



CHRISTMAS 2011

*Welcome*

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**Words from the Chair**

It's the end of a busy and successful year for our group and the perfect time to thank everyone for their hard work and dedication over the past 12 months.

Regional groups are a vital part of LUPUS UK as they can offer more personalised help to members and work with them to provide exactly the support they need. The groups also have a very important role to play in raising awareness of lupus locally and this past year our group has had two major awareness and fund raising events. As you can see from the photograph of some of our walkers, our Go That Extra Mile event was a huge success (read more about it and see more photographs inside this issue). The Information Day at Fitzwilliam College was also a great success (a report and photographs are on page 3). Events like these really do help to increase understanding of lupus, but of course, they take a lot of organising and I am so very grateful to those of you who helped make them happen.

We do need more offers of help if the group is to continue to run successfully. You don't have to commit your time on a regular basis or get involved with a formal committee structure, but maybe you would be able help with the planning and preparation of events and initiatives in a more relaxed way. Do you have a specific skill or particular interest that you would like to bring to the group, or are you happy to spend the odd day helping out? Please get in touch with us - we really need to hear from you.

With this issue, we are sending you another one of our famous quizzes. Please try and sell a few copies (only £1 each). If you want more copies, just contact us and we'd be happy to send them.

Finally, I'd like to wish you all a very Happy Christmas and a peaceful and healthy New Year.

*Shelagh*

# How Cambridgeshire Went That Extra Mile



### Top:

The Kirkman Triplets with big sister Ella

### Middle from left:

Helen and friends

Jacky on the home straight

Heidi and friends

Marmite modelling a sash

### Left:

The Mills/Peacock family who did a walk earlier in October in memory of their Dad, Peter who passed away in June.

Thanks to the enthusiasm of a member from the Huntingdon area and the wonderful support from one of our Facebook contacts, we marked Lupus Awareness Month by organising our Go That Extra Mile event.

It was a beautifully bright autumn day and Hinchbrook Country Park was the perfect setting. We had advertised the walk widely and Heidi McFadyen got some great pre-walk press coverage.

It was fantastic to see so many supporters there - I lost count, but there were over 50 of us in those eye-catching yellow t-shirts. We had babies in buggies, children on scooters, Nordic pole walkers and even the dogs dressed for the occasion!! Several people stopped to ask us about lupus so it was good for awareness as well as fund raising.

Jane Robinson very generously did a first circuit of the

route, marking the path with LUPUS UK balloons (all blown up without the aid of a pump!!!) to guide the walkers and Heidi's Mum baked some delicious cakes that we all devoured hungrily.

As the walk is an annual, national event, monies raised are sent straight to National Office, so we don't know exactly how much was raised locally - it was well over £1000 though - a magnificent amount.

The Mills/Peacock family from Chatteris did a separate walk earlier in the month in memory of their Dad Peter, who sadly died from lupus in June.

Huge thanks must go to Heidi, Lucy and Jane for their enthusiasm in organising the event, to all those who took part in the walk and to those who sponsored our walkers.

## LUPUS INFORMATION DAY - FITZWILLIAM COLLEGE



After weeks of planning and a couple of last minute panics, our Information Day was a great success. We were delighted that so many people attended - not just our members, but many newly-diagnosed patients and those who had travelled quite a distance. The venue was ideal and as we expected in excess of 100 people, the college moved us to the very impressive auditorium. The final number was over 140, which must mean that there is a need for information events like this.

Chris Maker (Director of LUPUS UK) explained about the support the charity offers, the funding they give for research and specialist lupus nurses and then showed an extract from LUPUS UK's new DVD "So you've got lupus" - copies of the full DVD are available from National Office.

Dr David Jayne then spoke about what lupus actually is, explaining that it is caused by an over-active immune system and that it difficult to treat as it is a multi system disease and can involve the heart, lungs, joints, brain and kidneys. The cause of lupus is still unknown, although it has been linked to genetics, medications, nutrition and the environment.

Dr Frances Hall spoke about treatments and gave an update on the much publicised new drug - Benlysta (Belimumab). It is disappointing that NICE have not followed the lead of the USA and Europe in licensing this treatment, but no final decision has been made yet and

there are other treatments currently being developed.

Jane Hollis (LUPUS UK funded specialist lupus nurse) presented an audit of lupus services at Addenbrooke's (the full audit results are printed elsewhere in this newsletter). Jane is eager to set up regular information sessions (on a variety of topics) for patients living with lupus.

A break for coffee (and delicious cakes) gave everyone a chance to chat to other lupus patients and to browse the literature we had available. After the break, Rob Juson and Jane Robinson spoke about their experiences of lupus and the impact it has had on their professional and family lives.

The afternoon ended with a very full question and answer session. Dr Hall, Jane Hollis and Jane Robinson answered many questions raised by the audience with topics ranging from 'flu jabs to pregnancy.

We are very grateful to Dr Jayne, Dr Hall, Jane Hollis, Jane Robinson, Rob Juson, Chris Maker, Geraldine Leonard and Paul Howard for giving up part of their weekend to help make the day such a success. We are also very appreciative of the financial support given by GlaxoSmithKline and the many people who contributed so generously to our collection boxes. Judging from the feedback we have received, everyone found the day informative and it has given us the enthusiasm to organise future information events.

### Lupus Information Day — The Speakers



Chris Maker

Dr. David Jayne

Dr. Frances Hall

Jane Hollis

Rob Juson

Jane Robinson

## Lupus, Diet and Lifestyle – Is There Any Evidence?



### Ani Richardson BSc(Hons), MSc, RNutr

*Ani Richardson is a lupus patient. She has a First class honours BSc and a MSc in Nutritional Medicine. Being a nutritionist, with a passionate interest in diet and lifestyle, Ani has done a lot of research on nutrition and lifestyle changes that might be helpful for lupus patients and has kindly written the following article for us.*

[www.vitalitywithin.com](http://www.vitalitywithin.com)

It is wonderful to have been asked to write a little about diet and lifestyle in relation to lupus. Nutrition, health and psychology are passions of mine. As a registered nutritionist with qualifications in counselling (psychosynthesis) and obesity management I started to look at the scientific research behind diet, lifestyle and lupus after being diagnosed with 'lupus spectrum disorder'. I truly believe that what we eat can impact the body in many biological ways. After spending a few months reading published medical journals I began writing a scientific review of the evidence. In this article I would like to briefly discuss some of my findings. More information and my contact details can be found on my website [www.vitalitywithin.com](http://www.vitalitywithin.com)

### Vital Vitamin D

Research into Vitamin D has been intensive in the last 5 years. Data suggests that nearly all major human diseases are linked to the vitamin D status of our body. Only small amounts of vitamin D can be found in foods such as eggs and oily fish e.g. salmon, mackerel and sardines with most vitamin D in the body being synthesized from the action of sunlight on the skin. Many lupus sufferers cannot tolerate much sunlight and so their vitamin D levels may be particularly low and this could well be adding to lupus symptoms such as pain, fatigue and even depression.

Briefly I wanted to mention why vitamin D may be particularly helpful to lupus sufferers:

\*Many studies have shown that individuals with lupus have low levels

of vitamin D in the body and this is often correlated with severity of symptoms.

\*Vitamin D can act on cells of the immune system in a variety of complex ways that can reduce inflammation in the body.

\*Vitamin D is important for brain function and mood. Studies have linked depression and poor cognition (brain function) to lower levels of vitamin D in the body. Lupus sufferers often report problems with depression, anxiety and other mood disorders.

\*Emerging evidence is pointing toward the benefits of vitamin D for those suffering with chronic pain, especially women.

\* Hydroxychloroquine, a medication typically used for treating lupus, can negatively impact vitamin D levels.

As yet experts have not come to agreement over what the most optimal levels of vitamin D in the body are but it is thought that blood levels of at least 30ng/ml (or 75nmol/L) are beneficial. Vitamin D supplements are inexpensive and widely available and are definitely worth talking to your doctor/rheumatologist about. Many rheumatologists are willing to do vitamin D tests so it is worth asking, these will need to be repeated every 4-6months if supplements are given in order to track levels in the body. To achieve and maintain vitamin D levels of 30ng/ml usually requires a supplement of 2000-5000iu vitamin D daily (In the form of vitamin D3). Individuals with particularly low levels may need mega-doses of vitamin D to start with but your medical doctor will advise on this.

### Fabulous Fats - Omega 3's

The notion that all fats are bad is a BIG FAT LIE! The benefits of long chain omega 3 fats, found in oily fish like salmon, mackerel, trout and sardines, is something I have been passionately researching since completing my masters degree (in nutritional medicine) in 2002. The long chain omega 3 fats which have the most potent biological activity in the body are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The shorter chain omega 3 fat (alpha-linolenic acid ALA) found in flaxseeds, walnuts and green leafy vegetables is far less potent than EPA and DHA and doesn't seem to have the same benefits to health, though they are highly valuable to provide an overall balance of 'good' fats in the body.

Vegetable oils, processed foods and grain fed meats contain a lot of omega 6 fats. Currently in the western diet we have an imbalance between omega 6 and omega 3 fats, with far too many omega 6 fats and very low intakes of omega 3's. Both the omega 3 and omega 6 fats are used in the body to make potent immune chemicals (known as prostaglandins and leukotrienes). The immune chemicals made from the omega 6 fats are potent pro-inflammatory mediators which is obvious not what we want as lupus sufferers! The omega 3 fats, on the other hand, are used by the body to produce anti-inflammatory chemicals, which is great news!

Inflammation is linked to the production of free radicals, destructive chemicals, which cause oxidative stress in the body. Studies have shown that omega 3 fats may be useful in lupus sufferers by reducing the amount of oxidative stress in the body. Inflammation is also linked to depression, there is a lot of strong evidence that EPA and DHA (potent anti-inflammatory omega 3 fats) are highly beneficial in treating depression, and as mentioned earlier depression and low mood is common in lupus. Finally omega 3 fats are important for skin health and also protect against

## Lupus, Diet and Lifestyle – Is There Any Evidence?

sun-damage.

Omega 3 fats from oily fish are important for the optimal health of most individuals and may be especially helpful if you are dealing with lupus. Eating oily fish at least 2-3 times every single week would help to boost levels but this is often difficult for people to stick to. EPA and DHA supplements can be very useful to boost levels. It is important to discuss their use with your medical doctor since omega 3's do interact with some medications, however if your doctor agrees then taking 1000-2000mg of EPA/DHA daily may well be worth trying. People often find that this can help with joint pain/mobility and feelings of fatigue, depression and food cravings. For vegetarians and vegans EPA/DHA supplements are now available from algal sources.

### Anti-inflammatory Antioxidants

As mentioned earlier inflammation can cause oxidative stress in the body which is implicated in the development of various clinical features seen in lupus patients. Free radicals can attack cells and cell membranes causing further inflammation, depression, sun damage and heart disease.

There are a variety of antioxidants in food which can quench the production of these free radicals and hence may be useful to reduce inflammation and damage in lupus sufferers. Vegetables, fruits and spices such as ginger, turmeric, chilli peppers and garlic are rich sources of antioxidants (such as certain vitamins and flavonoids or plant chemicals). Certain minerals such as magnesium and zinc are also antioxidant and anti-inflammatory.

A diet rich in vegetables, fruits, nuts/seeds, beans/pulses and unprocessed wholegrains will go far in providing the body with an array of antioxidants.

### Watching Weight

Currently studies suggest that overweight and obesity are common in lupus patients, especially women.

It is an important factor to discuss because overweight is associated with chronic inflammation, impaired quality of life and increased risk of heart disease – all factors seen in lupus. Encouraging weight control is important in lupus patients, weight loss in the overweight can lead to significant lowering of inflammation in the body. Weight loss needs to be sustainable but need not be an arduous journey. Good support and good information are vital for the weight loss journey. Unfortunately it is not a topic I can expand upon here but having help from a registered nutritionist or dietician can be invaluable.

### Physical Activity

Evidence suggests that physical activity is important for lupus sufferers. Even 15 minutes of walking a day can be beneficial for mood, sleep, energy levels, weight loss, stress reduction and inflammation. Exercise can also reduce the risk of cardiovascular disease and osteoporosis. Sometimes the fear of feeling tired can stop us from taking any steps toward movement, for me personally I know that a walk a day really does help keep my flares at bay. Often I don't think I can manage it but once I have my shoes on and I get going I feel invigorated and the rest of my day is more energised. Talk to your doctor about exercise and what you think you can or can't manage, total exhaustion is certainly not the goal but many individuals find that they can manage 15-30minutes of walking each day (this can be broken up into 2 or 3 short walks).

### Stress

Stress can be psychological (worries, anxiety), physiological (hormonal, damage from over-exercising) and even nutritional (poor nutrition is a stress for the body and causes the production of certain stress hormones). Stress, stressful events and depression all impact inflammation in the body and as mentioned earlier inflammation is a huge part of lupus and its associated symptoms such as pain and

depression. Stress can also produce general dysregulation in the immune system. Evidence suggests that stress plays a role in exacerbating lupus, although studies looking into this have produced mixed results. Needless to say life feels a lot easier and more joyful when stress levels are low.

Research suggests that yoga, meditation, cognitive behavioural therapy (CBT) a form of counselling, mindfulness and exercise can all help reduce the stress associated with chronic disease.

In terms of nutrition having a nutrient rich diet that keeps blood sugar levels stable can be highly useful in reducing physiological stress in the body. As mentioned earlier omega 3 fats can reduce depression and anxiety which are associated with stress, they also help stabilise blood sugar levels. To keep blood sugar levels stable a diet which is rich in vegetables, fruits, nuts/seeds, pulses/beans, unprocessed wholegrains and unprocessed meats and fish (especially oily fish) is a useful place to start. It is also very important to include a portion of protein with each meal (including breakfast), protein helps with blood sugar balance but also provides the body with certain amino acids needed to make neurotransmitters in the brain that keep us feeling good. Good protein sources include: nuts, beans/pulses, fish, unprocessed meat, eggs (although try not to eat too many eggs since they contain a type of fat that can be pro-inflammatory in the body).

For some good recipe ideas I find this book useful:

*The everything anti-inflammation diet book* by Karlyn Grimes ISBN 978-1-4405-1029-8

For a full list of scientific references or to get in touch feel free to email me at [vitalitywithin@gmail.com](mailto:vitalitywithin@gmail.com)

**Ed: Ani has agreed to contribute further articles about lupus and diet (including some recipes) in future newsletters.**

## Cambridge News Feature



At the beginning of November, the *Cambridge News* printed a feature about lupus in their Wellbeing section.

Shaista Tayabali agreed to be a 'case study' and she did a great job in raising awareness of lupus. The article was touching and inspirational and we have had

lots of feedback - all praising Shaista's bravery and positive attitude to living with lupus.

We want to thank Shaista for giving such a fantastic interview, publicity like this makes a huge difference.

If you would like to read the article it's online at:

<http://www.cambridge-news.co.uk/Health-and-Beauty/Health-and-Well-being/Fighting-lupus-07112011.htm>

If you don't have internet access, just let us know and we can send you a printed copy.

## New Home for Marion

Marion Walker, who has been a great supporter of LUPUS UK and the Cambridgeshire Group for many years has moved from Royston to Carterton in Oxfordshire.



Marion with grandson Denis

Although originally from Tottenham, Marion lived in Oxfordshire before moving to Royston, so it's not an unfamiliar place. When Dave retired, he and Marion decided that they wanted to live closer to Marion's daughter and her 6 year-old grandson.

Marion first got involved with helping lupus patients 27 years ago - through Arthritis Care as LUPUS UK didn't exist then. When LUPUS UK was formed, Marion became one of the first supporters, being a contact for the Oxford area. On her move to Royston, she became involved with our Cambridgeshire Group - again as an area contact and also as a Committee member. She and Dave helped enormously over the years at fund raising and awareness events. Marion's gift of understanding and empathy and Dave's friendliness and willingness to help will be sorely missed.

When all the packing boxes have been emptied and they have settled into their new home, Marion and Dave hope to get involved in local life. They have plans to join the U3A - Marion a theatre group and Dave a steam train group and of course their 6 year-old grandson will keep them very busy.

We all wish them much happiness in their new home and would like to pass on our sincere gratitude for all those years of help and support. We will, of course, keep in touch.



## Benlysta News



### Latest on Benlysta

In draft guidance, the U.K.'s National Institute for Health and Clinical Excellence said, "NICE's independent appraisal committee has looked very carefully at the evidence provided on the use of belimumab for treating SLE, including the views of people with the condition, those who represent them, and clinical specialists. "The evidence considered did not persuade the committee that belimumab was good value for money compared to standard care, as the cost per year of improved health is very high". Whilst recognising the severity of the disease, the committee concluded that based on this evidence, belimumab could not be considered a good use of NHS resources.

A public consultation period finished on 21st October and a final decision is expected within the next couple of months.

## Reader's Letters

*Dear Cambridgeshire Group*

I want to thank you all for all your good wishes after my sojourn in Addenbrooke's. I was most touched, and particularly with the delivery of such lovely freesias - they lasted well and gave me so much pleasure. Thank you to all concerned.

*Best wishes*

*Sarah Archer*

*Dear Newsletter*

I attended the Information Day at Fitzwilliam College and just want to thank everyone who was involved in arranging such an interesting and informative day. I know events like this don't just happen and you must have all worked so hard to make the day so successful. It was really helpful to hear what the doctors and nurse from Addenbrooke's had to say and I was particularly interested in the talks from the two lupus patients - we don't hear much about how lupus can affect patients and their families and friends and I could identify with a lot of what they said.

I also want to congratulate you on your newsletter. I love the 'Share your Story' and have been so touched by the experiences of Shaista, Heidi and Victoria. They are so young, have been through so much, yet they all remain so optimistic and determined not to let lupus rule their lives. Their stories made me re-evaluate my approach to lupus and now I try to concentrate on the things I can do, rather than dwell on those that I can't.

I look forward to receiving your newsletter and I know that a lot of effort goes into producing it. I, for one, am extremely grateful.

*Many thanks*

*Julie*

**We'd love to receive your letters on any subject. Just write to any Committee member or email us at [mail@cambridgeshirelupus.org.uk](mailto:mail@cambridgeshirelupus.org.uk)**

We are researchers at the University of Hull, leading a research project, 'Transitions to Illness: Understanding the Lived Experience of Systemic Lupus Erythematosus'. The research focuses on people's experiences of having lupus, from first symptoms through diagnosis and beyond. The research explores in the ways in which lupus affects people's sense of self and identity, its implications for relationships with family, friends and colleagues, the ways in which lupus affects the expectations people have for their lives and the manner in which people cope (or not) with the many transitions the condition imposes.

The research has a number of different components, one of which involves the use of e-research, namely, a research blog where people in the UK were invited to respond to specific questions about their experiences of lupus. The second phase involves conducting face-to-face interviews with people with lupus.

The first phase of the research involving the blog is now complete and we have started the second phase – face to face interviews. We are hoping that people with lupus across the country will be able to participate in the study and we are asking for your support to ensure this happens. We are happy to travel nationally to talk to people with lupus, distance is really no object.

We are keen to present the voices of people with lupus – something that is very much missing from the medical literature. As we said above, we are interested, first and foremost, in what it's like to experience lupus in all its complexity and plan to disseminate our findings across the medical and patient communities.

We are keen to raise awareness and insight into the realities of living with a condition such as lupus and would, of course, be willing to share the outcomes of this work with your local group.

Please get in touch if you would like more information about the research or what your contribution might entail. We'd love to hear from you.

You can contact us here:

Liz Walker [e.walker@hull.ac.uk](mailto:e.walker@hull.ac.uk) 01482 466221  
Liz Price [e.price@hull.ac.uk](mailto:e.price@hull.ac.uk) 01482 466360

Department of Social Sciences  
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University of Hull  
Cottingham Road  
Hull  
East Yorkshire  
HU6 7RX

**Jane Hollis has carried out an audit of lupus services at Addenbrooke's - and has kindly agreed to allow us to publish the results.**

#### Service Goals:

- To provide individualised patient care through outpatient clinics.
- To support and provide information to patients when newly diagnosed.
- To assist patients with lupus to make informed decisions about their treatment options.
- Provide a dedicated Lupus ,non-urgent advice line **(01223 217050)**
- To actively participate in research into new therapies.
- To develop an SLE education programme - one to one in a nurse clinic or group session.

#### Lupus Services:

There are currently 416 lupus patients being treated at Addenbrooke's (298 in Rheumatology and 118 in Nephrology)

The lupus service provided a total of 990 patient clinic appointments over the past year. Lupus patients were seen on average every 4.7 months with a range of 1 - 11 visits per year per person

Gender Distribution - 11% male, 89% female

Average age - 48.6 years with a range of 13 - 83 years

#### Medications:

45% of patients were on Oral Prednisolone (average dose 8mg per day).  
33% (Nephrology figures only) were on Hydroxychloroquine  
22% - Mycophenolate/Myfortic  
10% - Azathioprine  
8% - Rituximab  
2% - Others (Cyclophosphamide, Tacrolimus, Cyclosporin)

#### Vision for Improving the Lupus Service

- To set standards of care which will be evaluated by an annual audit
- To fully integrate both departments to provide a unified service.
- To promote lupus awareness within the Trust and Primary Care.
- To set up a list of lupus patients who wish to be actively involved in representing the patient's perspective on service development and grant/research applications,
- To evaluate the benefit of a focus group for teenage lupus patients.
- To organise regular information sessions on various topics of importance to patients living with lupus. These sessions could include:
  - An Introduction to lupus
  - Living with lupus
  - Managing my medication
  - Managing a flare
  - What about pregnancy and lupus
  - Lupus and the future

**If any patients treated at Addenbrooke's are interested in such sessions, please contact Jane Hollis. (01223 217050)**

Thank  
You

Mrs M Springer	£ 27.00
Red Lion - Great Wrattling	£ 81.09
Mrs M Duffy	£ 9.04
Anonymous Donation	£ 5.00
The Foresters Society	£ 20.00

We are so very grateful to all those who fundraise for us –any ideas for future fundraising would be appreciated.

Thinking of YOU



**Get well wishes to  
Gabrielle Morris**

**- from the committee  
and all group  
members**

## CHRISTMAS QUOTE

“I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph.”

- Shirley Temple

## DIARY DATES



**Saturday 7th January 2012 – 11.00am  
Cambridge Lupus Link**

Sunflower Restaurant, Scotsdale's Garden Centre, Great Shelford  
*Contact Shelagh or Gabrielle for details*

**Saturday 14th January 2012 – 11.00am Peterborough Lupus Link**

The Coffee Bar, Van Hage Garden Centre, Peterborough Garden Park  
*Contact Jane for details*

**Saturday 18th February 2012 - 11.00am. Fenland Lupus Link**

The Cross Keys Inn, Market Street, Chatteris  
*Contact Shelagh or Gabrielle for details*

**Saturday 10th March 2012 – 11.00am Peterborough Lupus Link**

The Coffee Bar, Van Hage Garden Centre, Peterborough Garden Park  
*Contact Jane for details*

**Saturday 14th April 2012 – 11.00am Cambridge Lupus Link**

(please note: due to Easter this is not the usual first Saturday of the month)

Sunflower Restaurant, Scotsdale's Garden Centre, Great Shelford  
*Contact Shelagh or Gabrielle for details*

**Sunday 13th May 2012 - LUPUS UK National Conference and AGM**

Marriott Hotel, Cardiff, Wales  
*Contact National Office for details*

**You don't need to let us know you are coming to any of our link meetings – just turn up!!**

## YOUR COMMITTEE AND CONTACTS

Chair & CONTACT	Shelagh Cheesman	93 Brewery Road, Pampisford, Cambridge. CB22 3EW.	Tel: 01223 833013
Secretary	Gabrielle Morris	Roundstone House, Little Wrattling, Nr, Haverhill, Suffolk, CB9 7UG	Tel: 01440 712269
Treasurer	Linda Simpkin	17 Woottens Close, Comberton, Cambridge CB23 7DA	
Librarian & CONTACT	Shirley Smith	Please contact Shirley if you wish to borrow any books from our library	Tel: 01954 230306
Committee Member	Anne Lockwood		Tel: 01733 260719
Committee & CONTACT	Daphne Gilbert		Tel: 01733 346419
Newsletter Editor	Lucy Kirkman		
CONTACT	Jane Robinson		Tel: 01733 560582

Please use our group email address: [mail@cambridgeshirelupus.org.uk](mailto:mail@cambridgeshirelupus.org.uk) to contact any committee member or any of our contacts. Please respect the fact the most of your committee and contacts have lupus too. Calls should be between 9am and 8pm.



**National Office**  
St James House, Eastern Road,  
Romford, Essex RM1 3NH  
Tel: 01708 731251 [www.lupusuk.org.uk](http://www.lupusuk.org.uk)

**LUPUS UK**  
Registered Charity No. 1051610

# CAMBRIDGESHIRE LUPUS GROUP

Charity Number: 1051610

Supporting people with Lupus - an incurable, multi-system, autoimmune illness

## THE NAME GAME MUSIC QUIZ

### Cash prizes to be won!!

*Just fill in the blanks with a first name to create a well-known song title*

1. \_\_\_\_\_ in the Sky with Diamonds
2. Hit the Road, \_\_\_\_\_
3. I Can't Let \_\_\_\_\_ Go
4. Semi-detached Suburban Mr \_\_\_\_\_
5. \_\_\_\_\_'s Boy Child
6. \_\_\_\_\_ Arcade
7. \_\_\_\_\_ is Bustin' Out All Over
8. Tell \_\_\_\_\_ I Love Her
9. Rockin' \_\_\_\_\_
10. Pictures of \_\_\_\_\_
11. \_\_\_\_\_, Don't Take Your Love to Town
12. \_\_\_\_\_ Plain
13. Walk Away \_\_\_\_\_
14. The Wind Cries \_\_\_\_\_
15. \_\_\_\_\_ the Midget
16. \_\_\_\_\_ Juniper
17. The \_\_\_\_\_ Genie
18. A Boy Named \_\_\_\_\_
19. \_\_\_\_\_'s Mother
20. Ave \_\_\_\_\_
21. Ode to \_\_\_\_\_ Joe
22. \_\_\_\_\_ Teen
23. Long Tall \_\_\_\_\_
24. Runaround \_\_\_\_\_
25. See \_\_\_\_\_ Play
26. Amazing \_\_\_\_\_
27. Ramblin' \_\_\_\_\_
28. X \_\_\_\_\_
29. \_\_\_\_\_, Don't Be a Hero
30. \_\_\_\_\_ Smith and his Amazing Dancing Bear
31. \_\_\_\_\_ Rockefella
32. \_\_\_\_\_'s In Love
33. \_\_\_\_\_'s Clown
34. Wake Up Little \_\_\_\_\_
35. Goodbye \_\_\_\_\_, Hello \_\_\_\_\_
36. Sha La La La \_\_\_\_\_
37. \_\_\_\_\_ B Goode
38. I'm \_\_\_\_\_, Fly Me
39. \_\_\_\_\_ the Pink
40. \_\_\_\_\_ May
41. Proud \_\_\_\_\_
42. I Did What I Did For \_\_\_\_\_
43. Mustang \_\_\_\_\_
44. Wreck of the \_\_\_\_\_ Fitzgerald
45. \_\_\_\_\_, Row the Boat Ashore
46. I Gotta See \_\_\_\_\_
47. \_\_\_\_\_ the Knife
48. You Can Call Me \_\_\_\_\_
49. \_\_\_\_\_ Rigby
50. Sweet Talking \_\_\_\_\_

- |  |                                      |
|--|--------------------------------------|
| 51. _____ Lane                             | 76. Pretty Little Black-Eyed _____   |
| 52. Sloop _____ B                          | 77. _____ Come Lately                |
| 53. _____'s Ragtime Band                   | 78. Billie _____                     |
| 54. Come On _____                          | 79. Good Golly Miss _____            |
| 55. Lovely _____ (Meter Maid)              | 80. Lay Down _____                   |
| 56. Help Me, _____                         | 81. Waltzing _____                   |
| 57. From a _____ to a King                 | 82. Love Grows Where My _____ Goes   |
| 58. Me and _____ Down by the Schoolyard    | 83. Lying in the Arms of _____       |
| 59. _____, Martin and _____                | 84. Mona _____                       |
| 60. Sweet _____ Brown                      | 85. _____'s Army                     |
| 61. _____'s the Name of His Latest Flame   | 86. _____ Eccles                     |
| 62. _____ Mack                             | 87. _____ Tuesday                    |
| 63. _____ Doesn't Live Here Anymore        | 88. Hey _____                        |
| 64. _____ of Cimarron                      | 89. Sweet _____                      |
| 65. Jumpin' _____ Flash                    | 90. Me and _____ McGee               |
| 66. How Do You Solve a Problem Like _____? | 91. Hello _____ !                    |
| 67. Making Plans For _____                 | 92. Da Doo _____                     |
| 68. _____'s Silver Hammer                  | 93. Gudbuy T' _____                  |
| 69. Right, Said _____                      | 94. _____ in Disguise (With Glasses) |
| 70. Sweet Baby _____                       | 95. Hello _____ [Goodbye Heart]      |
| 71. Telegram _____                         | 96. And They Call the Wind _____     |
| 72. So Long, _____                         | 97. _____'s a Singer                 |
| 73. _____ of Destruction                   | 98. _____ Incidentally               |
| 74. _____ Don't Lose That Number           | 99. Living Next Door to _____        |
| 75. Poison _____                           | 100. The Day I Met _____             |

**Thank you for purchasing this quiz sheet - all funds raised will go towards supporting people with lupus.**

**Prizes:** 1st prize - £25, 2nd prize - £15, 3rd prize - £10, 4th prize - £5. The prizes will be awarded to the first four all-correct entries drawn, in the order in which they are drawn. The judges' decision is final.

**The closing date for receipt of entries is: 15<sup>th</sup> January 2012**

If you are able to sell some copies at £1 each, please contact us and we would be happy to send you some.

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