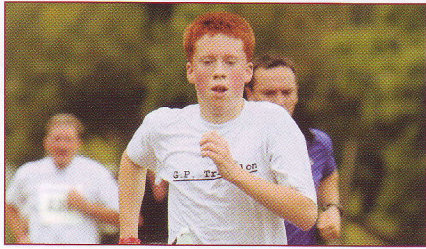


## Triathlon



Ben Rigden raised £70 for the RSA through taking part in a Triathlon. His grandma, Betty Harrington is a member of our Association, which is why Ben chose our charity. Well done!

## Table Top Sale



Jan Pickering and her friend Hazel Jones raised £100 for the RSA by doing a table top sale in Jan's front garden.

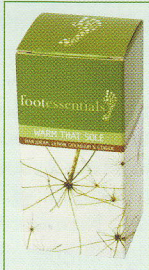
## Warm That Sole

Warm That Sole is a beautifully warming, soothing, antibacterial and antiseptic blend of essential oils.

These oils were blended to treat all the symptoms accompanying poor peripheral circulation.

These include chilblains, cold painful hands and feet and Raynaud's. People using Warm That Sole report rapid relief of some of these symptoms.

Warm That Sole is suitable for use by most people except during pregnancy and breastfeeding, those suffering from epilepsy, and children under five. Cancer patients are required to seek permission from their oncologist before using the oils. Most oncologists readily agree to their use.



For further information  
call 01625 869966  
or visit [www.footessentials.co.uk](http://www.footessentials.co.uk)

## Sudbury Lions



Pictured left to right: Nirmala Vaghela (RSA Member), Kiran Vaghela (Lion Secretary), Kirit Parmar (Lion President), Anne Mawdsley and Jo Kaddish, RSA Trustee chairman. Jo and Anne were presented with the cheque for £400 from Sudbury Lions. The RSA is most appreciative for this kind donation.

## Your Help Please!

### The Provision of Supplemental Oxygen

The Pulmonary Hypertension Association UK (PHA-UK) and the British Lung Foundation are trying to get as many people as possible to assist with a campaign led by the charities, to get airlines that levy a fee for the provision of supplemental oxygen to people who live with lung conditions, such as Pulmonary Hypertension (PH) and COPD, and require supplementary oxygen when they travel by air, to stop charging for it. They also want to encourage those airlines that don't supply supplemental oxygen in-flight to allow people who require it to be able to bring their own supply or portable oxygen concentrator. The charities have so far managed to convince British Airways, Cathay Pacific, Emirates & Thomson's, who were charging different fees ranging from £100 to £2000 for supplemental oxygen in-flight, to those that need it, to drop their charges. With your help we can hopefully get the British Prime Minister to try and exert his influence on airlines that charge for oxygen or won't allow passengers who need supplemental oxygen to bring their own.

If you would like to help, log onto <http://petitions.number10.gov.uk/Breathefreely> and add your name to the petition.

### Free Prescriptions for Long Term Conditions

In September 2008 Gordon Brown promised free prescriptions for people living in England with a long term condition - so far he has not kept this promise. We need Gordon Brown to take action in the next few weeks so that the law can be changed before the general election. Time is running out for the Government to implement free prescriptions for people with long-term conditions. We need your help now to show Gordon Brown that he can't just make empty promises without acting on them. If Brown doesn't pass new legislation within the next few weeks, free prescriptions for people with long-term conditions will fail to become a reality before the election - and may not become a reality at all.

Please email your MP asking they make one last effort to raise this vitally important issue urgently and in person. Please take 2 minutes by following this link:  
<http://e-activist.com/ea-campaign/clientcampaign.do?ea.client.id=66&ea.campaign.id=5546>

### Jewellery Wanted

Barbara Buchan has raised another £500 for the RSA since the last newsletter through jewellery sales. She re-uses any items of jewellery, even old stones, chains, clasps and costume jewellery sent to her by members. Please send any contributions of jewellery to: Mrs Barbara Buchan, 6 Meadowlands, Woolpit, Bury St. Edmunds, Suffolk, IP30 9SE. If you require an acknowledgement from Barbara for the items sent to her, please include your telephone number.



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