

Welcome to Our October 2013 Newsletter



A Note from Maxine: Thank you for the messages of support on Facebook. As we are into October and the clocks go back on the 27th I have included two posters. They are for Halloween, one is “yes please come to my house to trick or treat” and the other is “no thank you”. On a personal note I use the no thank you but my own son who is now 26 loves this holiday period thinks I’m mean, but it’s not him that has to deal with the front door! Also we will have bonfire night before we meet again, so stay safe with the firework code. Thanks Caroline for the

group email. maxine@mesupportgroup.co.uk for anyone that would like to send anything in for the newsletter.



Credit where credit's due, the way you manage your illness is extremely professional.

With thanks to Invest in ME (www.investinme.org) for their kind permission to reprint this cartoon from the calendar available to download from their website.

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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.

Dates For Your Diary

Longsight Meetings Our main meetings, often with guest speakers, are held at Longsight Methodist Church, Longsight Lane. Harwood, Bolton, BL2 3HX, on the third Thursday of each month from 7.30pm until 9pm (except in April, August and December). There is a car park and blue badge parking on the street and the building is wheelchair accessible. Entrance is £1. Tea, decaf coffee, water, biscuits, etc provided. Gluten/dairy free also catered for. Any questions, please call Caroline on 01204 525955, or email caroline@mesupportgroup.co.uk.

Thursday October 17th 7:30pm: Bolton Healthwatch unfortunately had to cancel. In their place, we will have a social evening. Alex will be selling her Christmas, and other occasion cards, with profits going to our group. Karen Bridge, writing as Caroline Ward, will be signing copies of her true-life debut novel "A Promise For My Mother", with a portion of the price going to the group.

Thursday November 21st 7:30pm: Pre-Xmas Supper where we all bring food to share. Gluten and dairy free always well catered for and we always come away stuffed and with doggy bags.

There is no meeting in December.

Radcliffe Socials: We meet informally on the first Wednesday of each month, our next will be on **Wednesday 6th November** at **2pm**, at **The Sparking Clog, Radcliffe Moor Road, Radcliffe, M26 3WY**. It has plenty of parking, good accessibility, comfortable seating and is relatively quiet. They serve very tempting chips that we just can't resist! For anyone who does fancy a snack, these start at just £1.50, with main courses from £3.50. We usually meet at the oval table next to the bar.

Prestwich Socials: We meet informally on the second Wednesday of each month, our next will be on **Wednesday 13th November** at **2pm**, at **The Orange Tree, Fairfax Road, Prestwich, M25 1AS**. Everyone and their carers are welcome and we'll put a newsletter on the table so you can find us.

Yoga Classes: Are **3:00pm-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. Contact Olivia on 07746 197511, or olivia@oliviayoga.co.uk for more information. **Our yoga classes are currently being funded by Comic Relief and The Co-operative Membership Community Fund.**

Neuro Support Groups: These groups, run by Greater Manchester Neurological Alliance, provide information, advice and support for people with any type of neurological condition and/or their carers. Call 0161 743 3701 or visit www.gmneuro.org.uk for information about meeting times and locations.

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.



Supported by
**Bolton
Council**



Reminders

Social Media. Please follow us on twitter on: @BBMECFS

Also our Facebook page just for members is www.facebook.com/groups/buryboltonmecfs/
Don't forget our own web page <http://www.mesupportgroup.co.uk/>

Volunteers needed for: Writing up an overview of what speakers said at the meetings, there is a tape recorder to help. A short summary is fine with highlights of important bits. Someone still needs to write this please and we really struggle on the night to do this.

Cat supplies needed for member cat charity: Please donate anything a cat would use (food, litter, toys, beds, etc) via Caroline and we will make sure they get passed onto The Cat Whiskers Bury, <http://www.thecatwhiskers.tk/>

Equipment Hire: We have a wheelchair and two electric mobility scooters (small enough to fit in car boot for days out or holidays). If you wish to borrow any of these, please phone Pam on 01204 793 846.

Amazon: The group gets 5% commission when you shop at www.amazon.co.uk, but only if you follow the link from our own website www.mesupportgroup.co.uk. Please remember this for your Xmas shopping!!

Radar keys: We have Radar disabled toilet keys available at cost (£2.35, plus 50p if posted, or you can pick up at our Harwood meetings). Small headed or large headed (for those with dexterity problems). Contact Caroline on 01204 525 955 or email caroline@mesupportgroup.co.uk

Helpful GP's. Don't forget, we have a list of helpful GP's! There are only 13 on it at the moment, but if you have a sympathetic or helpful GP, please let us know, as people ask us for one in their area all the time. 01204 525 955, caroline@mesupportgroup.co.uk.

Halloween safety taken from <http://www.safe4autumn.com>.

The safe4autumn dedicated website supports the Treacle Campaign which is a multi agency initiative aimed at preventing, tackling and protecting against anti social behaviour, criminal damage and harm reduction during the Halloween and Bonfire period across Greater Manchester. The Treacle Campaign includes Greater Manchester Fire and Rescue Service, Greater Manchester Police, Local Authorities, Trading Standards, Transport for Greater Manchester, Greater Manchester Chamber of Commerce, Health and Safety Executive and New Economy Manchester.

Halloween Safety Advice

Halloween can be a lot of fun for children and young people, but it can also be distressing and intimidating for some residents. If you are going 'trick or treating' please respect and consider others and follow these top tips to ensure everyone has a safe and enjoyable time

DON'T

Go alone - 'trick or treating' is more fun and safer if you go in a small group with friends and family.

Go into houses - stay on the doorstep where the responsible adult can see you.

Play pranks that may damage property - this could result in arrest and a criminal record.

Demand money or intimidate people - Halloween can be a night that some residents dread, so be respectful and polite.

Don't throw eggs or flour - it's classed as a criminal offence and you will be arrested!

DO

Look out for Treacle posters - These will let you know whether 'trick or treaters' are welcome at a house or aren't.

Take extra care crossing roads - more accidents happen to children in the dark.

Go with an adult - get a responsible adult to go with your group to help in case you have any problems.

Dress to be seen - wear light, reflective clothes or carry a lamp or torch so that drivers and your responsible adult can see you.

Respect people's rights - be polite, don't go out too late, ring or knock only once, and be prepared to take 'no' for an answer.

Bury/Bolton ME/CFS Support Group Meeting **September 2013**

Bolton Mountain Rescue and EGM.

Before our September meeting, we held a very very brief E.G.M. In less than 40 seconds, Caroline and Jeff were voted onto the committee with a quick show of hands. Thanks to all those who sent in email and postal votes who could not attend. It is very important to do it properly, lest we have to bore you all and do it all over again to make it official!

September Meeting- Bolton Mountain Rescue, by Pam Turner.



Dave Cook came to tell us about his voluntary work with Bolton Mountain Rescue Team and the very valuable service that they provide.

Dave described himself as a call out member and then proceeded to show us the contents of the kitbag/rucksack that he needs to carry, extremely heavy.

His personal kit includes a whistle, extremely bright torches, chocolate, waterproof pants, foil wrap, rope, compass, helmet, climbing equipment, swiss army knife, fluorescent jacket, neck brace, hat, gloves, life jacket, breathing mask (in case of smoke/fire), portable tent, face mask for patient mouth to mouth, radio, GPS, sweets, matches, thermal top, laminated maps, camera, first aid kit, goggles, airway for unconscious patient, blood sugar meter, sun tan cream, tough cutting scissors, baby wipes, tissues, pad and paper and possibly more, at a total cost of around £2000.

For his regular job, Dave is the Technical Director of a steel work company which makes unusual, large frames; for example he showed us a picture of a frame forming the upper portion of a building that was being extended upwards. He joined the team after meeting a

group of them who were escorting children from the school his son attends as they did a charity walk.

The members come from a wide variety of backgrounds and it is this wide breadth of knowledge and experience that gives such strength and flexibility to the team.

people say "there are no mountains in Bolton" and Dave replies "we know". The whole country is served by either Mountain Rescue Teams if there are hills or mountains, or by the Association of Lowland Search and Rescue for areas such as Norfolk.

The base for the Bolton team is Ladybridge Hall near Markland Hill and Dave said that it has been refurbished and is decorated by the team and is kept immaculately clean at all times. There are several of their Landrovers based there and other Landrovers based at various fire stations to give quick access to all areas.

Dave showed us pictures from the early days in 1969 when the volunteers only vehicle was an old laundry van from the hospital. This picture contrasted with the photograph showing the modern day vehicles which, although some were over 10 years old, all were beautifully kept and in excellent condition. Dave said that Bolton have the best vehicles in the country; and all are funded by donations. There is also a catering van which goes out with the volunteers to ensure hot drinks and food are easily available to them. There are six control vehicles which are named after people, but for a substantial donation towards their upkeep. The team also have a rescue boat.

Dave also showed us pictures of Helimed, the air ambulance and of the Police helicopter because the Rescue Team work alongside both emergency services.

Amazingly, the team have three rescue dogs which are all pets with special talents. The search dog who is expert at following a trail and is unique in the country is called Boris and there was a picture of him being winched up into a helicopter. Boris helped in the April Jones search. Search dog Sacha searches for people who have been drowned by sniffing the water for the gas which is released by the body. Search dog Bella is a scenting dog and she works well on moors. The team also have Rory, the rescue dog, who is a mascot toy dog which they take with them to shows and displays. Dave said when he waves to people even the most unlikely people wave back to him.

Training for the team is held on Wednesday nights on Winter Hill and includes all aspects of rescue and lifting people up and down from precarious places, as well as CPR and first aid.

The team must carry a pager at all times as they are always on call, Dave said the nearest call to his home came when he was away in Oxford. He then described the kind of call outs and showed us pictures.

Search is where all the teams meet at a given place and can vary from searching for vulnerable people who are missing from home such as dementia patient, to people attempting suicide, or for body recovery following accidents in such places as Cox Green Quarry.

A spot pick up may be a walker who has fallen, or a rider who has a crush injury from his horse, or a broken limb.

Fire assist calls are put out by the Fire Brigade because of the team's local knowledge and mapping systems, for instance when there was a fire on Belmont.

Ambulance assists calls are more usual for 999 calls at peak times such as New Year's Eve, or when snow and ice can make it difficult for an ambulance to get to the patient and so the landrover can usually manage to get there.

The teams average 120 to 150 call outs each year and when asked how they keep on doing such a difficult job Dave said "it is big commitment, but you get more out than you put in".

If anyone is interested in being a volunteer, there are many jobs to suit all talents, such as one person is needed to write down the names of everyone present at a call out.

The last thing Dave showed us was the large basic first aid kit which is kept in each vehicle. This kit includes oxygen, pulse meter, a bag and mask for pumping oxygen into the patient, suction gun, burns kit, nebuliser, collars, nasal tube to maintain the airway, an intubation tube, blood sugar monitor, bandages and a defibrillator, they also have six mobile spot lights each costing over £900.

Dave said all the equipment has to be the very best you can buy because you can't take risks with people's lives.

The website for Bolton Mountain Rescue is www.boltonmrt.org.uk.

The team is always looking to welcome new volunteers and are always in need of donations in order to continue their invaluable work. Thank you to all of them.

If you wish to make a donation, were unable to attend last, or do not have access to the internet, please bring the donation to the next meeting and Caroline will make sure it gets passed on to them.

Bolton Mountain Rescue-1969.



With thanks to Action for ME www.actionforme.org.uk. Please speak up. It's important the NICE guidelines keep up to date with current research and biomedical evidence.

NICE Guideline Review Proposals

The National Institute for Health and Care Excellence (NICE) has today announced proposals to move a number of its clinical guidelines onto a static list - including CFS/M.E. This means that the guidelines would be reviewed every five years, instead of every two. The clinical guidelines for CFS/M.E. would not be reviewed until March 2016. NICE is consulting on this decision and only accepts submissions from organisations, not individuals. Action for M.E. plans to respond, informed by the views of people affected by M.E.

Do you think the NICE guidelines for M.E. should be reviewed sooner than this? Or are you happy with NICE's proposal?

Please get in touch by emailing clare@actionforme.org.uk with your view by Friday 18 October, so that they have time to collate them and prepare the final response by the deadline NICE has set. Action for M.E., PO Box 2778, Bristol BS1 9DJ. Tel: 0845 123 2380 (lo-call) or 0117 927 9551 (Mon to Fri 9am to 5pm).

With thanks to ME Research UK: www.mereseearch.org.uk

Research Update – Similarities with Multiple Sclerosis

In a newly published review in BMC Medicine <http://www.biomedcentral.com/1741-7015/11/205>, Morris and Maes – two of the most prolific authors of papers on ME/CFS – explore similarities between multiple sclerosis and ME/CFS as regards disease characteristics (phenomenology) and immune or neurological dysfunction. They point out, for example, that in both illnesses patients can suffer severe levels of disabling fatigue, worsening symptoms after exercise, orthostatic intolerance, gastrointestinal problems, and share a range of other clinical characteristics. Their 9,400-word review also tabulates findings from the research literature suggesting similar neuro-immune features – such as increased oxidative stress, immune activation, and brain imaging anomalies.

One strength of the overview – which is certainly food for thought and worth close reading – is that it presents a model integrating immune signalling and metabolic pathways, which could explain the symptomatic similarities. Of course, as the authors say, there are also important differences between the two diagnoses, not least the fact that “inflammation of the central nervous system is clearly more prominent in MS than in ME/CFS”. Nevertheless, a key take-home message is that these demonstrable similarities strongly suggest that ME/CFS belongs on the spectrum of neuro-immune disorders, rather than among the ‘somatic’ or psychological illnesses as is sometimes claimed.

New £1.2 million research projects announced with thanks to www.actionforme.org.uk

Action for M.E. Chief Executive Sonya Chowdhury today welcomed the news that two new research projects have been awarded funding totalling nearly £1.2 million from the National Institute for Health Research. The University of Bristol-led research aims to help improve current guidance and treatment through a programme of work investigating treatment and recovery in children with M.E./CFS, and run a first of its kind study to find out how many adults in England are affected by this debilitating condition. Dr Esther Crawley, Reader in Child Health at the University’s School of Social and Community Medicine, will also conduct a multi-centre trial investigating the effectiveness of exercise therapy compared with activity management for mild and moderately affected children. Sonya Chowdhury, Chief Executive of Action for M.E. said, “I am delighted to see any increase in research into this illness. This is a substantial contribution from the NIHR and I welcome this commitment and hope that this research will eventually result in much-needed understanding and knowledge to help improve treatment and support for patients. “This is a significant step forward in funding, but there is still more to do. We will continue to work collaboratively to redress the inequalities that exist for the many thousands of people affected by this debilitating illness.”

M.E. Awareness Day founder dies

Thomas Michael Hennessy, Jr, the founder of the May 12th International ME Awareness Day, has died aged of 59. He had ME/CFS for 25 years.

Morecambe Bay ME Thank you.

We send our news letter to various people and groups and I think we can all thank Alex for her hard work and this has come in from Morecambe bay ME group.

Hi Alex

Thanks for sending us your Newsletter regularly. Much appreciated. I hope all is well with the group.

I've been a trustee for Morecambe Bay ME Group for a few months now and I'm just finding my feet. I'm a 'well member' and have had to learn about the condition second-hand. At the moment, the trustees are putting a bid together for a support worker for the severely affected in the area. If you have any experience or advice in this area, it would be gratefully received.

On a somewhat different matter, I recently came across this e-petition below which you might or might not be aware of. Dealing with benefits and bureaucratic procedures are the kinds of issues we are hoping a support worker can address.

Title:

'Cancer, ME and CFS sufferers (or those with other serious, chronic or terminal illnesses) should be exempt from DWP WCA Medical Assessment under the Welfare Reform Act 2010.'

<http://epetitions.direct.gov.uk/petitions/43847>

It is open till January but only has a few signatures so far.

Please pass on the link and spread the word.

Shine on. Mark

Yoga Sessions Just a little reminder about our free Yoga sessions.

Our Yoga teacher, Olivia is also a yoga therapist and is very knowledgeable and can help with offering personal advice on the gentle exercises which will be most helpful to you.

The warm up and relaxation are helpful to everyone and if that is all you are able to manage it will be of benefit, if you do it regularly.

Yoga is not competitive and if you can only do one repetition of the movements, or even if you feel you can't do any of a particular movement, no one will mind. You just learn to listen to your body and gradually you will notice that it becomes easier.

The gentle movements help you to stay a lot more supple and the breathing exercises help you to relax and get rid of tension; this saves energy.

We all enjoy the weekly get-together, but feel free to come once a fortnight or once a month. Do give it a try because at the moment there is no cure for ME, but being aware and listening to your body will help you to be more in control.

Yoga Classes: Are 3:00pm-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. Contact Olivia on 07746 197511, or olivia@oliviayoga.co.uk for more information. **Our yoga classes are currently being funded by Comic Relief and The Co-operative Membership Community Fund.**

Nom De Plume. **October Nut Butter**

When I was faced with the prospect of falling in love with my husband, no persuasion was necessary. Despite having been in a few stable long term relationships, in all seriousness, it was only ever going to be him. Capable of razor precision, of weighing the pros and cons of other important matters, this temperament of mine has often been said to flip many off

guard. So much so that I often catch myself wondering how this can be. Finally, I understand why.

You see, with every cell of my being, I respect detail. And detail matters. Relishing nuance, noticing the tiniest of idiosyncrasies, and remembering particulars that others may side step, in my case, these snippets of information prick and later get stored away. To the extent that should we ever meet, you have my assurance that it shall be the most prosaic of matters that I will cherish, and in so doing, help establish a connection between us.

Indeed, I am quite a magpie, not only in my actual hoarding, but in the sense of hoarding the illusive, the impressively seductive, the vital ephemera. My concertina memory, continues to fan in and out of vision, helping to put a smile to a name and a gesture to past meetings, always there it aids the unsteady indecisive lack of conviction which sometimes afflicts me.

Some sixteen years later I continue to feel the gravitas of those early encounters with my beloved. I of course noticed the way he blew his nose, the fizz of his shimmer within and the gusto with which he appreciated my cooking skills. In particular how even with just a handful of ingredients I delivered a welcome he seemed to be yearning for. I soon had an arsenal of ingredients that my keen eye noticed he enjoyed. The flavours he sated, the textures he craved. Especially nuts.

So there we have it, he's nuts about nuts and I am nuts about him!

Enjoy October and all it proves to deliver...

Ingredients:

- 1 kg of your preferred type of organic nut
- 100 mls of organic sunflower oil
- Generous pinch of smoked sea salt
- Appropriately sized sterilised Kilner jar

Method:

1. Begin by sterilising a Kilner jar, removing its rubber seal placing it into the body of the jar. Now fill the vessel with boiling water & a dash of Eco cleaner. Close the lid and wait until the contents is completely cold. Remove, rinse with boiling water, ensuring it is handled with clean hands and tea towel. Turn the jar upside down onto a clean surface and leave until completely dry. Pop the rubber seal back into place, ready now to be used. This process can be done in advance, and as long as it is left sterile, will be fine to use.
2. Now to the nut butter. Having decided the type and combination of nut you would like, weigh the nuts out. Toast in a preheated moderately hot oven, this is preferable to using a grill, which I feel tends to burn the surface before cooking the nut through. The nuts will not need turning and shall be ready in approximately 10 minutes time. If you are fatigued at this point allow the nuts to cool completely, again this is a part of the process that can be done prior to making the butter. However if all is well, then when the nuts are just about cool enough to handle, pour them into the food processor and start to grind the nuts down. If you prefer a chunky consistency, it is advised to grind half the amount to a fine powder, before adding the rest.
3. When the nuts are approaching the consistency you favour, steadily pour the oil into the fluted lid of the processor. Stop from time to time to stir the nuts and assess the consistency, this is important because the nuts will release their own fat when ground, and in so doing, allow one to gauge how smooth or crunchy you would like it to be.
4. If you grind the nuts when warm, you will not need to add quite as much oil as when it is at room temperature. When the consistency of your butter is as smooth or as crunchy as you would wish, add the salt, stir thoroughly and taste. Decant the butter into the sterile jar, seal and label.
5. You can store your butter in the larder or in the fridge if a dense texture suits better.

Late Edition

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

A study of hundreds of CFS/ME sufferers has shown there are surprisingly few viruses in their blood. The leader of the study, Dr Ian Lipkin, said that an “infectious agent” was likely driving the immune activation he found in the blood and spinal samples. Dr Lipkin believes the “primary cause is likely to be an infectious agent” and the gut microbiome is where ‘the action’ will be in ME/CFS. A microbiome is all the microbes, their genetic elements and environmental interactions in a defined environment; in this case, the gut. **Source: Foremost Virus Hunter Finds Biomarkers, Few Viruses in Big Chronic Fatigue Syndrome Study – Prohealth – 13th September**

Bristol University recently announced a grant of £1.2m into Chronic Fatigue Syndrome research. The 5 year study led by Dr Simon Collin will investigate CFS/ME in primary and secondary care in England. He will obtain an up-to-date estimate of the number of adults diagnosed with CFS/ME by GPs in England. Dr Collin will also document the different approaches to treatment and investigate long-term outcomes. As second element of the grant, will involve Dr Esther Crawley – to conduct a PACE trial on children. **Source: The Right Stuff - And The Wrong Stuff: Britain Awards 1.2 Million Pounds to Research on GET for ME/CFS – Prohealth – 28th September**

There is no evidence that GlaxoSmithKline’s Cervarix, the human papillomavirus vaccine, may cause CFS/ME, according to the results of a study announced by the Medicines and Healthcare products Regulatory Agency this week. **Source: Cervarix does not increase the risk of chronic fatigue syndrome, says MHRA – PJOnline – 27th September**

The former Eastenders actress Martine McCutcheon has revealed she suffered from Chronic Fatigue. Having recovered from a number of problems, she said, “I want to give hope to ME sufferers, even people who don’t know what they have got. I want them to know that they are not going mad and that they can get better. You can live a normal and good life again.” **Source: ‘Life felt like hell every day’: Martine McCutcheon opens up about the seven years she suffered from chronic fatigue syndrome and depression – Mail Online – 22nd September**

Unfortunately, Thomas Hennessy Jr. recently passed away after battling CFS/ME and Lyme disease over the past 25 years. He was an activist who stood up for patients around the world, establishing the May 12 International Chronic Fatigue Syndrome Awareness Day. He also spearheaded several national advocacy campaigns in the United States, appeared on TV and was an outspoken champion for patient’s rights. **Source: Chronic Fatigue Activist Dies In Boca Raton - BocaNewsNow.com – 19th September**

This scientific paper suggests that abnormalities in the mitochondria may play a role in the onset of ME/CFS symptoms. The abnormalities could be damaged cells or problems with ATP production. The mitochondria are responsible for producing power/energy in each cell, and if they don’t function properly fatigue can set in. ATP is a high-energy molecule that stores the energy we need to do just about everything we do. **Source: Myalgic Encephalomyelitis / chronic fatigue syndrome explained by activated immuno-inflammatory, oxidative and nitrosative stress pathways – Prohealth.com – 16th September**

Sorry

No Trick or Treaters Please



*There are no treats here.
Please be polite on Halloween night.*

Hello

Trick or Treaters Welcome



*There are treats here, but remember
be polite on Halloween night.*

TREACLE
safe autumn.com

