



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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HAPPY NEW YEAR

2020

EVERYONE

CONTENT

- **Coffee Mornings**
- **Goodbye 2019**

Coffee Mornings;

Monday 03 February

Wood Carving Demonstration

Roger Cheshire

Monday 02 March

Compton Care

Our very own member Harjinder will be updating us on the variety of services available from Compton Care (previously known as Compton Hospice).

Monday 06 April

Frailty and Exercise

Aaysia Fazal and Colleague

Enquiries to

Jan Simpson 01902 835248

Annual Membership Renewal

Following a proposal at our AGM last year to raise our group annual fees the committee have agreed that we should raise them by £2 per year. You may recall our expenditure was far greater than our income.

Therefore, as of February 2020 our group fees will be;

£7 for a single membership

£10 for a double membership.

This is the first time we have increased our membership fees since the group started up in 1994. This small increase will help us to continue paying for the room and subsidise refreshments at our monthly coffee mornings, subsidise every member by taking £3 off our annual Christmas meal and to print and post our bi-monthly Newsletters. Not forgetting our AGM.

I hope you will all agree how well we have been performing over the past 26 years and continue to support us as we attempt to keep our group viable.

WE SAW OUT 2019 IN STYLE

Our River boat cruise in November was a great success, so much so that Mary has been asked to repeat this trip, so watch this space.



Followed by Our Annual Christmas meal in December 2019



More photographs are in our photograph Album

Monday 06 January 2020

Friends Against Scams

Today we welcomed Jamie Mackaill, he gave a very interesting talk on how to protect against Scams. 53% of victims of scammers are over the age of 63, how shocking is that! Here are some tips to show us seniors are not an easy target. Did you know scammers find out as much as they can about us then sell lists to other scammers to enable them to write, email and ring people to con you out of your hard-earned cash.

Some will ring and say they are from your bank or energy suppliers. Never give your personal details to anyone you don't know or trust. Say NO, you will ring your bank to ask if they need speak to you DO NOT USE THE NUMBER THEY GIVE YOU. If they become insistent or annoyed telling you they will close / block your accounts, it is most definitely a scam, hang up. Genuine people understand your concern and will never make

threats or become agitated with you checking them out.

Shred all personal documents you no longer need.

If anyone comes to your door, do not open, keep chain on and ask for their identification. Close the door, check with the company they say they are from, look the number up, do not use the number they give you. Better still, if in doubt, don't open your door at all.

Keep your doors locked even during the day, some work in two's. One keeps you talking whilst the other goes in your back door to help themselves. Postal scams, bad spelling, too many capital letters are a give-away. Anyone saying send £25 to release your winnings, rip- it up, it is a scam.

Keep an eye on friends and neighbours, lonely people often fall for the postal scams, enter quizzes and send money to unlock wins, even some asking for money on behalf of a charity are scams. If you receive texts or emails, never click on the links supplied. They will steal your details. Banks will never put links on their texts or emails, they will always use your name, never 'Dear Customer / Sir / Madam'

If you are receiving a lot of unwanted calls, contact your telephone provider to discuss blocking withheld or unusual numbers...

I have a few leaflets, if you would like a copy to read please let me know. My details are at the top of this Newsletter.

An extra tip, when writing the date on legal documents put 2020 in full as 20 can be added to e.g 2022

Our January visit to the Hippodrome to see Snow White was a great success, again. 'Oh Yes It Was'

Mary is searching for something different and has come up with a 'VE Day Celebration' day trip, to be held at West Midlands Safari Park, Spring Grove House. **Wednesday 13th May 2020.** The day includes Coach Travel, Tour of the Safari park, 2 Course Lunch of 'Bangers N' Mash and Apple Pie with Custard' **£45.95pp** If you are interested, please tell Mary no later than 10 February. We need to have enough people to make it worth booking. Mary – 07948181593.

Jan Simpson
WRSG Chairperson/Secretary

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

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