented musicians. It is always a joy to be able to play duets with members...who knows if there are enough of us, one week we could form a Special Interest Group of our own

Take care

Maurice

## Newly Diagnosed Weekends

Following the success of our first Newly Diagnosed weekend in November 2012, we will be running two this year in May and November. Please bring them to the attention of any individuals, groups or organisations that might be interested.

The weekends are run by NLTSG members for people newly diagnosed with HIV. The aim of the weekend was to help newly diagnosed people overcome the fears and lack of knowledge at the time of diagnosis leaving them with a more positive outlook.

Please contact: 07763 753444 or email: [ndbookings@nltsg.org.uk](mailto:ndbookings@nltsg.org.uk)

## 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](mailto: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](http://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](mailto:jhunter@kpsdirect.com)

Website: [www.kpsdirect.com](http://www.kpsdirect.com)



## Weekend Dates

**2013**

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**Sept 27 - 29**

**July 5 -7**

**Dec 13 - 15**