



SILA - NEWSLETTER



Spring 1997

Volume 1 Issue 1

DEAR SILA SUPPORTER,

ANNOUNCEMENTS

The SILA Newsletter welcomes 1997 with a new format. I hope it will be acceptable to all who want to know on a regular basis about what is going on at SILA. At least you will no longer have to put up with my typewriting! This computer can print out as many copies as required thus sparing me the task of copying the Newsletter to meet increasing demand. Because of the layout it will I hope make it easier to send out more copies. I have taken advantage of a SILA member's offer to do the typing and print out the newsletter for SILA. SILA is a self help organisation and this method of self help I hope will prove very useful.

SILA got a request recently for help and information from a Sarcoidosis sufferer living on the west coast of Canada because she could find no other self help group nearer! The last newsletter gave news of the Sarcoidosis Network in California who had received a SILA newsletter. But information about sarcoidosis and SILA goes out to sufferers nearer at hand as well as telephone advice. Some sufferers are referred by the Sarcoidosis Association in Merseyside when the enquirer wants to attend a self help group.

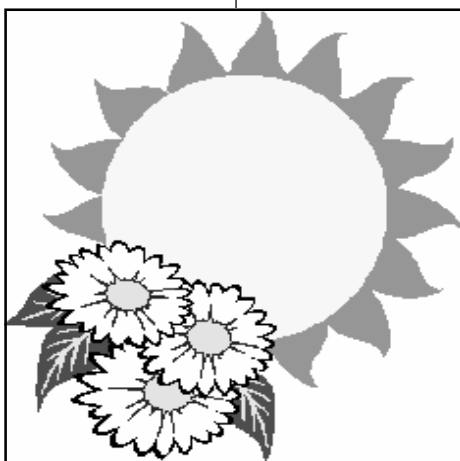
This leads on to thank all those who have paid their subscriptions to SILA of £12 per year and those who have also donated time and money. SILA at present gets no financial help from outside organisations so anyone who has it in mind to help SILA please send in your donations or subscriptions or details on any other sort of help you can give. Address is:-

The Secretary, SILA
Chest Clinic Office
Dulwich Hospital
East Dulwich Grove
LONDON.S.E.22 8PT

Yours sincerely,
Heather Walker Editor

SILA's forthcoming meetings.

SILA's Committee meetings are held on the last Saturday of each month. All paid up members of SILA who would like to attend the meetings are welcome to come along. Members of the Committee take it in turns to host the meetings at their homes. Details of Committee meetings venues can be obtained by writing to the Chest Clinic Office as below.



New Year - New Look

Newsletter

SILA's 1997 Annual General Meeting will be held on Thursday, 1st of May at King's College Hospital Denmark Hill at 7.00pm. It is proposed to follow the SILA AGM with a support meeting.

All paid up SILA members are welcome to come along to both meetings.

SILA's Annual Awareness Day.

It is proposed to be held on 2nd October 1997, in the Boardroom at King's College Hospital, Denmark Hill.

Talks will be give by specialists on Sarcoidosis. Printed information will be available. Refreshments in the interval. all Welcome. Admission

Free.

SILA's support meetings are held at King's College Hospital, Denmark Hill, in the Belgrave Room, at 7.00pm on the first Thursday of each month, with the exception of August, when there is no meeting. Denmark Hill Railway Station is on the line from Victoria. Several buses stop near the hospital. Enter the hospital via Bessemer Road, which is the main entrance to the hospital. Ask at the Help Desk in the Main Hall, for directions to the nearby Belgrave Room.

PUBLICATION.

The article "Living With Sarcoidosis" by Heather Walker which was first published in the Summer Issue, 1996 of Respiratory Disease in Practice is to be re-published in the next issue of the British Lung Foundation's Magazine.

S.I.L.A.

Sarcoidosis and Interstitial Lung Association

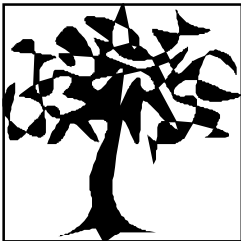
SILA'S CHRISTMAS GET-TOGETHER

SILA's Christmas social was held for the second time running in the Boardroom of King's College Hospital at Denmark Hill on 7th December 1996.

Great food, drinks and music were provided by the Social Committee and other SILA members.

SILA members, their families and friends enjoyed themselves alongside newcomers to the group. Admission was free, and guests could buy tickets and partake in the SILA raffle.

Return Address:-
SILA
Chest Clinic Office
Dulwich Hospital
East Dulwich Grove
LONDON. SE22 8PT



FORWARD PLANNING

Feedback and contributions are welcome for forthcoming Newsletters. Send these to SILA's address as overleaf.

Information on sarcoidosis is available to members if they send in a large SAE (with approx 52p of stamps) to the Chest Clinic Office, address as overleaf. A Questionnaire is available also, please indicate if you would be willing to fill in and return it to the address on the questionnaire..

ONE OF SILA'S AIMS IS TO RAISE PUBLIC AWARENESS OF SARCOIDOSIS AND THE EFFECT IT HAS ON ALL SUFFERERS, RELATIVES, AND FRIENDS.