



# VIDARIS NEWSLETTER

## CHRISTMAS

All the VIDARIS team want to wish you all a very merry Christmas for 2010. We hope that all your Christmas plans are going well. This time of year can be stressful and rushed, so en-



joy the holiday break and try and relax over the festive season. For those participants that have to work, we hope that you will soon get an opportunity for a break. This last year has certainly been an eventful one so we all deserve a bit of time to put our feet up and just chill out. We wish all our participants a safe and happy holiday season.

## OFFICE OPEN

10 Oxford Terrace will be manned by Sandy Slow the VIDARIS Co-ordinator on December 29th, 30th and 31<sup>st</sup>. If any of you have cold or flu like symptoms then she can be contacted on 378 6544 or 021 2477 503. Sandy will be seeing some of you during this time for your monthly appointments. Thank you to those of you who are having appointments at this time and for coming to the study office. It means that Sandy can have more time for appointments and not have to rush all over the city.



## NEW YEAR PLANNING

Most participants have booked their December and January appointments with their project assistants. If you are taking a holiday that has not been planned



then we would be grateful if you could let us know.

The project assistants can arrange appointments to avoid these times and if necessary give participants their capsules and forms to take with them on holiday.

Lastly we wish you all the best for the 2011 year and we look forward to seeing you all in the New Year.

## HOW TO CONTACT US

### Study Co-ordinator Contact details:

Sandy Slow	378 6544
After hours	0800 VIDARIS 0800 8432747

