



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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CONTENT

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- **Important Notices**
- **Coronavirus**

Coffee Mornings

I have kept in touch with Linden House, Mr Bott says they are hoping to open their doors sometime in August. We will have to wait to see what guidelines are put in place for how many people can actually meet up. As you may recall we do not arrange a coffee morning for August, so I shall keep in touch with you all by continuing to send a newsletter each month until we resume our meetings.

If we are not able to meet in September I shall be looking into

arranging a 'Zoom' virtual meeting, this is a way of joining a meeting to listen or take part, it can be accessed via computer or phone. I would welcome your thoughts on doing this so I would have an idea of how many might join the meeting.

IMPORTANT NOTICES

Our annual fees are due in September 2020. As you are aware during the Pandemic we have not held our normal monthly coffee morning or been able to raise funds by having a raffles. Although we have not had venue fees, extra newsletters have been supplied. These also have cost implications, extra postage, more paper /envelopes and ink has been used. Bearing this in mind, the committee feel that keeping our fees at £7 and £10 is a fair decision. Members who have joined since January 2020 will not need to pay again until September 2021. I do hope you all agree and continue to support our group.

Please either post your renewal fee to Kath Sankey as stated on the enclosed remittance slip, or make a bank transfer to; Wolverhampton Rheumatology Support Group at Lloyds Bank; Account Number; 036 87 890 Sort Code; 30-99-83 Please remember our group name must be written in full on cheques. Also if you choose to make a transfer please either post the enclosed slip, stating the date you made the transfer, or make Jan or Kath aware of your payment so that our records can be updated. Thank you.

CORONAVIRUS

01 August Shielding will pause, with strict Social distancing you will be able to go food shopping. You can see more people, however, if you are identified as clinically extremely vulnerable you should continue to stay at home as much as possible, taking care to minimise contact with others outside of your 'bubble' or your household. Wearing face masks is mandatory in shops and supermarkets from 24th July. Please be aware that wearing a mask does not mean you do not have to keep a safe distance from other people.

If you have a medical condition that exempts you from wearing a face mask you will need to take extra care and

adhere to strict social distancing. People can download a card Stating you are exempt, on Gov.uk. As for our coffee mornings, I remain doubtful we will be able to meet again soon, I joined a CCG zoom conference meeting about community meetings. The rules say the community /meeting room, in our case, Linden House may open when they have a certificate to say they are Covid Safe. However, we are only allowed to meet in small groups, at the moment we would not be allowed to serve refreshments or have a raffle. We would have to adhere to social distancing, wearing a mask does not replace social distancing. Linden House will also need to advise me they are able to provide a safe way in and way out, preferably without involving steps.

Regarding face coverings. I have enclosed a separate sheet showing two cards for you to cut out if needed. These are from the Gov.uk site

Please continue to adhere to the instructions you have been given and to Government Guidelines.

SCAMS

I would like to thank Doris for drawing my attention to the recent scam that is circulating;

You have a new message from GOV.UK
about your Council Tax

Hi dorisgravestock@hotmail.co.uk,
**Working out your Council
Tax**You`ll need to know 3 things:

- * the valuation band for your home in
England and Wales or in Scotland;
- * how much your local council charges for
that band
- * whether you can get a discount or
exemption from the full bill

You are getting a Council Tax
Reduction (this used to be
called Council Tax Benefit)
considering you`re on a low
income or get benefits.

Total amount of benefits: GBP 385.50
The refund amount will be transferred
directly on your Debit/Credit Card.
Apply now to claim the reductions made
over your past 5 years of Council tax
payments. Claim your Council Tax Reduction
Now →

The information in this electronic e.Mail
message is private and confidential, and
only intended for the addressee.

Thanks

**The Government Digital Service
Team.**

Thankfully, Doris remained
alert and had the presence of
mind to realize this was a scam.
She forwarded it to warn us all.

Stay Alert Everyone,

don`t become a victim.

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*

¹⁵ 5	4	3	⁶ 1	6	⁷ 2
6	3	2	5	1	4
4	1	⁷ 5	2	⁹ 3	6
¹⁴ 1	2	6	¹³ 4	5	3
3	¹³ 5	⁵ 4	6	2	1
2	6	1	⁹ 3	4	5

Sudoku Sum

July

July Fun Questions

What five letter word sounds the same after you remove the 1st, 3rd and 5th letter and it still sounds the same? **EMPTY**

1 2 3 4 5

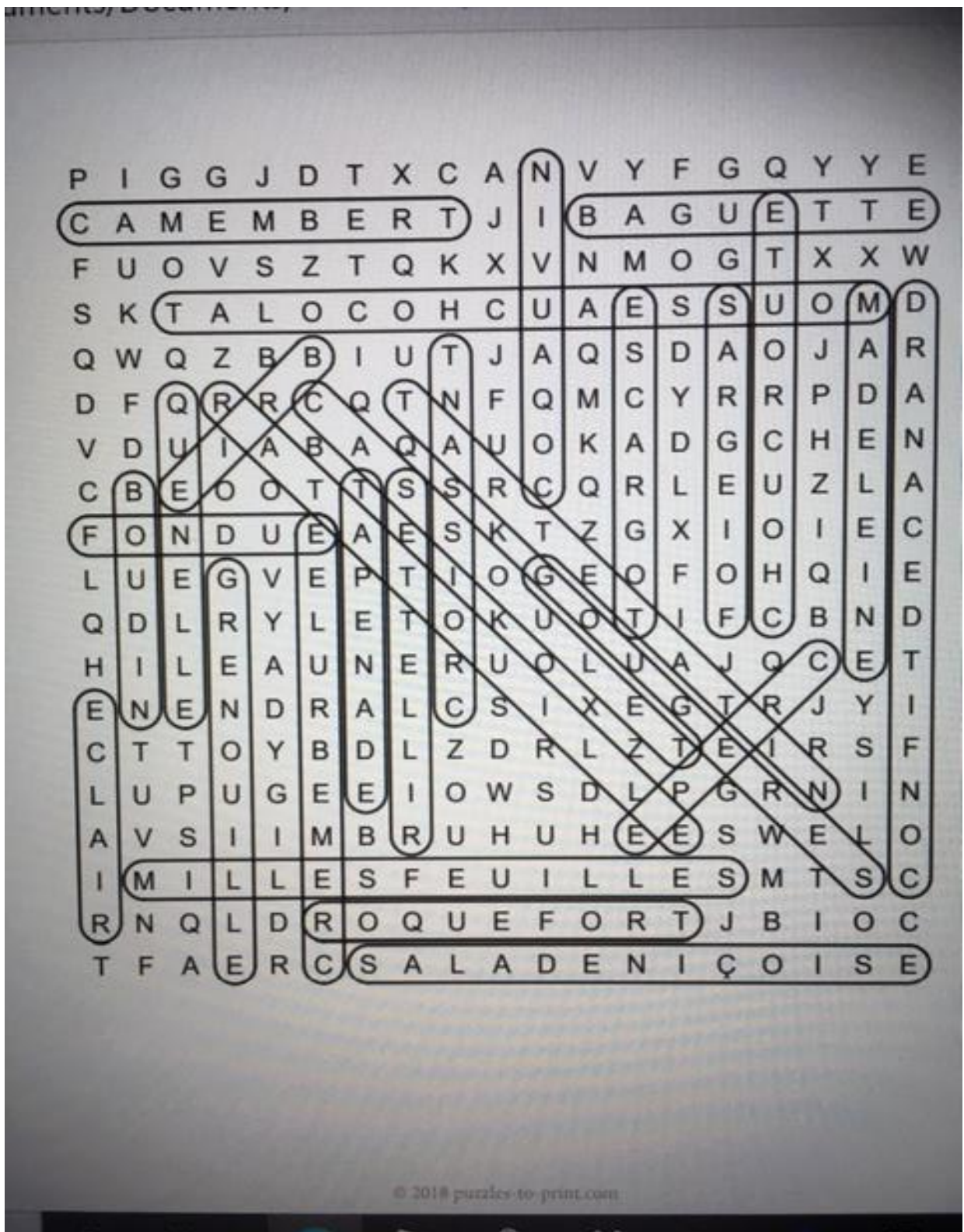
MT

Which new British military force was established in 1918? **R.A.F**

Which seaside is home to the longest pier in the UK?

SOUTH-END-ON-SEA

French Food Wordsearch Solution



Number Search Puzzle #001

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

130456
150526
253060
270159
280858
286554
296684
322943
325326
399918

410974
433334
436234
444791
454908
470085
481973
500043
520680
549872

561280
567037
572855
588586
592884
642950
712600
870099
896497
991013

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August Trivia Questions!

A man pushes his car to a hotel and tells its owner that he is bankrupt. Why?

A lift is on the ground floor. There are four people in the lift including me. When the lift reaches first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out 6 people get in. It then goes up to the next floor up, no-one gets out but 12 people get in. Halfway up to the next floor up the lift cable snaps, it crashes to the floor. Everyone else dies in the lift. How did I survive?

Guess the next three letters in the series GTNTL.

August Suduko

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