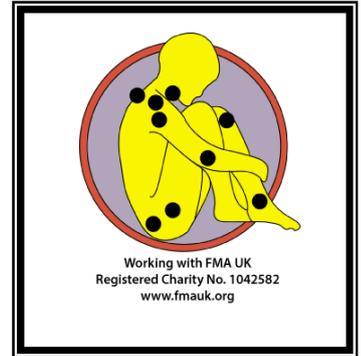




Welcome to Our March 2015 Newsletter.

Note from the Editor Maxine: The AGM is on 19th March and Caroline is now collecting raffle prizes. Please use your vote. You can email your 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.

AGM: If you cannot attend the meeting still vote please, by Law we have to have a quorum to make it official. The committee is only small and needs your support.

Carole Senior: Minutes secretary and librarian

Caroline Higson: Group leader, web master and membership secretary

Jeff Glasser: All round advisor on all things!

Lynda Marney: Treasurer

Maria Sale: Meetings secretary.

If you won't be there on the night (Thursday March 19th), please send your vote by email or post. Each paying member can have a vote. Please tick the names you choose and whether or not you vote for the new constitution (Changes were explained in the last newsletter.)

Please email votes to:

caroles4@virginmedia.com, stating AGM Ballot in subject.

or post the voting slip on the back page 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?

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 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. Postal ballot on the back page.

No Meeting in April

Thursday May 21st 7:30pm: The Wildlife Trust will be speaking to us about their work.

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 last several months and we now have **no alternative but to cancel them.**

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 11th March.** **And Wednesday 11th April** 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 ME/CFS February meeting- Rebecca Richmond, Author

Rebecca came all the way from Shropshire to tell us her story of recovery from Fibromyalgia & CFS. She was recommended by another FM group and has written several books. This is her story, as told by Rebecca:

By nature I am a very private person, so it has been hard for me to share the details, but I feel it is important for you to understand my journey. If I can just help one of you to overcome your symptoms it will be worth it.

Let me first clarify that fibromyalgia/CFS are very real and not imagined. But it is possible to manage the condition using the mind and body in a positive way.

I am a really happy, positive person, but there have been some very low points on my journey.

From the day I left school at sixteen I was determined to escape from poverty and create a better life for myself. I worked very long hours and attended college in the evenings. My twenties and thirties were a medley of work, stress, tension and a few traumas. I rarely relaxed and was constantly so stressed out that I had pains in my chest. Most days I was so tired I would go to bed at 9.00 p.m. so I could cope with the demands of the next day. By the time I had my daughter, who became my world, I was frequently suffering from bouts of fibromyalgia/CFS. But with a failed marriage, a brief period as a single parent and bills to pay I felt had to keep going while working full time.

Somehow, I managed to get through and even advance my career. I got my life on track when I married my second husband.

I went through a period of approximately four months when I kept thinking I had the flu but without all of the symptoms. I was constantly exhausted and I ached all over. Then it would go away for a few weeks, only to return worse than ever.

My symptoms became progressively worse. The attacks lasted longer, they were increasingly severe and they became more and more frequent. I have always been very fit and exercise has always been an important part of my life – but by the year 2000 things had got so bad that I could barely move. The changing rooms were on the ground floor but the gym was on the first floor and eventually I could not even get up the stairs, never mind exercise. By this time the pain was incessant and I had all the symptoms at least five days of every week. I had a company car yet I did not feel safe enough to drive to work, so I arranged for someone to collect me. The only way I could get up a flight of stairs was on my hands and knees.

At this stage not only was I physically impaired, but I was also becoming increasingly worried about my memory and my ability to think clearly. I actually felt embarrassed about this because I didn't know what was wrong with me and I felt inadequate because it was so unlike me. I was struggling with even basic things. I knew I needed to give up work and yet we had a mortgage and bills to pay, and a family to support. It was shortly after this that I saw a consultant, who diagnosed me with fibromyalgia and explained how stress aggravates the condition. He told me that if I didn't change my lifestyle, I would end up in a wheelchair.

This was a turning point in my life. I was so scared that I knew I had to take positive action. I resigned the very next day and took a position working twenty-one hours a week for a less dynamic organisation. I changed my personal life also and made things easier at home by employing a home help for eighteen hours a week to help around the house. She did everything apart from the cooking. I felt bad that I had to rely on someone thirty years

older than me to keep the house going, but she was happy to have the work and I really thought I had solved the problem.

I was far less stressed and actually went through a period of semi-remission for a few months. I was by no means symptom-free, but the attacks were certainly less frequent, maybe once or twice a week, as I was getting lots of rest. But after a while my symptoms got worse than ever before.

My Symptoms:

Exhaustion, sleep problems, pain, tender points, muscle spasms/twitches, neck pain, intense menstrual period pain, sore skin, lack of concentration/brain fog , poor circulation and feeling an urgent need to urinate

With each month the attacks got worse and lasted longer and longer, until it seemed the symptoms were permanent. I took two months off work, but there was still no improvement. Thankfully, my husband took charge. Despite our worries over money, he made me resign from my part-time job and we escaped to the country.

I was optimistic in nature and believed wholeheartedly that this would be the cure, the answer to all of our problems. I would relax for a year, giving my body the opportunity to recover, and then get straight back into it. However, this was not the case. For four years I lived a restricted life, resting for most of the day while my husband was working long hours and my daughter was at school. I did everything I could to avoid stress and to allow my body to recover, but nothing seemed to make much difference.

During this time I learnt to paint in watercolours, but on bad days I could not even hold the paintbrush because both my arms and neck ached. Neither could I read most days because I found holding a book too tiring. I felt completely isolated and extremely low. No matter how much people tried and how nice they were, I knew that they did not understand. To them I looked completely healthy on the outside and they were unable to appreciate the feelings of isolation, loneliness and guilt that go with this condition, unless they have suffered from it themselves.

One day a very dear friend described me as having retired from life! Because I was so desperate to be so-called normal, I would push myself to do normal things with my family and friends. Afterwards, I would be forced to spend days lying on the couch in agony.

Then at a routine check-up my doctor told me about a special pain clinic for fibromyalgia and ME/CFS, and asked if I wanted to attend a course of treatment there. The clinic was run by a clinical psychologist who focused on how the way we think affects our condition. We were asked to go into a very detailed analysis of how much energy we used on daily activities. It even included low-energy activities like having a conversation. For weeks we monitored the effects our activities had on our symptoms. I found this period of my life incredibly depressing, because it made me focus on just how pathetic my life was and how little I could actually do. But at the same time I could see the sense in what he was saying.

I am eternally grateful to the team at the clinic because they explained how the way we think and our mood affect the way we feel. I will never forget sitting in that group. There were about fourteen of us and I remember listening to people insisting that they had no control over their body or their symptoms. This is where our differences lay, for inside I was jumping for joy. Indeed, it became apparent that I was the only one who felt this way. Part of me was determined to be different and believe it was possible to get better.

Immediately I began to learn more about the power of the unconscious mind. I read lots of books and started to put the methods into practice. Initially it was very difficult for me to read, because by the time I got to the bottom of the page I had forgotten what I had just

read. To overcome this I gave myself lots of breaks to rest my mind, arms and neck. Wherever possible I got audio books, but eventually it got easier and my fibro fog began to clear as I became more and more engrossed in studying the power of the mind and the mind–body connection.

Gradually I started to feel better, which in turn spurred me on even more. I began to take courses and trained in various therapies, gaining qualifications in NLP (Neuro Linguistic Programming), hypnosis, Timeline Therapy® and coaching. Everything I learnt, I adapted to managing my illness and I worked on myself constantly. I was beginning to feel great and my flare-ups became milder and less frequent, until one day they disappeared altogether!

At the same time, whilst I put my all into it and for the first time in years felt I was beginning to recover, I was sensible and made sure I did not overdo things. I told myself I needed six months before I could completely be reassured that it was gone. Then my first big challenge came.

It was now September 2006 and I had begun focusing on total healing. We had been in our new ‘house’ (which was being renovated) for twelve months, when I asked my unconscious mind, God and the universe what I needed to know in order to live a healthy life until the age of 97. I had the symptoms of a bladder infection two weeks later, but the urine test proved negative. About a month later it came back, but again the test was negative. So my GP sent me for an ultrasound scan, which showed a growth in my left kidney. They believed it to be an angiomyolipoma (a rare, well-known soft tissue tumour, which can achieve a large size and is usually benign), but they booked me in for an MRI scan to make sure.

The initial diagnosis proved correct and the growth in my kidney was, indeed, benign, but it would not have been responsible for causing the bladder infections. However, the MRI scan also revealed an unidentified growth in my pancreas.

Statistics on the Internet revealed that only 3 per cent of people with pancreatic cancer live for more than five years. I don’t mind admitting I was terrified.

It was a booked for a fifteen-hour Whipple operation. But thankfully they did not need to remove my entire pancreas. Despite contracting a life-threatening MRSA infection I made a very quick recovery. I had made myself hypnosis CDs beforehand and worked through lots of healing processes. As it turned out, apparently the tumour was very rare and the surgeon told me I had been incredibly lucky, as it was still benign but was of a type that usually turned malignant.

Thankfully, I have made a full recovery. I do not have any ongoing treatments and despite only having less than half my pancreas, I am not diabetic. And although I will be monitored for the rest of my life, I am confident I will reach the ripe old age of 97. Throughout this time my fibromyalgia/CFS did not flare up. Today, I remain in control of it – it no longer controls me. In fact, I am fitter now than ever and I lead a fantastic life.

Summary: These days I am working again as a stress management coach and my business partner and I are about to begin running meditation workshops. I am also very fit again, which is great. My life so far has certainly been eventful and challenging, but I feel very fortunate because my journey has brought me to a great place and equipped me with skills that will enable me to flourish. Not only am I symptom-free, but I also have what I call ‘emotional balance’. I love my work – encouraging and supporting others is so satisfying.

My techniques for managing fibromyalgia/CFS are simple but they do take effort. However, it is well worth it because not only will they help with symptom management, but they can also change the way you react to the challenges life can present, in addition to greatly increasing happiness.

I knew that I had heaped tonnes of stress on myself for many years, which also resulted in my not getting sufficient restful sleep. So the key for me was to learn to deal with stress and to overcome insomnia. I approached the problem from all angles, which included diet and exercise. But many of the techniques focused on stress management, which included, amongst other things:

- **meditation**
- **hypnosis**
- **breathing techniques**
- **changing my negative and limiting beliefs**
- **learning to say no**
- **addressing negative relationships**
- **setting a sleep anchor, and much more**

It sounds a lot but most of it did not take up large amounts of time. They are all explained in My Guide: Manage Fibromyalgia/CFS and my meditations, hypnosis and all the other processes are on my CD-based Accelerated Recovery Programme Forget Fibromyalgia: Putting the Pieces Together. For further details or to order your copy, see www.myguidebookseries.com or Amazon.co.uk (both paperback and Kindle version (playable on Kindles and PC's)).

Rebecca has kindly donated a copy of her book and set of CD's to our library. Thank you Rebecca for sharing your story with us.

Awareness in the Media

We were asked by the **Bolton News** if anyone would be interviewed and photographed for a health feature on ME/CFS after the proposed new criteria of the SEID nomenclature was released. The Bolton News was the first media outlet to feature an original story on the proposals. Due to lack of willing volunteers, and hopes that she may be a good representative, a very nervous Caroline did the interview by phone and had some photographs taken (which unfortunately required getting dressed). The piece was positive and had a lot of good feedback, being shared a lot on social media and on the various M.E charity and support organisations pages. Caroline wishes to thank everyone for the well wishes she received after publication. Several enquiries were received from prospective members.

Not long after, news broke about Columbia University's findings with increased cytokine levels in M.E patients compared to controls. Caroline was contacted by **Radio 5 Breakfast** to ask if she would be interviewed on air about what it was like to live with M.E, and discussed with the producer about her experiences and thoughts on the research. She was asked if her husband Steve would be prepared to talk, but he was horrified at the prospect, so she nominated our Meetings Secretary Maria to be her comrade in arms on the air. It was then that Caroline was told it would take place at 7:45am, which Maria was not too pleased about. They were asked if it would be possible to get a taxi to the Salford Studio, which was a definite, albeit polite, no, and done over the phone instead. It could

have been worse – Sonya Chowdhury, the CEO of Action for M.E was on at 6:20am! They also talked to the lead researcher Dr Mady Hornig. They record it and upload to their website, so people can listen later.

I think we handled the questions well, especially for that time of morning! It seems to have been well received judging by the comments we have seen on Twitter and Facebook, so thank you.

I would rather be asked to provide interviews or quotes than not, just to get awareness out there and dispel some stigma, despite what it does to me on a personal level, both energy, confidence and anxiety wise, as it would anyone with ME/CFS or FM.

New Law on Driving Using Certain Prescription Drugs

There is a new law coming in that sets new limits for 8 drugs commonly associated with illegal use, which some of you might be on. However, these levels are well above normal prescription use, so you don't necessarily need to worry. You should keep an up to date copy of your repeat prescription form in your car, or handbag, so you can produce it if asked.

There are also 8 prescription drugs that are included within the new law, which are:

clonazepam diazepam flunitrazepam lorazepam
oxazepam temazepam methadone morphine

As long as you are taking the medicine as prescribed/advised, these limits are above normal prescribing dose so you can drive as you normally would, provided your driving is not impaired.

If you are worried about the effects of this legislation on your driving, please see your doctor or pharmacist.

There will also be a medical defence if a driver has been taking medication as directed and is found to be over the limit, but not impaired.

<https://www.gov.uk/government/news/drug-drive-legislation-am-i-fit-to-drive>

C.A.B Helping Consumers Be More Energy Savvy

Citizens Advice has been working on the Energy Best Deal public awareness campaign with support from the energy regulator Ofgem and major energy companies since 2008. Based on evaluations of other financial capability programmes, which show that frontline workers use information to help an average of 15 clients in the year following training, Citizens Advice expects that by spring 2015, Energy Best Deal will have improved the confidence of over **350,000** domestic energy customers across England, Wales and Scotland to shop around, reduce their bills and get help if they are falling behind.

Energy Best Deal is delivered in England and Wales by members of the regional financial capability forums, Sessions are aimed at low income consumers and front-line staff who work with people at risk of fuel poverty who can be signposted to a range of further help with issues such as fuel debt, benefits entitlement and energy efficiency. Sessions are

based around a one hour presentation, with an information leaflet to hand out. The campaign aims to:

- make people aware of the savings that can be made by switching fuel providers or negotiating with existing providers
- provide information about help available from energy suppliers and government for people struggling to pay their gas and electricity bills
- inform consumers about how they might save money by using less energy and sources of advice and help around energy efficiency.

They aim to make consumers aware of things that may be of benefit, like:

- Relocation of meter for improved access
- free gas appliance safety checks for eligible customers
- Password protection scheme for when the company visits your home
- Bill nominee scheme, where bills are sent to a relative to be dealt with
- Advance notice if electricity supply is to be interrupted, e.g. if you are dependant of medical equipment.
- Services for customers with impaired hearing or vision
- The Winter Fuel Payment
- The Energy Companies Obligation (ECO)

The ECO scheme exists to save carbon and get efficient boilers and insulation into the homes of vulnerable customers. If a customer is eligible, they can get them from any energy supplier, even if they don't buy their energy from them.

Citizens Advice: <http://www.citizensadvice.org.uk>

Bolton CAB: 0344 4889622 / 0808 801 0011

Prestwich CAB: 0844 826 9320

Radcliffe CAB: 0844 826 9320 / 0161 725 5375

The Energy Saving Advice Service (ESAS) - on 0300 123 1234

Silverline

The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year. They have no strict age limits, but most callers are over 65. The specially trained helpline staff:

Offer information, friendship and advice

Link callers to local groups and services

Offer regular befriending calls

Protect and support those who are suffering abuse and neglect

Calls are **free** and **confidential**, but they rely on donations to fund this service.

There is a weekly friendship call or email if caller want to chat regularly, or you can join group calls on subjects you are interested in.

Volunteers are vetted and fully trained, working in pairs.

Call 0800 4 70 80 90

If calling from a mobile, dial **0300 4 70 80 90**

Website: <http://www.thesilverline.org.uk>

If you want to connect with others like yourself online, there is Gransnet (<http://www.gransnet.com/forums>)

You can also join our online Facebook page, which only our members can access, and meet local people with M.E/CFS and Fibromyalgia.

It is “closed”, so any posts or comments you make to the group, none of your friends and family that are on Facebook will see them (unless they have also joined our Facebook group). <https://www.facebook.com/groups/buryboltonmecfs>

Emergency Carers Card



The British Red Cross service provides peace of mind to carers of all ages by giving them an Emergency Carer's Card. This is a 24/7 emergency response service, which means the cared for person is not left unattended if the carer is suddenly taken ill or in an accident.

This service is available to all carers living in Bury only, as it is funded by Bury Council. Out of area

options at the end of the article.

It is the size of the credit card and immediately identifies you as a carer. In the event of an emergency, the British Red Cross will coordinate help to assist the person who the carer usually looks after. This service operates 24/7 and is FREE.

Carers can join up to the service just by filling in a form, which has information on them, the person they care for, and any other details that may assist them during that time.

To protect everyone's privacy, the only means of identification is the reference number on the card. When an emergency call is made to the Red Cross, they will ask for the number and do what is stated on the matching enrolment form.

Red Cross Volunteers are all checked via the Criminal Records Bureau checks and have First Aid and manual handling training. They can also provide emotional support during this difficult time.

They will ensure people are warm and comfortable, assist them to prepare light meals and drink & take medication and help the person to avoid discomfort or distress

If you don't want to use the volunteer service, you can use the card so that it can alter other people you choose in an emergency. This would be useful if the person you care for would be distressed if strangers were to come into the house, or if you care for a child.

You can also provide extra information about the care you give, that would help the volunteers keep. e.g. dietary needs or where important things or equipment is in the house.

Sometimes social care services will need to be arranged, so it would be helpful to come up with an in depth emergency plan with your care manager/social worker, if you have one, so that the services will know what is needed. If you do not have social care at present off the Council, phone and ask for a Community Care assessment for anyone who is disabled or has a long



term health condition. Carers should also have a Carers assessment, and a community care assessment if they are disabled as well.

TO JOIN: Call Anouk on 01204 369 642 or email AVerlaat@redcross.org.uk. They are only in a few days a week, but if you leave a message with your address, they will post the forms out to you when they return.

For those not in Bury (and those in Bury who want extra back-up as well), you can use the Lion's "Message in the Bottle" scheme. This is a plastic container to keep in the fridge that has basic personal and medical information about you and the person you look after. Emergency Services will look for a sticker on the fridge and front door, which alerts them to look for the bottle. You can often get one from your GP surgery.
<http://lionsclubs.co/lions-message-in-a-bottle/>

I.C.E - If you have a mobile phone, enter the word ICE (In Case of Emergency) into the address book. The phone number of the person who should be contacted in the event of something happening to you should be put in here. Emergency services will look for this number if they find your phone and can access it.

Late edition - February 2015

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

Distinct changes in the immune systems of CFS/ME patients have been found, say scientists at Columbia University. Increased levels of immune molecules, called cytokines, were found in people during the early stages of the disease. The report said the findings could help improve diagnosis and treatments. UK experts said further refined research was now needed to confirm the results. The scientists tested blood samples from nearly 300 CFS/ME patients and around 350 healthy people. - Distinct stages to chronic fatigue syndrome identified – BBC - February 28

On 10 February 2015, The Institute of Medicine in the US (IOM) proposed a detailed report containing a new name for CFS/ME. If agreed, the name would be changed to Systemic Exertion Intolerance Disease (SEID), and it resulted in a strong reaction from patients. Some of the more negative comments were, "This new name is an abomination!", "Absolutely outrageous and intolerable!" and "I find it highly offensive and misleading." Whilst the IOM consulted widely at the start, their ultimate decision was not transparent and behind closed doors. The writer suggests a more collaborative process should be used to choose the name, one where all participants are involved throughout. - How disease names can stigmatize – OUPBlog - February 16

Robin Funk of ME Advocacy argues against the proposed new name for CFS/ME. The new name, Systemic Exertional Intolerance Disease (SEID) is causing controversy and doesn't reflect the seriousness of the disease. CFS/ME patients have suffered decades of neglect and won't agree to another non-specific definition setting them back for more time. The people at MEAdvocacy.org call for the Institute of Medicine's report on SEID to be rejected. - New chronic fatigue syndrome report doesn't help us – Washington Post - February 25

News of the CFS/ME name change also reached The Bolton News who ran a detailed article about our chairwoman Caroline. She revealed how the illness has affected her and expressed support for any developments that help sufferers. Our support group was also

mentioned along with comments from Dr Wirin Bhatiani, Chair of NHS Bolton Clinical Commissioning Group. He spoke about access to GPs by people who may not be able to attend in person. "NHS Bolton Clinical Commissioning Group is investing £3.4m in the borough's GP practices. Improving access for everyone will be a significant part of these changes. I encourage anyone who is experiencing access difficulties due to a specific health problem or disability to discuss this with their practice." - We're not lazy - Chronic Fatigue Syndrome is a real disease after all – The Bolton News - February 18

Greater Manchester is to become the first English region to get full control of its health spending, as part of an extension of devolved powers. Chancellor George Osborne said the £6bn health and social care budget would be taken over by the region's councils and health groups. Specific details on how CFS/ME care would be delivered were not mentioned. However, the plan involves integrating separate health and social care services to ease pressure on hospitals. Social care describes the help and support for people to help them lead as independent a life as possible. The move will also improve home care services for patients who need it. - Greater Manchester to control £6bn NHS budget – BBC - February 25

In response to a question about whether “only posh people get coeliac disease,” TV’s Dr Phil Hammond replied: “They don’t, but the more educated you are the more likely you are to read up on your symptoms and ask for help. Diseases like coeliac disease and Chronic Fatigue Syndrome are more common among those from poorer backgrounds but they are often not diagnosed because people either don’t complain or don’t suggest that they should be tested.” - M.E. not posh – Reveal page 66 – February 28

AGM voting slip.

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: