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INFORMATION

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NEWSLETTER OF THE 'IN' GROUP: THE INFLAMMATORY NEUROPATHY SUPPORT GROUP OF VICTORIA INC., supporting sufferers from acute Guillain-Barre Syndrome (GBS) & Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) and other Inflammatory neuropathies.

UNFORTUNATELY, WE HAVE HAD TO CANCEL OUR ANNUAL CHRISTMAS LUNCHEON THIS YEAR

due to restrictions on numbers, social distancing and an “at risk” membership base.

We believe it is for the best just to cancel this function and start afresh next year.

On behalf of our President, Margaret Lawrence and the rest of The “IN” Group Committee,

we wish you a very Merry Christmas and a Happy and Safe 2021.

Meeting dates for 2021 to be advised.

**Minutes of the Annual General Meeting of
The Inflammatory Neuropathy Support Group of Victoria Inc.
Held by Zoom – 11th October 2020**

1. The President welcomed members to the meeting.
2. Minutes of 2019 Annual General Meeting were confirmed.
3. **President's Report:-**

My report for the last twelve months is very different from past years as we have not been able to gather and enjoy the company of members and also gather information and assistance from speakers.

The Committee as always have been marvellous, the catering for our Christmas luncheon was a great success.

To all the Committee each and every one of you, thank you for your assistance whether it is computer work, distributing emails, attending meetings, helping with afternoon teas, this is what keeps the Group running so well.

Thank you to Melva and Joe for producing the newsletter when the news is hard to find.

Neil, my thanks for producing an amazing sign to display at the entrance to our meeting room giving people passing by the message about The IN Group.

The committee will remain the same with one exception, Ken Daniels will be returning to New Zealand so it is a big thank you to him for his help and assistance in the past. Our good wishes to him and his family.

It is with sadness that our Group said farewell to Peter Males, a great member and past committee member who passed away with Covid 19. A truly lovely person.

My thanks to all IN Group members for their wonderful donations that are still being sent for us to pass on to the Research Programme at the Royal Children's Hospital.

Hopefully the New Year will see us back with meetings at the Ashburton Library.

To all IN Group members, it is a pleasure to be part of a great self-help group of fine people.

With my thanks
Margaret Lawrence
President

4. **Treasurer's Report** – for the twelve months ended 30 June 2020.

Income for the year was down by \$943 to \$9657. The major income movements were Donations down \$925 and the Government Grant down \$345.

Expenses were lower than last year by \$90 which is a good result considering price increases for most items.

The Net Result for the year was a cash surplus of \$7705 and when added to the "Carried Forward" balance from 2019, our Equity as at 30 June 2020, was \$9678, and I am pleased to confirm that this is after we gave a donation of \$8000 this year to the Royal Children's Hospital via Assoc. Prof. Andrew Kornberg to be used for research purposes.

Since the beginning of the IN Group in 1992, we have donated \$160,000 to the RCH research. I wish to give a big "THANK YOU" to all our members, both past and present, for their generosity.

Thank you all,
Doug Lawrence
Treasurer.

5. **Committee for Year 2020/2021.**

Resignation of Mr. Ken Daniels – accepted.

As no new nominations for the committee have been received the following members are elected unopposed:-

Margaret Lawrence	President			
John Burke	Vice President			
Doug Lawrence	Secretary/Treasurer			
Melva Behr	Minute Secretary			
Joe Behr	General Committee Member			
Brian Boyd	"	"	"	"
Neil McCoy	"	"	"	"
Gwen McInnes	"	"	"	"
Mary Clarke	"	"	"	"

6. As there was no other business of which notice had been given in accordance with the Rules of Association, the President closed the meeting.

Signed.....
M Lawrence
President.

PERIPHERAL NEUROPATHY – Vitamin B6 (pyridoxine) -Safety Advisory -potential for dose-related adverse events.

Over the years many people diagnosed with Peripheral Neuropathy have phoned us in distress. Following a recent phone conversation, the following **Safety Advisory from the Therapeutic Goods Administration from May this year was found on the Web.** tga.gov.au/alert/vitamin-b6-pyridoxine

Please check any supplements you may be taking to make sure you are not taking too much Vitamin B6, eg: if you take Magnesium check that B6 is not also in the formulation.

For those receiving a hard copy of the Newsletter we have included this Safety Advisory separately so that, if you wish, you can discuss it with your health professionals, family and friends.

Passing on this information could prevent someone suffering from Peripheral Neuropathy due to taking too much Vitamin B6.

NEWSLETTER

Melva and Joe have decided to retire from the newsletter which is very sad news as they have put many years of effort, since about mid 2006 (amazing), producing a quality product for us.

We are looking for someone or a team captain and a group of people to take over the Newsletter.

If you think you would like to play a role, have a chat with Melva on: behrsdn@inet.com.au and get a feel for what it is all about.

This is too important a position to The IN Group to just sit back and hope someone else will put up their hand.

Come on give it a go.

Disclaimer Information presented in “INformation” the Newsletter of the Inflammatory Neuropathy Support Group of Victoria Inc., is intended for information only and should not be considered as advising or diagnosing or treatment of Guillain-Barre Syndrome, CIDP or any other medical condition. Views expressed in articles are those of the authors and do not necessarily reflect the opinions or Policy of The IN Group.

ANNUAL SUBSCRIPTION Due 1/7/20. Thank you to those who have paid their yearly subscription and to all who have made donations.

We will be pleased to receive any outstanding subscriptions as soon as possible. Thank you.


NEW MEMBERSHIP AND ANNUAL SUBSCRIPTION

Item	Each	Payable
Joining Fee	\$10	
Annual Subscription	\$15	
(Due 1 July each year)		
The Guillain-Barre` Syndrome Patient in Intensive Care	\$3	
GBS Booklet	\$2	
A Road to Recovery – A - Z	\$6	
CIDP Booklet	\$2	
Recipe Book	\$16	
Donation to support Medical Research (Donations of \$2 or more are tax deductible) Tick if a receipt is required		
TOTAL Enclosed		
a cheque/money order (payable to The IN Group)		

Thank you. Please forward this form along with your payment to:

The 'IN' Group, 26 Belmont Rd., GLEN WAVERLEY 3150, or

You can now pay directly via internet or at any Bank Branch using the following information.

	BSB / Account: 063142 / 10006285
	Account Name: The IN Group (Include Your Name in "Description / Reference")

MEMBERSHIP DETAILS (please Print)

Name:	
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Suburb:	
Postcode:	
Mobile:	
email	
To receive your Newsletter by email please send an email to John@bal.net.au	

INFORMATION

Newsletter of THE 'IN' GROUP: THE INFLAMMATORY NEUROPATHY SUPPORT GROUP OF VICTORIA INC. Supporting sufferers from acute Guillain-Barre` Syndrome(GBS), Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) and other inflammatory neuropathies.

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