



# WRSRG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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## **CONTENT**

- **Coffee Morning**
- **Important Notices**
- **Coronavirus**

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**Monday 08 June**

**Julie Painter**

**Senior Clinical Nurse Specialist  
And Cannock Rheumatology Nurse  
Manager.**

**CANCELLED**

Julie has said she will be happy to come along to speak to us when it is safe to do so.

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## **Coffee Mornings**

Unfortunately, as the lockdown due to the Coronavirus continues, I have no alternative but to cancel our June coffee morning. I have corresponded with Linden House,

Mr Bott is hoping they will be able to open again in July. However, we will have to wait and see, as I am not sure if our group will be able to meet for some time yet. I will of course keep you all advised each month. Meantime, if any of you want a chat, you are welcome to call me or any of the committee members listed;

Jan	<b>01902 835248</b>
Mary / Derick	<b>01902 181593</b>
Kath / Tony	<b>01902 654554</b>
Pat	<b>01902 843141</b>
Iqbal	<b>01902 530733</b>

I know you will all understand that Bhagwant is not able to take extra calls at the moment as she is having problems with the loss of her voice and is being cared for by her daughter.

We are all here to help support you and although we are all pleased to hear from you, please try to be considerate with the time of day you call.

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## **IMPORTANT NOTICES**

Don't forget everyone, even though we are not out and about we still need to renew our Blue Badges at least six weeks before they become due.

I have been in contact with Wolverhampton Council for information during our lockdown period.

All application can still be done online in the normal way. If you are unable to apply on-line, a family members or friend can apply on your behalf. The payment of £10 can be done over the phone. For anyone 90 years or over the council are willing to proceed without a new photograph.

ID and photographs for everyone else will need to be supplied.

Naturally, for those on complete lockdown, you may need to arrange for ID and photographs to be collected from outside you home. Older picture's you may have in your home will be allowed, providing they are not so old that you are un-recognizable.

If your badge has run out and you have no way of renewing it on time, or you have applied to renew but the badge has not yet arrived, you will in certain circumstances, for example, 'medical appointments' be allowed to use your expired badge. However, for this you **MUST** ring or email the Blue Badge team, to be added to a list they have compiled to prevent people from being fined for using an out of date badge.

If you are not on their list, you may be issued a ticket and will have to pay the

fine. You will need to give your full name, address and if possible, your badge number along with the reason for your journey.

Email.

[bluebadgeteam@wolverhampton.gov.uk](mailto:bluebadgeteam@wolverhampton.gov.uk)

**Telephone; 01902 551155.**

This telephone number will give several options to get to the blue badge team, so please listen to the full message.

Alternatively, Marie, the team leader says it will be acceptable for members to contact me, and I can email her with the information on your behalf.

You can apply as early as you wish and the Blue Badge team will hold onto new badge until it is time to get it out to you. If for some reason they are not able to post the new badge, you will be contacted and automatically be put on the list allowing you to use your expired badge.

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## **VEHICLE MOT**

Some of you may have heard that due to lockdown, DVLA are extending the period for you to obtain an MOT.

Car owners will be granted a six month exemption from MOT testing. Your insurance will still be valid. This is to enable a person to continue to use their vehicle to travel to and from work where work cannot be done from home, or to shop for necessities or medicine. However, it is your responsibility to make sure your vehicle is roadworthy. Garages will stay open for essential repairs.

## VEHICLE TAX

You cannot renew your tax until your MOT extension has been granted. You will receive the normal letter about taxing your vehicle, you can renew on line or at a General Post Office. You still need to tax your vehicle even if you are exempt from paying due to disability.

If you are absolutely NOT going to use your vehicle at all because you are confined to your home, you should SORN your vehicle off the road. You will be eligible for a refund for any full month your vehicle is off the road. If you do this then remember your vehicle cannot be on the road at all, even parked up.

For more information you can ring or look on line

**DVLA - 0300 790 6802/1**

[www.gov.uk/get-vehicle-information-from-dvla](http://www.gov.uk/get-vehicle-information-from-dvla)

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## CORONAVIRUS

More news from Dr S Raizada concerning Rheumatology Patients. At the present time the New Cross Advice Line is still being manned; 09.00 till 12.00 and 13.00 till 15.30. There is no option to leave a message, but you can speak to someone during the above times, Monday to Friday, except Bank Holidays.

**Tel; 01902 695491**

For Blood Monitoring the advice is for patients not to attend the hospital. In the first instance blood monitoring is to be done by your GP. If this is not possible there are some community services available at certain times.

Also Dr Raizada says as Covid is here to stay for some time they are looking at ways of reorganising the service. Telephone clinics for our patients have already started. Feedback from members along with their opinions on the following would be appreciated:

- Your thoughts around telephone consultations vs face to face appointments
- Information being sent via text messages with information and videos regarding drug education
- Views on using smart phones more.

Any further feedback would be welcome.

*I am sure we can help with this so, if you feedback to me in the first instance so I can collate the information to pass back to Dr Raizada in one email rather than people trying to email or ring at busy times. My contact details are at the top of this Newsletter.*

*I have attached the list of clinics at the end of this Newsletter. Dr Raizada will keep me informed of any changes so I can publish them in future newsletters.*

Some lockdown restrictions have been lifted / relaxed for many

people, thank goodness. However, many of us are still categorised as High Risk and must stay in complete isolation. I understand only too well how you will be missing meeting family and friends. It is heart-breaking, I know.

**However, please continue to adhere to the instructions you have been given and to Government Guidelines.**

### **WRSG Help The NHS Appeal**

Thank you for your overwhelming support and donations to supply drawstring bags to NHS Staff at New Cross. Our first delivery of 110 bags are already being used on Ward C24, we have received a big 'Thank You' from staff . Thanks to your generosity

WRSG has been able to send even more bags. Plus, seeing as our appeal was so successful, we have offered help for other items that do not fall in the category of PPE. At the moment, I am in the process of comparing various supermarkets for the best deal for hand and face cream, to help sooth skin irritated by the constant use of PPE.

Also, I am advised they are in need of single sachets of coffee for the isolated staff room, so am included this in my quest. It's not easy to buy in bulk at this unprecedented time, especially when I am not allowed out, but I am determined to succeed for such a worthy cause.

If any of you would like to donate. Please send donations to Kath Sankey,

78 Dilloways Lane, Willenhall, WV13  
3HJ.

Ring Kath or Jan to make a pledge.

Kath – 01902 654554

Jan – 01902 835248

### **PLEASE NOTE**

I have corrected the house number for Kath to Number 78.

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May Quiz answers are attached, together with new quizzes for June. Once again, June answers will be in the July edition.

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### **Stay In To Stay Safe Everyone**

Jan Simpson  
Chairperson / Editor

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

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

## **COMMUNITY PHLEBOTOMY DROP IN CLINICS (AS OF 30.03.2020)**

**Note: Please be advised the Phlebotomy Clinics may close earlier than stated due to the high patient attendances and advice will be given regarding alternative “Drop in Clinics” within the City.**

DAY	CLINIC TIME 09:-11:30 (*07:00-09:00)	CLINIC TIME 07:00-12:00 (*07:00-15:30)	CLINIC TIME 13:30-15:30
<b>Monday</b>	Warstones Health Centre Mayfields Health Centre	Phoenix Health Centre	Phoenix Health Centre
<b>Tuesday</b>	Warstones Health Centre Mayfields Health Centre Pendeford Health Centre	Phoenix Health Centre	Pendeford Health Centre Mayfields Health Centre
<b>Wednesday</b>	Pendeford Health Centre	Phoenix Health Centre	Phoenix Health Centre Pendeford Health Centre
<b>Thursday</b>	Pendeford Health Centre	Phoenix Health Centre	Pendeford Health Centre
<b>Friday</b>	Warstones Health Centre Mayfields Health Centre Pendeford Health Centre	Phoenix Health Centre	Pendeford Health Centre Mayfields Health Centre
<b>Saturday Urgent Bloods only</b>	Phoenix Health Centre		

### **Health Centre Address Information**

- **Pendeford Health Centre: Whitburn Close, Wolverhampton WV9 5NJ**
- **Phoenix Health Centre: Parkfields Road, Wolverhampton WV4 6ED**
- **Warstones Health Centre: Pinfold Grove, Wolverhampton WV4 4PS**
- **Mayfields Health Centre: Willenhall Road, Wolverhampton WV1 2GZ**

## ANSWERS FOR THE FUN QUIZ SHEET FOR MAY 2020

### MAY 2020 WORDSEARCH - ANSWERS

C	U	P	N	Y	T	F	J	L	L	S	T	Z	C
S	C	F	N	T	S	C	R	O	C	U	S	E	P
J	H	G	T	H	I	B	I	S	C	U	S	O	C
L	L	I	L	L	I	E	S	V	G	C	P	K	A
C	H	E	R	K	H	B	L	O	S	P	O	M	R
D	A	I	O	P	J	T	R	M	Y	T	A	T	N
H	T	U	S	G	E	R	A	N	I	U	M	U	A
I	B	S	E	I	S	I	A	D	Y	L	B	E	T
E	A	T	U	L	N	F	S	L	B	I	C	S	I
P	O	L	I	D	O	F	F	A	D	P	R	O	O
C	H	E	R	R	Y	B	L	O	S	S	O	M	N

### MAY SUDUKO - ANSWERS

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

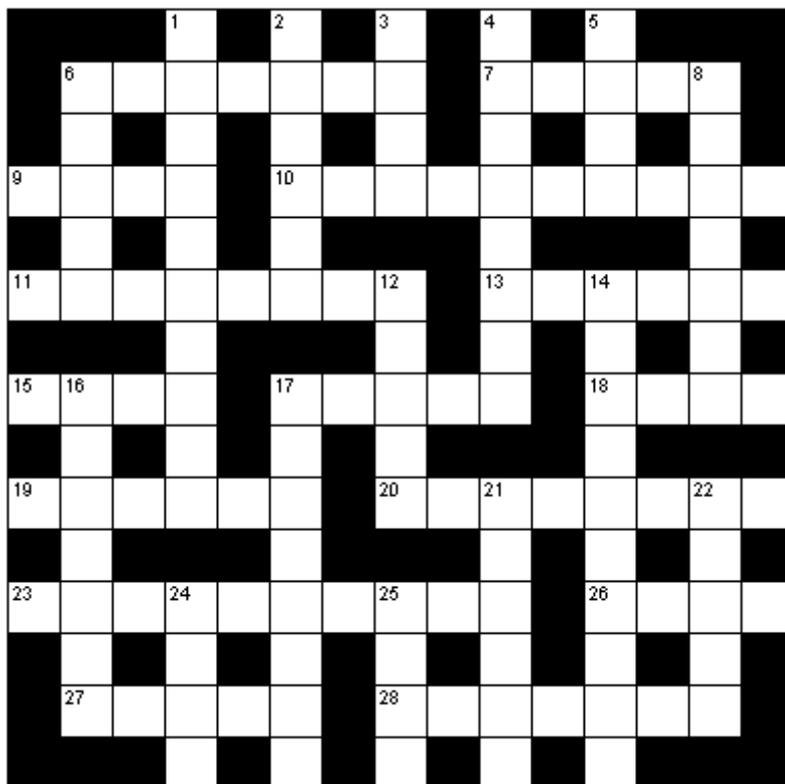
### MAY CROSSWORD - ANSWERS

F	I	B	U	L	A		P	R	O	H	I	B	I	T		
E		A		I		L		E		O		E		H		
S	O	R	C	E	R	E	S	S		N	I	C	E	R		
T		B		G		G		P		E		K		E		
I	N	A	N	E		A	N	O	N	Y	M	O	U	S		
V		R				C		N		C		N		H		
A	B	I	L	I	T	Y		D	O	O	R					
L		C				T				M		A		D		
				W	I	P	E			E	M	B	A	R	G	O
T		E		N		A		N				T				C
W	I	T	N	E	S	S	E	S			A	D	I	E	U	
I		H		R			T		U		B		F			M
N	I	N	J	A			E	X	E	C	U	T	I	V	E	
G		I		N			R		S		S		C			N
E	X	C	I	T	I	N	G			F	E	W	E	S	T	

## JUNE 2020 CROSSWORD

### Across

- 6. Recuperate (7)
- 7. Rehabilitation (5)
- 9. Hairdo (4)
- 10. Make legal (10)
- 11. Those without seats (8)
- 13. Influx (6)
- 15. Kind of bean (4)
- 17. Coming and \_\_\_\_\_ (5)
- 18. Orange pekoe (4)
- 19. Gap (6)
- 20. Described (8)
- 23. Dispense (10)
- 26. Classify (4)
- 27. Audacity (5)
- 28. Our language (7)



### Down

- 1. Bookkeeper (10)
- 12. Bake in a shallow dish (5)
- 21. Promise (6)
- 2. Slender (6)
- 14. What some science fiction is (10)
- 22. Our Planet (5)
- 3. Naval jail (4)
- 16. Belief (7)
- 24. Faeces (4)
- 4. Squirming (8)
- 17. Rumourmonger (8)
- 25. Utilised (4)
- 5. Levelling wedge (4)
- 6. Fit out again (5)
- 8. Rocket launcher (7)

## JUNE 2020 SUDOKU

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

# JUNE 202 WORD SEARCH ----- WORLD WAR 11

V F O G U L K A V V D L Q R C  
N B F Q I A A Z G B R F N Q Z  
C R A T I O N I N G O P D M Y  
E M Z L N M K J Z P O F D G N  
X U W E I S F A G T S J A F T  
U S G E U T H P A I E H Y C L  
Y S O T V A A A E F V I R H H  
E O S E A L X N F V E T O U J  
Q L C Y S I I E Y X L L S R T  
E I P X N N S S Q D T E I C O  
T N I B N A K E R L L R E H O  
F I X G X Y Z Y V U E P B I G  
Y J Z G G Q J I D M F M K L A  
C D N L D G F G S M H T I L M  
F A S C I S M R U H U J J C H

**JAPANESE  
ROOSEVELT  
MUSSOLINI  
HITLER  
ROSIE  
FASCISM**

**AXIS  
D DAY  
STALIN  
NAZIS  
RATIONING  
CHURCHILL**

## **JUST FOR FUN;**

If you drop a Yellow Hat in the Red Sea, what does it become?

What is a Blue Whale's heart the same size as?

What word is spelt wrong in every dictionary?

What belongs to you, but others use it more than you do?