



**NEWSLETTER**  
**SPRING EDITION**

**2012**



## LETTERS & FUN PAGE

### Hi Folks

Well that's the festive season well and truly over so it's back to getting ready now to start planning for the year ahead. As you will see further along in the news letter there's a feature on our new monthly meetings. We had planned to get off the ground with this adventure in Feb but due to getting a place organised for the event it has now been delayed to April. As you will see we still do have a few dates to fill in the diary yet. Inside there is also a few photos, just to show you the fun we had at our Christmas party. Hope you enjoy.

Take care

Barbara

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### Thought you might like this one



### LAUGH A LITTLE EVERY DAY

There's always a lot to be thankful for if you take the time to look for it. For example, I am sitting here right now thinking how nice it is that Wrinkles and fat don't hurt.

### NEWS

Our 1<sup>st</sup> gathering of the year is on the 10<sup>th</sup> March in Wick's Poultney centre. Our 1<sup>st</sup> drop in session is on the 3<sup>rd</sup> April. Do keep an eye on your calendar for your dates

## FUN PAGE POEMS & QUOTES

Smile - It makes a world of difference.  
Dance - Who knows when you won't be able to?  
Cry - Holding those emotions in is bad for you.  
Hug - Helps you and helps another.  
Laugh - What's the point in hiding happiness?  
Live - because life is everything." *Author Unknown*

Josh Billings

Here's a little poem for you

A Row Of Bottles On My Shelf  
Caused Me To Analyze Myself.  
One Yellow Pill I Have To Pop  
Goes To My Heart So It Won't Stop.  
A Little White One That I Take  
Goes To My Hands So They Won't Shake.  
The Blue Ones That I Use A Lot  
Tell Me I'm Happy When I'm Not.  
The Purple Pill Goes To My Brain  
And Tells Me That I Have No Pain.  
The Capsules Tell Me Not To Wheeze  
Or Cough Or Choke Or Even Sneeze..  
The Red Ones, Smallest Of Them All  
Go To My Blood So I Won't Fall.  
The Orange Ones, Very Big And Bright  
Prevent My Leg Cramps In The Night.  
Such An Array Of Brilliant Pills  
Helping To Cure All Kinds Of Ills  
.But What I'd Really Like To Know.....  
Is What Tells Each One Where To Go

May West

### QUOTE

Health is like money, we  
never have a true idea of its  
value until we lose it.



### Quote

You only live once  
But if you do it right  
Once is enough

## CHRISTMAS PARTY

Well on the day of the party we were all a bit worried to start with as it started to snow in the morning, thank goodness it didn't lie and



the roads were not too bad after all. We managed to get everyone there safely at the Seaview Hotel John O'Groats where we unanimously voted to return this year again. It certainly seems the place for us to go, good food, really good friendly service and the room to ourselves for the afternoon what more could we ask for.



Two of our new members

Alison did us proud again with her games, the quiz certainly got our brains' working that's for sure. Well done Alison.

As you can see she certainly Gets into the Spirit of things.

Here we are enjoying a lovely meal



## CHRISTMAS PARTY



This is Alison all set to start the quiz.

Here we have Freda doing her Impression of I'm a little teapot



Here we have some of our party guests. As you can see we all had a great laugh. Certainly a tonic in itself. We really did have a great day.

# CHRISTMAS PARTY

By the expression on our chairman's face it looks as though he has been up to no good.





# Caithness Lupus Support Group Drop In

Please come along to any of our drop in sessions at anytime between the hours of 11.30 & 13.30 on the dates listed below.

We are trying to provide regular sessions for people with lupus and their families alike. These sessions are completely informal and you can stay for as long or as little as you like during the above times.

We will always have on hand information about our group and how we can help. We also have access to other sources of information regarding Lupus which you may find useful. Otherwise just come along for a chat over a cuppa.

To keep dates easy to remember we have chosen the 1<sup>st</sup> Tuesday of every month starting in April and running through to November. Alternating each month between Wick & Thurso.

We look forward to seeing you all soon.

**The Norseman Hotel - Wick**  
Riverside, Wick. KW1 4NL

Tuesday 3<sup>rd</sup> April 2012  
Tuesday 5<sup>th</sup> June 2012  
Tuesday 7<sup>th</sup> August 2012  
Tuesday 2<sup>nd</sup> October 2012

**Caithness Horizons – Thurso**  
Education Room, Old Town Hall,  
High Street. Thurso

Tuesday 1<sup>st</sup> May 2012  
Tuesday 3<sup>rd</sup> July 2012  
Tuesday 4<sup>th</sup> September 2012  
Tuesday 6<sup>th</sup> November 2012

## **Chairman**

David Shearer  
4 Coopers Cottages  
Barrock  
By Thurso  
Tele: 01847 851 775



## **Treasurer**

Wendy Shearer  
66 Macaulay View  
Thurso  
Caithness  
Tele: 07732 846 769

Please feel free to contact David or Wendy for further information.

# 2012

## JANUARY



## MARCH



Sat 10th March 2pm  
Smith Room Poutney Town  
Peoples Project  
With Guest Speaker to tell you  
all you need to know about  
Dial A Ride Services

## APRIL



3rd April Drop In Session  
The Norseman Hotel, Wick  
11.30 - 13.30

1st May Drop In Session  
The Education Room  
Caithness Horizons, Thurso  
11.30 - 13.30

**Membership Now Due**  
AGM 2nd June 2pm  
Castletown Hotel  
5th June Drop In Session  
The Norseman Hotel, Wick  
11.30 - 13.30

## JULY



## SEPTEMBER



3rd July Drop In Session  
The Education Room  
Caithness Horizons, Thurso  
11.30 - 13.30

7th August Drop In Session  
The Norseman Hotel, Wick  
11.30 - 13.30

Summer Outing - YTBC  
4th September Drop In  
Session  
The Education Room  
Caithness Horizons, Thurso  
11.30 - 13.30

## OCTOBER



## NOVEMBER



## DECEMBER



Lupus Dance - YTBC  
2nd October Drop In Session  
The Norseman Hotel, Wick  
11.30 - 13.30

6th November Drop In Session  
The Education Room  
Caithness Horizons, Thurso  
11.30 - 13.30

Xmas Party  
2nd December 1300hrs  
Seaview Hotel  
John O'Groats

YTBC - Yet to be confirmed details will follow later