

Would you like to help fellow sufferers?

Can you spare some time?



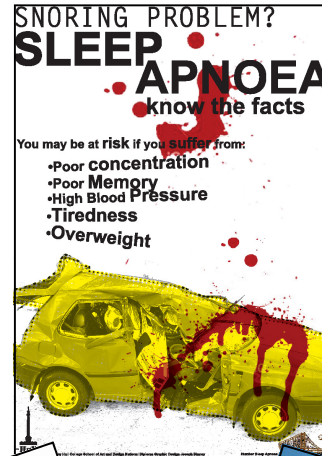
“HSASG NEEDS YOU”

Could you talk to newly diagnosed sufferers on Lung Function Clinic days?

Would you like to be on the committee?

If you answered YES! to one of these questions, please contact any of the committee members. We would love to hear from you!

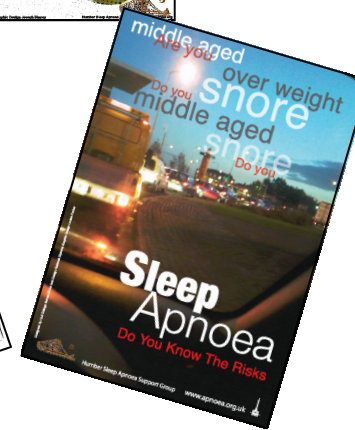
POSTER COMPETITION WINNER AND TWO RUNNERS UP



Designed by Joseph Binney

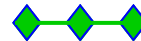


By Kerry Van Es



By Louise Parker

If you would like any of these posters to put on display, please contact one of the committee.



Terry Walton	Chairman, Scunthorpe	01724 842485
John Altass	Vice-Chairman, Elloughton	01482 662219
Allan Robins	Secretary, Hull	08450942672
Brian Johnson	Treasurer, Cottingham	01482 875350
Denis Benham	Web Design, Beverley	01482 861322
Sue Gilbert	Editor, Welton	01482 667025
Phil Jackson	Web Design, Elloughton	01482 669071
John Appleby	Hull	01482 505523



Humber Sleep Apnoea Support Group (HSASG)

Inside this issue:
Autumn meeting/AGM
Help Line Numbers
Chairman's Statement - HSASG the First 5 years!
HSASG needs YOU!

HELP LINE

If you are worried about Sleep Apnoea, having difficulty in coming to grips with CPAP treatment, or just need a little bit of practical advice ring one of our "Help Lines".

"... Any advice or information is provided for the recipient only and is given in good faith and based on the personal experience of the advisor. Neither the advisor, nor HSASG, accepts any liability for the information or advice and if the recipient has any doubts their medical advisor should be consulted at once..."

www.apnoea.org.uk
Email:
info@apnoea.org.uk



Chairman's Statement —

Our First 5 Years!

We are fast approaching the fifth anniversary of the formation of the Humber Sleep Apnoea Support Group (HSASG) and it is time to reflect what has been achieved in those five years.

On the positive side we have held two Open Meetings each year, the function of which has been to provide newly diagnosed patients with an opportunity to meet with other Obstructive Sleep Apnoea (OSA) patients, Equipment Manufacturers and Hospital Staff in an informal atmosphere where they can learn more about the condition which they are suffering from.

Up to now the meetings have alternated between Scunthorpe in the Spring and Cottingham in the Autumn; the last meeting taking the form of a very successful Cheese & Wine party! However, in the coming year, we are looking to hold open meetings in a wider geographical area.

We have raised a total sum of almost £8500 during the five years and in 2008, we became registered for Gift Aid which, potentially, makes any donation given to the HSASG by a Taxpayer at least 28% more valuable. The Gift Aid reference number is XT5681

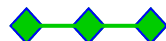
The funds collected are intended to support the work of the Lung Function Unit (LFU) at Castle Hill Hospital (CHH) and to this end an "Embletta" Sleep Recorder has been supplied to them at a cost of over £5000.

The HSASG also operates a website (www.apnoea.org.uk) and a "Help Line", and provides some support to the LFU at CHH.

If anyone would like join the Committee to help in these and other support activities our meetings are held in the Ward 2 Conference Room CHH on the second Wednesday each month at 6pm.

Anyone interested in joining the Group should contact the Chairman, Terry Walton, tel: 01724 842485.

Regards Terry



HUMBER SLEEP APNOEA SUPPORT GROUP

The Group was formed to support sufferers on non clinical matters and to publicise Sleep Apnoea within the general public.

Because of the understandable restrictions of the Data Protection legislation, we cannot obtain sufferers details other than by direct contact with them.

We know there are many sufferers for whom we do not have details and therefore are unable to contact them to let them know of our activities.

If you have not completed our membership or contact forms previously and would like us to let you know of our activities, please complete the form over and send to:- Brian Johnson, 39 Churchill Avenue, Cottingham, East Yorkshire. HU16 5NJ. Tel. 01482 875350

Or Leave at the Lung Function Unit, Castle Hill Hospital.

No fee is involved in completing this contact form. If in the future, when you know of our activities, you would like to become a Member, this currently is only £5 Single £7.50 Couple per year. A Membership Form can be obtained from the Hospital, from our web-site www.apnoea.org.uk, from Brian Johnson or enclosed with our various leaflets.

If you are not sure if you are on our database, please complete the form and we will check our records.

HUMBER SLEEP APNOEA SUPPORT GROUP

I WOULD LIKE TO BE KEPT INFORMED OF THE ACTIVITIES OF THE HUMBER SLEEP APNOEA SUPPORT GROUP. MY PERSONAL DETAILS AS FOLLOWS-

NAME.....

ADDRESS.....

.....

.....

POST CODE.....

TEL.NO. (INCL.STD).....

E-MAIL ADDRESS (Please print clearly)

.....

PLEASE SEND TO: - Brian Johnson, 39 Churchill Avenue, Cottingham, East Yorkshire, HU16 5NJ.