

Full weekends seem to have become the norm over the past year or so; the March Living Proof weekend was no exception – we even had a repeat of the situation last year when the lounge had to be pressed into service as an overspill dining area for breakfast. The lounge now also houses the bar to comply with the Disability Discrimination Act and Equality legislation: the steps down to the bar in the cellar were considered not to be wheelchair user friendly.

Most twin bedded rooms had two occupants, but we were still able to provide individual rooms for new members apart from one person who expressed a willingness to share with an existing member. In all 27 members attended, including 11 new members. Facilitators were Neil Pepper and Jenny Read with Jose, Simone, Lyn and George providing therapies.



With such a large contingent of new members, at least one trustee feared the weekend might be divided between newbies and regulars, resulting in members failing to receive the high quality of peer support they have come to expect. Despite, or perhaps because of, the stormy weather, this did not happen...quite the opposite...as if by magic...a disparate, diverse association of individuals from all walks of life, ethnic backgrounds and widespread geographical

locations, bonded into a lively, bubbly, supportive community.

Thanks to Carl and Shaun for running the raffle; thanks also to Danny for calling the Bingo and facilitating the much appreciated pre-HAART discussion group. Thank you everyone who donated prizes and bought tickets. We raised £220 which was increased by a further £100 from a member's NLTSG collecting tin emptied after the weekend.

Special thanks to Tremaine who has kindly volunteered to take over as Booking Secretary whilst Sally remains indisposed.

We now have a new trustee: Roland Chesters, who has agreed to join the team and was co-opted at the March meeting of trustees. Welcome on board Roland!

CIO Update

We have successfully made our submission to the Charities Commission which they accepted without question – a testament to the hard work that was put in beforehand to prepare the submission. As things stand both the original charity and the new CIO exist side by side while we transition from one to the other. Once all of the business of the original charity is concluded, probably by July, the original charity will be closed down and all assets transferred to the new CIO. The first AGM of the CIO will be at our September 2015 weekend when all trustees will stand for re-election.

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

Bottled Water

Shallowford house have installed a water dispenser/cooler in the hallway which is free to use all weekend. The tap water in all bedrooms is drinking water. Starting at the July 2015 weekend we will no longer provide free bottled water. If you want to drink bottled water you may bring your own or buy it at the bar.

Travel expenses

For a while now we have been in the fortunate position that we have been able to fully refund travel expenses for those that wish to claim. This has now become a very significant cost to NLTSG; well over £800 for the March weekend, and this is unsustainable. We understand that some people would not be able to attend if we could not refund their expenses so we are reluctant to remove the offer but we are asking everyone to consider whether they really do need to claim. We are going to be very strict in enforcing the rule that we can only refund the cost of the cheapest ticket on the cheapest train (NB Londoners: that means we will only pay the cost of a London Midland ticket not Virgin) or fuel costs not a mileage rate if you come by car.

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

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Ways of keeping in touch

- Send us a comment for the newsletter. maurice@nltsq.org.uk
- Follow us on Twitter – we have over 400 followers and rising [https://twitter.com/ @NLTSG](https://twitter.com/@NLTSG)
- Visit our website: www.nltsq.org.uk
- Join our Yahoo group <http://uk.groups.yahoo.com/group/nltsqmembers/>
- Like us on Facebook: 'National Long Term Survivors Group'. www.facebook.com/pages/National-Long-Term-Survivors-Group/116095128459393

Weekend Dates

2015

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Sept 25-27 **Dec 11-13**

