



Dear THROB Members,

We really could do with a couple of willing volunteers to join us on the committee. In particular, we need a new secretary and, for you old-fashioned men out there, it doesn't mean you have to wear a skirt and take shorthand!

The work is not onerous as we only meet every other month but we do need new blood and fresh ideas. If you've benefited from THROB's work and would like to help those in need please let us know - it's only us volunteers who keep it going.