

## **Regional Groups**

We have many regional groups but if there isn't a group in your area or if you are unable to attend the meetings, for members we have the 'Make a friend' scheme, where we can put you in contact with members in your area.

We ask if you are attending Regional Groups or wanting to take part in our 'Make a Friend' scheme you become a member. As without the membership fees we would be unable to run the charity to support the sufferers of Sjögren's Syndrome.

### **Birmingham**

Fiona Blair, a consultant in restorative dentistry, has confirmed that she will be talking at our next meeting and as it is an area that affects most of us, it will be very interesting. The meeting is being held in the centre of Birmingham at The Priory Rooms, so it is very handy for trains and busses, plus parking is also very close by. The meeting takes place on Saturday 28th February 2pm till 4pm. We look forward to seeing you there. Other dates for your diary are as follows: Saturday 6th June and the talk will be eye related Saturday 5th September when Dr Simon Bowman, Rheumatologist Consultant and BSSA medical president and trustee will be talking Saturday 21st November for a Christmas get together.

### **Bristol and Bath**

There will be a meeting on: 21st February 2009 10.30 –12.30 venue to be confirmed.

### **Cardiff**

### **Cornwall**

### **Cumbria**

For more information please contact Doreen on [doreen\\_barker@msn.com](mailto:doreen_barker@msn.com) for information.

### **Doncaster**

### **Eastbourne**

### **Edinburgh**

The next meeting of the Edinburgh group is on Saturday 28th of February at 10.30am in Threepenny hall of Drylaw Parish Church, Groathill Road North. The speaker is Hazel Bruce from Arthritis care and she will be talking about pain management.

### **Exmouth**

### **Glasgow / Scottish**

The 19th AGM of our group was held in the Post Graduate Center within Gartnavel Hospital, and formed the first part of a very busy and successful day where once again the whole Committee was unanimously re-elected to Office. The Prize draw then followed with 70 prizes being won by members and friends across all parts of Scotland providing many opportunities to actually meet many who for various reasons are unable to attend our meetings. We are delighted to make these personal contacts.

May we at the same time record our very real appreciation of all the support, contributions and encouragement received by your committee. More than 40 enjoyed a lovely Christmas lunch provided once again by the Hospital Catering Dept. It was beautifully done and we are so grateful for all their efforts particularly their willingness to accommodate the children and anyone who may have special dietary requirements. The staff even held back the dessert to allow Santa and his little helpers Party Time to deliver the Christmas goody bags to everyone.

What a wonderful time we all had!

Have your Diaries and Calendars ready for 2009 Meeting Dates: Saturday March 14th - Saturday 13th June, Saturday 12th September, Saturday 5th December – AGM / Christmas Lunch. Our first meeting of 2009 is therefore on Saturday 14th of March Details of our Speaker will be in your local Newsletter. For information of events in Scotland contact, Marjorie (Chairman) on 0141 6374313 or Christine (Secretary) on 0141 4273318, email: christine@sjogrens.org.uk

## **Hampshire**

**Hove**  
**Kent**

## **Leeds**

## **Liverpool**

Everyone enjoyed our Christmas Lunch that, once again, was held at the Liverpool Cathedral. The meal was up to its usual excellent standard and Jean Beswick had done a perfect job in organising the event.

This year as well as the raffle, which raised £358 and the quiz, we had a name the doll competition, which raised £60 and we also, had one of the large sheets used by Carol Vorderman for the numbers game on the last Countdown Show. We thought that it would be a good idea to auction this and our resident auctioneer Charles Preston did a fine job and raised £50. There were two large Countdown sheets signed by Des O Conner and Carol Vorderman. These were donated by Sid Blake and Evelyn Richardson, who were in the audience at the recording of the last Countdown Show. We intend to put the second signed sheet on e-bay at a later date. The doll was a gardener whose name turned out to be 'Robin' and we would like to thank Jan's mother-in-law, Mrs Lorna Armstrong, who knitted and donated this lovely doll.

Unfortunately we have to announce that our long serving Chairman / Treasurer, Bill Yates, has announced that he will be retiring in the Spring. We are all sad at the thought of losing Bill as he has been with us for a long time and has worked hard for the group. We wish him all the best for the future spending most of his time playing Golf! With this in mind we are now looking for a Chairman and a Treasurer for the group. This does not need to be a Sjögren's patient but can be a family member or a friend. Please contact Sylvia.

Our next meeting is on Thursday 7th May 2009 and we are very pleased to say the speaker will be Mrs Philippa Pennefather, Consultant Ophthalmologist at both Murrayfield Hospital and Arrowse Park Hospital, Wirral. She will be talking about overcoming the problems that Sjögren's patients have with their eyes.

## **Manchester/North West**

Happy New Year! Our last meeting was the Christmas Buffet held in Central Manchester on 6th December. It was well attended and everyone enjoyed themselves. After the meal, a member Ruth Nicholson, talked about her father's family business Perrin Hughes, makers of superior bathroom fittings! It was very amusing and certainly very different. After the talk we had a quiz, followed by our Christmas raffle. Thank you, Ruth.

The date of our next meeting is not yet settled but it should be one Friday afternoon, late February or early March at the ERC, Wythenshawe Hospital. I will let members know the details in the next local newsletter.

## **Norfolk**

## **Northampton**

## **Selkirk / Borders**

The group had a tombola at the Scott weekend in Selkirk at the beginning of December and we raised £92 all enjoyed the weekend and it was great fun. We received £70, which was raised by Border Safeguard holding a raffle during their golf tournament and donating the £70 to us. Thank you. The Selkirk passed all monies raised to head office for the Research and Education Fund.

## **Sheffield**

## **Shrewsbury**

## **Suffolk / Essex border**

We are meeting at Niches Coffee House next to Gainsborough House, Gainsborough Street, Sudbury on Tuesday 12th May at 10.30, Tuesday 14th July at 10.30 and Tuesday 13th October at 10.30.

## **Surrey**

## **Sussex and Kent High Weald Group**

The inaugural meeting of The Sussex and Kent High Weald group will be on Saturday March 7th at 2.00pm until 4.00pm. We will provide refreshments. I have a semi medical background, having been employed to read doctor's reports for a life insurance company, and my son is a surgeon, also I have a wonderful GP who visits me every three weeks and is very keen to get this project off the ground. The meeting will take place in Horsted Keynes, Haywards Heath.

## **Wiltshire / Sjogi Bears**

We held our winter meeting on Tuesday 27th of January. As usual we met at the Savernake Hospital in Marlborough and enjoyed a light lunch together, only seven of us attended, as is often the case in winter. However, it was a friendly, chatty meeting, with lots of interesting topics discussed. We hope to see more people at our Spring meeting. The next meeting will be held at The Savernake Hospital in Marlborough on Thurs 23rd of April at 1pm, for lunch. We look forward to meeting you!

## **The BSSA 2009 AGM**

Venue and date are now confirmed. It will be 12th September, Saturday at the Education centre, Mile End Hospital, Bancroft Road London E1 4DG. Nearest tube is Stepney Green.