

Coffee Morning with St James Liver Support Group

Saturday 17th June 2016-06-18

Thank you all for attending the coffee morning on Saturday 17th June, although there were a lot of apologies from people who couldn't attend today, you were all missed, there were still quite a few attendees, at one point I thought it might have been only myself and Des!!

Although there wasn't an agenda, we managed to discuss quite a few topics as stated below:

Starting a newsletter again came up from one of the members, as it is very difficult for those who do not have or are not experienced with the internet, to get any information on any updated news etc:

Alec Allan has agreed to take this task on and do a newsletter for us, but please let us help out with any information that you feel would be of interest to the group. This is a team effort... It does not, only have to be about our condition let us have a little bit of everything ☺ We thought that 4 newsletters a year would be enough, to coincide with the coffee morning meetings. If you have any thoughts on this please let us know?

It was also mentioned that it would be nice to have some information on monies raised via sponsorships and donations at the meetings as to where it is allocated, as over the past few years quite a few people have raised money for the group and not known what it has been used for? Maybe once the newsletter is up and running the information will go in there.

It was also mentioned about the accounts for the monies raised. Alec Allen informed us that Janet had already approached him in regards to him taking over the Treasury role but has yet to get together to start the ball rolling, hopefully by the next meeting this will have been done.

As you are aware that the Transplant Games will be upon us very soon and our own Christine Keown will be taking part in the Archery competition, she is in training so let us all wish her the very best in the games, we will all be cheering her on...go go Christine. She has also agreed to do a piece for

the newsletter of the transplant games with photos...can't wait to see them.

Thank you all for the lovely gifts for our raffle table it raised £50...
Thank you so very much.

I have again booked the Cedar Court Huddersfield/Halifax Hotel at Ainley Top, Lindley Moor Road, Huddersfield HD3 3RH for our annual Christmas get together.

Liver Support Christmas Lunch - Saturday 26th November 2016

12.00pm to 5.00pm (please arrive by 1.00pm)

Cost £20 per person - 3 courses

£10 Deposit required on booking (non refundable)

Full payment to be received no later than Friday 28th October 2016

If you are interested in attending please let me know as soon as you can as I know that it will be booked up quite quickly, the room is limited to 100 guests.

Again Alec Allan has kindly agreed (no bribery honest) to be the quiz master as he did such a brilliant job last year. Thanks Alec 😊

I brought up the idea of having an afternoon tea party next year between the June and September meeting, probably the beginning of August? Date to be confirmed! And everyone at the meeting were in agreement, I would like to know the feelings of the rest of the group who were unable to attend? I have found a great venue with lots of outdoor space to allow for some entertainment if we go ahead, it will be open to everyone children included. The venue is only 10 minutes away from the Cedar Court at Huddersfield.

I would like to say a big thank you to Ruth Kaye who joined us today at our meeting. Ruth is renowned for her Natural Healing and Relaxation support at Bexley Wing. St James Hospital. She has worked as a Natural Healer in Leeds Teaching Hospitals NHS Trust for over twenty years helping cancer patients, providing relaxation through meditation, using breathing exercises.

She very kindly went through a brief session with the group, I found her voice very relaxing and comforting, after the 10 minute session I was very calm and relaxed. I found the session comforting and could have listened to Ruth for much longer. I am sure that another longer visit would be beneficial to us all and the members who were unable to attend this meeting.

Last but not least Des is doing a charity bike ride, to help raise funds for the British Heart Foundation and the Liver Support Group. He will be riding with a group of other people from different parts of the country, they are riding from Vietnam to Cambodia around 450km!

He has a just giving account which is under his name Derek Sillence. I will get the details and put it on the Website. We are asking for everyone to make a small donation if it is only a £1 it all adds up. So please help Des raise at least £3200. Thank you.

Until our next meeting on Saturday 17th September 2016.

I hope you all have a brilliant Summer.