

Dear Fellow Group Members and Friends,

Nearly seven years of fun and friendship in our group! How time flies!

We've always been known as a friendly and supportive group, as I think you'll agree. However, as those years have passed by, we've all got older, and some of us are developing conditions that may need support which our group can't provide.

Of course we want everyone to continue enjoying the fellowship of our trips and activities, but we all need to be aware that each person on the trip has to take responsibility for themselves. Our leaders and organisers are just volunteers!

This doesn't mean we don't care about your safety and enjoyment. Quite the opposite! And that's why we are inviting you all to let us know, in complete confidence, whether you have any condition which could cause concerns during a trip. We *don't* mean finding climbing stairs difficult or having a special diet, or any of those other little things we all cope with so well. We mean anything which may, for example, cause some kind of acute attack, or make you unusually forgetful. You might also like to tell us if you carry medicines or other items to use in an attack. And then you could discuss any concerns with us.

Anything you choose to disclose will be shared only between your leaders, i.e. G___ and S___. If we feel it would be helpful to share it further, we will ask your permission first. You *might* decide you would like to make fellow members aware of your condition, and how you deal with it.

We would like you to read this letter very carefully, even if you don't think it applies to you. It might tomorrow! We don't think this is a suitable topic for a large group discussion, but please do let us have any comments. And remember, we are just volunteers!

signed by the leaders