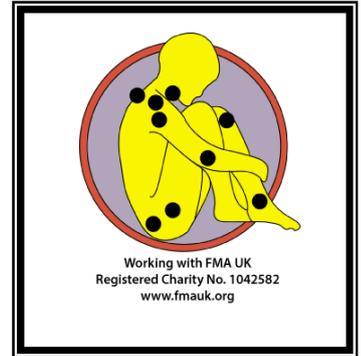


Welcome to Our February 2015 Newsletter.

Note from the Editor Maxine: The AGM on 19th March and Caroline is now collecting raffle prizes. Please use your vote. You can email your attendance or apologies to caroles4@virginmedia.com and then carry on with the vote. Do you want to be on the committee? They are always on the lookout for new members.



Monthly focus.

Membership renewal will be due in April, have you thought about setting up a standing order? Or do you prefer to internet bank your membership? Are you a cheque sender? The group would prefer the first two as it saves the group energy and time having to go to the bank to cash the cheques. It also saves you the hassle of posting them, and means you won't ever forget to renew your membership!

Did you know that if you have internet access and are a member of the group you can access to the group's private Facebook group? Only members are allowed on, and it's private, so your friends won't see your posts (unless they are also in the group). You can just say hello, ask a question, have a rant, or join in the friendly chat. It is a fairly active board with a core group of posters and varied conversation. It can really help break the isolation if you are housebound or your friends or family don't understand. We're a supportive bunch, and have a lot of knowledge between us! Request to join here: <https://www.facebook.com/groups/buryboltonmecfs/>

Dates For Your Diary:

Bolton Main Meetings at Wildlife Trust Centre, Bury Rd:

Our main meetings, often with guest speakers, are now held at The Wildlife Trust Centre, 499/511 Bury Rd, Bolton, BL2 6DH.

They occur on the third Thursday of each month from 7.30pm until 9pm (except in April, August and December). The building is past Morrisons/Home Bargains/Brightmet Health Centre on the right hand side as you go into town, very near the junction before you turn onto Crompton Way from Bury Rd.

Entrance is £1, carers are free. Tea, decaf coffee, water, biscuits, orange squash, etc provided. Gluten/dairy free also catered for. Any questions, please call Caroline on 01204 525955, or email caroline@mesupportgroup.co.uk.

Thursday February 19th 7:30pm: Rebecca Richmond, Author. She has overcome cancer and Fibromyalgia, and written several self-help books. She has come recommended by another FM group.

Thursday March 19th 7:30pm: Annual General Meeting and raffle. Please come and show your support for this very important meeting, or vote by post/email. Details, agenda and post ballot on the back page.

Yoga Classes: Are 3:15pm-4:15pm on Tuesdays at the Jubilee Centre, Darley Street (off Eskrick St), Bolton, BL1 3DX. Designed to cater for the average ME sufferer, classes are free and yoga mats are provided. Please wear loose, comfortable clothing. Please contact our instructor Julia Silver-Wren 01204 394 768 or email juliasilverwren@talktalk.net for details. **Our yoga classes are currently being funded by Comic Relief and The Co-operative Membership Community Fund.**

Bolton Socials: Unfortunately attendance at the Bolton socials has been quite poor the several months. We understand there could be many reasons people can't attend, but there are two regulars who do attend every time, just in case anyone new turns up and so anyone is not left there by themselves. They do this even when they are not feeling well enough, and it's just not fair on them. In light of this, we have made the decision to **cancel the next ones in March and April, unless someone can take over as being a regular attendee.** Should no one be in place by the end of March (in time for the newsletter), they will be cancelled permanently. Please get in touch with Caroline if you wish to help.

Prestwich Socials: Our Prestwich socials are now at **The Church Inn, 40 Church Lane, Prestwich, M25 1AJ.** This has level access and free parking outside. We meet on the **second Wednesday** of the month at 2pm, the next meeting is **Wednesday 14th March.** The attendance at Prestwich has been doing better lately, but do please try not to turn up too late in case numbers are low.

If you are thinking of attending any of our socials, whether you are a new member or a member who hasn't been able to attend for a while, please remember that you can bring along your carer or a friend. We don't bite, but we understand that meeting new people or if you have been house bound for a while, it can be quite daunting going out by yourself and we look forward to seeing you.

PLEASE DO NOT WEAR STRONGLY SCENTED TOILETRIES WHEN YOU ATTEND OUR MEETINGS, AS SOME MEMBERS ARE VERY SENSITIVE TO THESE PRODUCTS, THANK-YOU.



DISCLAIMER: Anything expressed within this newsletter may not necessarily represent the views of the editor, the Committee, nor the Bury/Bolton ME/CFS Support Group. Any products, treatments, or therapies featured are for information only and their inclusion should not be considered an endorsement.

Bury Bolton January Talk: Fightback 4 Justice - Michelle Cardno

Michelle is a Welfare Benefits lawyer who has worked for Citizens Advice Bureau but has now set up a non-profit group called Fightback 4 Justice. They rely on donations as they have no wage.

She came to our meeting to give us some helpful advice when filling in forms for the new Personal Independence Payments benefit (PIP). She said she became aware of PIP 2 to 3 years ago and it will be a complete change to the system, with constant reassessment at regular intervals. PIP looks at the difficulties, unlike DLA which only took account of the illness, so no diagnosis meant no payment.

Legal aid finished for benefit claimants and so Michelle was made redundant from CAB so she set up Fightback. They have no political affiliations, but are working with MP's to try and show them the reality of what claimants go through and get support.

She told us that Employment Support Allowance changed things but now PIP is new; she has done all the training courses that have been available and said mainly errors are made with variable conditions such as asthma and of course ME and Fibromyalgia. The Facebook page for Fightback 4 Justice has lots of information and they offer advice, free notes and a buddy system and can go to assessments and tribunals with you or help to fill in forms. They have a 100% success rate with ESA.

Transfer from DLA to PIP from DWP statistics: 30% success rate straight away from the form and medical. 50% appeal this. 20% drop out and do not go further. You can apply for PIP 6 months before your DLA is up, you don't need to wait until the month it's due for renewal (see last month's issue for more about the application process).

Michelle suggests this is because people do not understand the form, and it is badly worded. People will be encouraged to say they have bad/good days, where most of us have worse/bad/better days. Don't be fooled into thinking the form will be quick and easy to fill out, and leave till the last minute. The form should be filled completely, every space used, and take several days usually.

Michelle gave practical advice such as getting someone to drive you to your appointment, because it may be assumed that you are capable of driving on any day or for any distance and that you have no problems with route planning or getting in and out of the car or using gears, or with concentration.

The best advice that she gave is that it is vitally important to tell them all your difficulties when you are completing your form before you go for assessment or medical. Michelle estimated 99% of people have been asked to go for a medical, and those that did not had severe mental health problems.

Care should be taken filling in the forms because there can be leading questions e.g. Do you have good days and bad days. If you say yes, it may be assumed that "good" days mean that you are back to normal; so it is important to say you have bad days and some that are a little less severe.

Michelle said if you gave as much accurate information as possible on the form it gives a better picture of your difficulties to the assessor and may help to increase the success rate. It is difficult to argue cases at tribunal because as yet there is no case law to quote precedent for PIP as it is such a new benefit. ATOS have the contract for PIP assessment at present.

After filling in the form there is usually an assessment/examination and this is where the decision is made. You usually have to go to a centre for this. You can rearrange it once. You may stop it during the examination if you need to. You are entitled to have someone with you and they can take written notes.

If you have DLA at present you will be changed over between 2015 to 2017, Those with indefinite awards may be randomly selected for assessment, and are at the back of the pile. However, you should start collecting evidence now, in order to be prepared! If there is any change in your needs for several months and is likely to continue you have a duty to inform the DWP. Even such things as getting a wheelchair can trigger an assessment, as some mobility companies have been asked to inform the DWP of people buying a wheelchair.

There are no indefinite awards on PIP. The usual award is 2-3 years. Michelle had a client with an award of 10 years, but this was very unusual.

It can take a long while for a claim for PIP to go through but if you DLA is due to run out you can claim PIP six months beforehand. You will continue to get DLA until your claim is assessed but if you are awarded a higher rate it is only paid from the date you are awarded the claim, not back to when your DLA would have run out or to when you claimed it.

When filling in your form, it is important to send copies of any medical evidence that you have. You have one month to complete your form but can apply for longer if necessary. The PIP booklet is not quite as long as the DLA forms but Michelle says it is important to fill every space and write as much as you need to explain everything. If possible get someone close to you to do the writing and explain the difficulty/pain/lack of concentration which stops you doing it yourself. Otherwise tell them the difficulties and how long it has taken to complete.

She gave examples such as:-if you go out does it affect you next day, or do you have to rest before going out, does it cause anxiety, do you need to go to bed when you get back in? thinking about food, you may not need to be fed but are you never hungry, do you need prompting to eat, help in preparing food, unable to cut up food, irritable bowel pain etc, how long does it take you to eat and do you lose interest in the food?

If you need help, even though you don't get it, let them know.

The DWP does not make the assessment, they consult ATOS and they decide if you need a face to face assessment: Most people with ME will be asked to have a medical assessment and the report goes to the DWP who then make the decision. It is vital to take someone with you to the assessment, don't go by yourself. They can help you if you have brain-fog, and will also be good for morale support, and any anxiety that you might have. They will make assumptions from the moment you are in the waiting room (and the car park), so you must clarify everything yourself. It may be quite a way to walk from the car park, so get someone to drop you off, park, then meet you outside (tell the assessors). They may use the examination room furthest from the waiting room, so may assess you as being able to walk x metres if you do walk this.

If you have asked for a doctor's letter or a medical report read it before you send it as not all letters are helpful e.g. if it says the patient says they can't walk etc it may sound as though the doctor doesn't believe you. Michelle said not many people with ME have medical evidence. A question was asked whether you can get copies of consultant letters

from your GP, and yes you can, but they will probably charge for them. The maximum charge is £50 but if you can give the dates of consultations the GP may find them more easily and perhaps charge less. You can also ask for a patient care summary, a summary list of all your appointments, calls, letters and requests, with dates on. The DWP will also accept letters from your Occupational Health Department if you were ill t work. Also let them know if you have been to pain clinics or balance clinic or any neurological examination. Letters from private clinics/consultants are also acceptable. It may be worth the money if there is a long waiting list for NHS treatment. They must be accredited though.

They will look at conditions diagnosed by consultant or specialist and referral to e.g. neurologist or endocrinologist. Even if you have not seen them, but you are on the waiting list, mention this. If you have seen a specialist in the last two years, mention it, as ATOS will look closely at your illnesses and if you have a specialist assigned or not. Can you ask for a referral for any issues you have? It is much better than putting nothing. Also let them know if you have help from Social Workers or Carers or if you have done courses such as Mindfulness, also say if you needed to miss any sessions because you were too ill to go.

Michelle told us that the ruling for DLA Mobility Allowance was “can you walk repeatedly safely and in a reasonable time” for 50 metres but now it has been reduced to 20 metres. She then said that at many of the assessment centres you may need to walk more than 20 metres to get into the building from the car park and some assessments may take place in a room at the back of the building, more than 20 metres from the waiting area. It is most important that you have someone with you to help you. Also if you have difficulty sitting still or if you get upset or if you need a break you should say so. The average assessment will take around 1 and a quarter hours.

Michelle said that everyone is entitled to an Occupational Therapist assessment to see if there are any aids that can help them e.g.

- 1) a pharmacy box of medication, if the pharmacists needs to put your medication in a day by day box for you (e.g. Monday to Sunday dosage)
- 2) a perching stool- but if you have a stool and still have difficulty preparing food, say so
- 3) bath board - again say so if you still have difficulty despite having the aid

List any other aids you use, like heated wheat-bags, splits, braces special pillows, TENs or CPAP machine, etc. Mention any non-prescription medication, creams, patches or rubs. If you need help applying/using them, explain this.

To get the standard rate you need 8 points. You will probably be asked about shopping and if you say at a supermarket but you lean on a trolley to get round, you have just said you can walk with aid. If you have any avoidance tactics, like avoiding rush-hour, as you can't spend that long in the car, or taking the back streets to avoid bumping into anyone as you can't handle any social interaction, write this down.

Michelle advised having a list of your illnesses and problems with you when going to assessment so that you don't forget anything.

Also if you have a list of your medication don't forget to mention things you may have been prescribed but had to stop taking because of bad side effects; especially if you were prescribed morphine or strong pain killers but found they didn't suit you or gave you unacceptable side effects e.g. dizziness or drowsiness.

Give as much truthful and factual information as you can about the problems and difficulties you face with **all** your everyday tasks from getting out of bed to getting back in.

If possible provide medical support because the better information they receive from you the more likely it is that their assessment of you will be accurate.

If you work, do a day in the life diary, and explain the difficulties you face in work. Say how many sick days you have had, the allowances they have made in the workplace, what you feel like at the end of the day and as the week goes on. There are several members in the group who work and have successfully claimed PIP recently.

If you are refused award please make sure when you request a tribunal you also request copies of the assessment on which the decision was made.

Michelle is not restricted to the Bury and Bolton area and would cover members out of this area.

Michelle Cardno, Fightback 4 Justice
email: fightback4justice@live.co.uk
tel: 0161 8831310 mobile: 07506772430
Fightback 4 Justice Suite, 7 Ela Mill, Cork Street, Bury BL9 7DU

There is also a helpful private Facebook group, called “**ME 'Welfare Benefits' Advice and Support Group**” They have lots of advice, and have a “buddy system” and will check your form for you and offer advice. A few of our members have used this and found it very useful. <https://www.facebook.com/groups/278260135547189/>

We also have the great **Benefit and Work guides** on PIP and ESA, and other benefits, written by experienced barristers. These are free for group members via email or to pick up at meetings. Please contact Ruth. ruth@mesupportgroup.co.uk / 0161766459

Many thanks to Michelle for an informative talk and Pam and Hilary for the notes.

Bolton Neuro Voices Hydrotherapy Project

The project is now accepting people onto the waiting list for the 5 week physio-led course. It will be on a first come basis, though in the first round priority will have to go to Bolton residents, as the grant is specifically for this. However, after that anyone can join the list, and further grants are coming which are more open. If you are interested, but aren't sure about the logistics of getting there, still join the list, as it may be possible to share transport with someone else.

The sessions are on Wednesdays, from around 12pm to 2pm depending on your group, at Bolton One in the centre of Bolton. You can now park outside for an hour and a half if you have a blue badge using the blue button on the meter, and you can use the non-disabled bays. You must display both your badge and clock. The course will cost around £25.

After you complete the 5 week course, there is a continuing programme with printed (and laminated!) exercise programmes, and the physios come in to check from time to time. If anyone has had hydrotherapy with a neuro physio (or, as I said to Caroline, a neuro-physicist!), they could refer you direct to the continuation programme: contact me for details.

If you are interested, please contact Marie Oxtoby at oxtooby9290@btinternet.com or 01204 594 004. If you have any questions, please contact Maria Sale through the Facebook group or by email Maria113@talktalk.net (both preferable) or phone 0786 7862341 or 01204 575613. They will accept members with Fibromyalgia and EDS, so please spread the word.

Helping your mind and your wellbeing

In Prestwich you'll find the Creative Living Centre, just behind TGI Friday's restaurant and near Tesco. It was set up 17 years ago as a means of helping people improve their lives, but without using medicines. Anyone with mental health or emotional problems can visit and benefit from what they have to offer.

So, what do they offer? The centre runs a variety of activities such as gardening, art, Tai Chi, Yoga and even singing. At the least, you can pop in for a coffee and a chat with new people. The sessions are held throughout the week and they have a timetable so you can see what's on. Whatever it is though people usually have good things to say about it:

- "I feel more assertive. I stand up for myself and feel more relaxed."
- "The Centre is such an important part of starting to learn to manage my anxiety and depression and try not to let them rule my life."
- "All the staff are so supportive and help you with your problems."

There may be a small charge for some of the activities, but you'll find them to be lower than normal private services. For example, 1 hour of counselling is £6 and half an hour of Reiki is £3.

I've been to the singing group, and other members of our group have also visited. Although I'm a bathroom singer, I was fully included by the teacher and found it to be a great release. It's not something I would have immediately said could help, but it did.

There's absolutely no stigma involved and I'm proud to have a centre like this on my doorstep. One of their senior organisers has CFS/ME and Fibromyalgia, which means they understand our condition and how it affects us. If you're interested in going you can contact them on 0161 772 3524 or check their web site on www.creativelivingcentre.org.uk

Bolton and Bury ME/CFS Group AGM Minutes - 20th March 2014

Present

Margaret Barlow; Susan Critchley; Sue Courtney; Louise and Sophie Day; Sara Drage; Andrew and Kieran Gillibrand; Jeff Glasser; Angela and Neil Glendinning; Amanda Gore; Angela Henry; Caroline Higson; Yvonne Leech; Ann Lindsay; Jean Longworth; Lynda Marney; Maria McCluskey; Pat McKenna; Carole Senior; Andrew Simpson; Pam Turner; Bill Walsh; Alex Wootton.

Apologies

Melanie Bainbridge; Maxine and Ivor Fairhurst; Christine Farrington; Ruth, Norman and Rachel Fryman; Steve Jerstice; Dianne Knowles; Tracy Morris; Karen Ruth Moskovitz; Kathleen Patrick; Jill Prime; Karen Scully; Rosalind Smith; Mark Smith; Paula and Sue Stephenson.

1. Minutes of last AGM held on 21st March 2014 - Maria Sale proposed that these be accepted as correct and Pam Turner seconded the proposal. Members voted unanimously to accept.

2. Matters Arising - Lisa Fletcher is unable to continue as Honorary Auditor of Accounts; Lynda Marney suggested David Whittall as a replacement auditor. [see point 6]

3. Secretary's Report and Committee Report - copies of these were sent out with the newsletter and were also available at the meeting. Members were left to read these for themselves. Pam Turner proposed and Jeff Glasser seconded that the reports be accepted. All present voted in support.

4. Treasurer's Report - Lynda Marney gave a brief outline of her report, copies of which

were available at the meeting. Amanda Gore proposed and Andrew Gillibrand seconded that the accounts be accepted as correct. All present voted in favour.

5. Election of Committee - Tom Bridge, Margaret Benn and Phil Seddon withdrew or were unable to meet their obligations. It was proposed by Pam Turner and seconded by Andrew Gillibrand that the remaining six candidates be accepted. The vote was passed unanimously. Elected members of the committee are: Jeff Glasser; Caroline Higson; Lynda Marney; Maria Sale; Carole Senior; Alex Wootton.

6. Appointment of Honorary Auditor - it was proposed by Maria Sale and seconded by Andrew Gillibrand that David Whittall should be adopted as auditor for the coming year. This was agreed unanimously.

7. Any Other Business - Alex Wootton proposed and Sue Critchley seconded that Caroline Higson be appointed as group leader. The proposal was agreed unanimously.

8. Date and time of next AGM - to be held on the 3rd Thursday in March 2015 at 7:30pm. The AGM closed at 8pm, followed by a raffle and social evening.

Late edition - January 2015

Here's a brief roundup of some of the recent articles covering CFS/ME and Fibromyalgia during January.

In 2011 a study found that about $\frac{2}{3}$ ^{rds} of CFS/ME patients had a significant and positive response to the drug Rituximab. The follow up study is now underway and is designed to shed more light on the impact of taking the drug. The study, to be conducted in Norway, will involve 152 patients and will take over 2 years. However, the researchers warn that Rituximab is not a solution for people with severe CFS/ME. - The Biggest Chronic Fatigue Syndrome Treatment Trial Begins: Fluge/Mella On Rituximab – Cort Johnson's blog - January 24

Over the last few years the Whittemore-Peterson Institute has been investigating the human gut in relation to CFS/ME. They found the first section of the small intestine, the duodenum, of many patients is inflamed with lymphocytes (disease-fighting white blood cells). This was a clear sign that the immune system is on the attack, and that leads to the flu-like symptoms. At present there are many other studies underway to help reveal more about the gut and what happens in it in CFS/ME sufferers. - Gut Infection Could Underlie Symptoms in Chronic Fatigue Syndrome – Cort Johnson's blog - January 19

Fear of exercise worsens CFS/ME, and sufferers need to try and get up out of bed if they want to get better. This was the bottom line after a study by King's College. Research found that therapies which encourage regular activity are the best way to tackle Chronic Fatigue Syndrome but many patients are afraid it will make them worse and reject them. In the study, more than 600 patients were put on various treatment plans over the course of a year, including Cognitive Behavioural Therapy, specialised medical care and exercise. They found that many patients had a 'fear of exercise' but once they were encouraged to be more active through behavioural therapies, they started to improve. Professor Trudie Chalder, of Kings College London said: "The results suggest that therapists could encourage more physical activities, such as walking. We don't suggest telling somebody to just get on their bike. It should be done gradually and carefully". - ME: fear of exercise exacerbates chronic fatigue syndrome, say researchers – The Telegraph - January 14

A group of fibromyalgia patients were tested with alternative therapies, as they hadn't responded well to traditional ones. Most patients were in severe pain and were given

combinations of hydrotherapy, lifestyle regulative therapy and movement therapies. Some received detoxification, neural therapies, homeopathy and diet advice. They were also split into 2 groups, with one receiving heat treatments while the other group didn't. The study found that intensive in-hospital stays using alternative and mind/body techniques can lead to significant reductions in pain in severely ill fibromyalgia patients. In addition infrared saunas, when used in combination with other methods, may be able to provide moderate to significant pain relief. Given their much lower temperatures infrared saunas are probably preferred for FM and ME/CFS patients. - Alternative Medicine Meets Fibromyalgia - Cort Johnson's blog - January 28

Last year 12 year-old Hannah Hagen was diagnosed with severe CFS/ME, which left her bed bound and unable to talk. Since then Hannah has made steady progress on the way to what her family hope will be a full recovery. The family say her improvement was helped by the backing she received from doctors, friends and her school. The breakthrough came after Hannah spent time in a sensory room in the Cumberland Infirmary children's ward. Her mother said: "We realised that by cutting out light, noise and all the stress it calmed her down so much she was able to start talking again. From then on things went a lot better. She knows to have rest periods so that her body can have a proper rest and she can face three, four or five hours of activity." - Community support helps Hannah fight her way back to health – Cumbernauld and Westmoreland Herald - January 26

Agenda for A.G.M

7:30pm , Thursday 19th March 2015

At: Environmental Resource Centre (Lancashire Wildlife Trust),
499 - 511 Bury Road, Bolton, BL2 6DH.

Agenda

- Apologies
- Minutes of last AGM
- Matters Arising
- **Resolution to vote on amended Constitution**
- The Secretary's Report
- The Treasurer's Report
- The Committee Report
- Nominations for the Committee
- Appointment of honorary Auditor for next year
- Any other Business
- Date and Time of next AGM
- Raffle

Last years AGM was completed in LESS THAN 10 MINUTES! We would appreciate it if as many of you can attend the AGM in order to show support for the committee and our support group in general. We need at least 10% of members to make it official please.

We have received feedback from our application to become a charity. They had some questions and wanted us to alter some wording in parts of our constitution. The Constitution is a huge document, so we can't post it out, but there will be copies at the meeting. If you would like a copy, please email or phone Caroline (pg1). **We need to vote in this new document, as it is required for our charity registration.** PLEASE show

your support and attend or vote via post/email. We will remain the same group day to day, we just need to register unfortunately.

We need to explain what these changes are:

As we help people with Fibromyalgia, **to add Fibromyalgia to our name**, and become the Bury and Bolton ME/CFS and Fibromyalgia Support Group.

To change the wording of our objects. To be a charity, our objectives must be “exclusively charitable” and items we had like “campaigning for NHS service provision” are not, apparently. So our new objectives will be:

- 1) To relieve the charitable needs, and promote and protect the mental and physical health of sufferers of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia and related conditions, their families and carers in particular but not exclusively by the provision of support, services and information; and**
- 2) To advance the education of the public in particular but not exclusively, those responsible for the diagnosis, care and treatment of such sufferers in all matters relating to ME/CFS and Fibromyalgia.**

Dissolution: We had specified 3 organisations (ME Research UK, Invest in ME and Bolton CVS) to receive our funds, should we not be able to continue. However, funds can only be distributed to organisations with similar aims, or we can make grant to charities for the purposes of the health/support of people with ME/CFS & FM, which could be nominated at the time. We need to clarify this in a clause.

Appointment of trustees: Before trustees can be elected to the committee, they will receive training and support for a period. The Charity Commission wanted us to clarify that during this probationary period, they were not entitled to vote on trustee matters, until fully elected, as it will compromise the validity of the vote.

If you are unable to attend but would still like to cast your vote for the committee members (soon to be trustees), please tick the names on the list below and return to Carole Senior, 182 Church Street, Westhoughton, BOLTON, BL5 3SX by the 16th March. Please can you label the envelope with the words Ballot Paper on the left-hand side of the envelope?

Alternatively you can send an email to caroles4@virginmedia.com, stating AGM Ballot in the heading and copying/typing all of the names that you want to vote for. PLEASE STATE YOUR NAME. It is important that you are able to place your vote, as we have to show that are members are getting a say in who represents them each year. Thank You.

Raffle prizes welcome please! You can bring to socials, main meetings, or on the night of the AGM. Thank you!

✂

I vote for / against the amended constitution (please choose)

Please tick which committee members you vote for:

Carole Senior Caroline Higson Jeff Glasser Lynda Marney Maria Sale

Your name: