



WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 147

August 2019

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Naturally Rob will not have card facilities so please bring along cash.

At Linden House
211 Tettenhall Road
Wolverhampton WV6 0DD

CONTENT

- **Dates for your diary**
- **Coffee Mornings**
- **Outings**

After our August break we have our Coffee Mornings to look forward to;

COFFEE MORNINGS

Monday 02 September 2019 Autumn Fashions

Today we have Rob bringing along a selection of clothing for men and women, available in all sizes.

Monday 07 October Make Up Demonstration

Tracy is returning to give us a make - up demonstration. We are looking forward to seeing our lovely members looking even lovelier at the end of the morning.

Monday 04 November Christmas Gift ideas

Today we have our Christmas Gifts morning, we have various stalls coming along. We hope this will help you shop in safety all under one roof.

Any queries regarding coffee mornings please contact
Jan Simpson

AGM

Monday 16 September

You are all invited to our group Annual General Meeting.

As usual our AGM is being held in the Tettenhall Suite at Linden House.

1pm till 3 30pm (12 30pm for 1pm)

A Finger Buffet will be provided.

Please return the invitation slip enclosed with this Newsletter to enable me to place the buffet request with

Linden House.

Guest Speakers are Dr S Raizada and Louise Preston

Group Subscriptions September 2019

It is that time of the year again when we ask for memberships to be renewed.

£5- Single membership

£8 – Double membership

Please note - if you have joined our group since January 2019 you do not need to renew at this time.

Renewal slips are enclosed.

Please remember if you are paying by cheque our group name must be written in full or stamped during the coffee morning. As another alternative for making payments we are offering Bank Transfers; Obviously, this will only interest members that use online

banking; It is a safe and simple way to make payments for subscriptions or outings. Here is all the information you need to set Wolverhampton Rheumatology Support Group as a recipient of a payment; Our Group Banks with Lloyds Bank; Account Number 3687890; Sort Code 30-99-33.

More for our Sudoku fans?

The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contain all the digits from 1 to 9.

8	3			2	9			4
	9			7	4		8	6
4					1		2	
	4	8				2		1
		9			7		4	
1	2			9		8	3	5
		4			6			
6	5					1		2
				3	5			4
								7
							4	1

Answers on last page

Monday 01 July

We welcomed Tina Hadley- Barrows. Tina came to talk about the Arthritis research carried out by Keele University. She advised us that at the present it takes 17 years for research to be implemented, this is far too long, many people will never benefit by new discoveries. Keele University are trying to get this reduced to 17 months, still a long time, but a great

improvement on 17 years. There is also a Patients Voice Group, which was established in 2006. Keele's arthritis and musculoskeletal research team have recently secured funding for a further 4 years, to look at musculoskeletal conditions which includes low back pain, osteoarthritis, inflammatory arthritis, gout and rarer conditions such as lupus.

Keele University have an App for phones, to monitor Pain / Flares, showing times day or night when your pain increases, show this to your GP who will then be able to help you manage and control your pain more effectively. You can download Free from the App Store. They also have Osteoarthritis booklets designed by patients on their website. Leaflets shown on the one enclosed plus one on Back Pain are available on the website.

There are far too many for me to enclose with the newsletter, however, if you do not have internet access and would like a leaflet please let me know and I will print a copy for you.

Jan Simpson; 01902 835248

Tina also told us about the Escape Pain course she is involved with. The course is for Osteoarthritis and you would need to be able to attend a class twice a week over a period of six weeks. WRSG members can self-refer for the classes which are held at

Hip, Hip Hooray !!
Funding for admin staff to cover the RA Advice Line at New Cross has been approved

course or if you have an interest in participating in the Arthritis research. Tina Hadley- Barrows; 01902 695597 tina.hadley-barrows1@nhs.net
Jan Simpson 01902 835248
info.wrsg@mail.com

For Your Information

During a recent coffee morning some members were saying they did not know the names of the Doctors in Rheumatology or who they were to see since Dr Dixey left New Cross.

I have spoken to Dr Raizada about this and she has advised that the unit have a locum consultant Dr Ali, covering Dr Dixey's patients.

If you think you should have received an appointment by now, it may be worth ringing the department to ask.

Below is a list of all Rheumatology Consultants

1. *Dr Raizada*
2. *Dr Sapkota*
3. *Dr Barkham*
4. *Dr Adizie (replaced Dr Al Alaf)*
5. *Dr Ali (locum)*
6. *Dr Sheeran*
7. *Dr Chalam*
8. *Dr Bateman*
9. *Dr Mulhern*

10. *Dr Hirsch*

Don't forget it is time for you to apply for the warm home scheme discount. Contact your supplier to see if you qualify.

Thank you, Sister Barbara Douglas, and Sarah Johnson for your hard work fighting for our long-awaited admin staff to answer calls on the RA Unit Advice Line. There is one more stage to go before I can give you all the details, watch this space!

ROYAL AWARDS NIGHT



You may recall in our previous Newsletter I told you the good news about New Cross Rheumatology Day Unit being short listed as 'Patients Choice' 2019. Staff attended the Royal awards night, and although they did not win, Sister Barbara said everyone enjoyed the night and were

overwhelmed by the nominations received from patients.

‘Thank You to all our lovely patients for voting for us.’



I think you will agree they all look very glamorous.

OUR ANNUAL STRAWBERRY TEA WITH ADDED FANCY HATS

It was lovely to see so many on Thursday 11 July. We just about managed to beat the weather. We did have a little rain, however 'Rain did not stop play;





Whilst we were enjoying our strawberries a secret judge wandered amongst us to choose a winning fancy hat.

Next we have a picture of Joan and Mary collecting the prize.



We said a very big ‘Thank You’ to both Pat and Les for opening their home and gardens once again.



FUTURE DATES FOR YOUR DIARY.

We are still taking names and deposits for the Pantomime 2020

Thursday 23 January 2020

to see **SNOW WHITE**

Starring; Gok Wan, Stephanie Beacham, Gary Wilmot, John Partridge and Danielle Hope.

Depending on numbers we are hoping to keep the price at £25, the same as 2019.

When Mary came back of her hols she has been able to cost the trip for members to visit the Hippodrome to see. CIRCUS 1903 but unfortunately it turned out to be too expensive.

However, fear not, Mary has booked a coach, in anticipation of your support, for

**‘A River Boat Cruise’
Wednesday 20 November 2019.**

This day out will include transport to and from the boat, a cruise along the River Trent, a 2-course meal and a visit into Nottingham for some free time, before returning to the boat and heading home. All this for £35 per person.

There is an onboard bar available. Please let us know as soon as possible if you are interested in this, Mary is already taking names.

However, nothing has been decided yet regarding its future.

At a pensioner's forum Reg attended, talks are in progress to save the free T/V licence for the over 75's. But this does not look promising, many have already received letters to say it will not be available next year, 2020.

Talks are also underway to save pensioner's free bus passes; thankfully, these do seem a little safer for the foreseeable future.

Sudoku Answers;

8	3	6	5	2	9	1	7	4
2	9	1	7	4	3	8	6	5
4	7	5	8	1	6	2	9	3
5	4	8	6	3	2	7	1	9
3	6	9	1	7	5	4	8	2
1	2	7	9	4	8	3	5	6
9	1	4	2	6	8	5	3	7
7	5	3	4	9	1	6	2	8
6	8	2	3	6	7	9	4	1

Jan Simpson
Chairperson / Editor

The views expressed in this newsletter are taken in good faith and are not necessarily endorsed by the editor.

Reg Jones, a long standing WRSG member gave us news that the Ring and Ride Service is still working as normal for now, and National Coaches have shown some interest to take over.

If you do not wish to receive this newsletter / email, please contact our group secretary. You may cancel your consent at any time.