



## WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 142

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### **WRSB Membership Renewal**

Membership fees for 2018/2019 are now overdue.

£5 per single membership

£8 per family membership

Please send your membership fees to Kath Sankey:

78 Dilloways Lane, Willenhall, West Midlands. WV13 3HJ

Cheques made payable to the WRSB

*Please note that new members joining the WRSB since January 2018 do not need to renew their membership*

### **Coffee Mornings**

**Monday 5<sup>th</sup> November 2018**

### **Christmas Gift Fair**

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

*(Please come along to our Christmas Gift fair we will be having a selection of gift stalls for you to purchase some of your Christmas gifts at reasonable prices.)*

**Monday 3<sup>th</sup> December 2018**

**WRSB Christmas Lunch**

**12 30pm for 1pm**

*Jan Simpson requires your Meal request & payment no later than 26 November 2018*

**Outings**  
**Christmas Meal at the Races**

**Dunstall Race Course**  
**Wednesday 28<sup>th</sup> November 2017**

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**Peter Pan Pantomime**  
**Birmingham Hippodrome**  
**22<sup>th</sup> January 2019**

This outing is now full if anyone wishes to go on a waiting list Mary Allen will be taking names £22 per person (including coach)  
**Mary Allen 01902 685683**

**MINUTES OF ANNUAL GENERAL MEETING**  
**WOLVERHAMPTON RHEUMATOLOGY**  
**SUPPORT GROUP**  
**HELD AT LINDEN HOUSE ON THE 17**  
**SEPTEMBER 2018 AT 13.00**

**PRESENT**

Liz Walker (in the Chair)  
Jan Simpson  
Pat Jones  
Bhagwant Sachdeva  
Mary Allen

**GUEST SPEAKERS**

Dr S Raizada  
Rheumatology Consultant  
Kuldip Khela  
Digital Inclusion Officer

Copies to; Dr S Raizada  
Dr P Newton

**Jan Simpson;** Made safety announcements and read out apologies received.

**APPOLOGIES;** Joyce Knibbs, Brian Knibbs, Kath Sankey, Tony Sankey, Peter Boneham, Brian & Marie Glead, Mr & Mrs Vaughan.

**Liz Walker;** Chairperson, opened the meeting by welcoming members, and Guests speakers, thanking everyone for their continued support of the group.

**1. Minutes of AGM 18 September 2017;** Liz advised the minutes for the AGM September 2017 had been agreed as a true record, proposed by Balbir Rai and seconded by Mary Allen during a committee meeting in October 2017.

**2. Matters arising from the minutes;** There were no matters arising from the AGM Minutes 2017.

**3. Chairperson Report; Full copy of Chair persons report;**

**WOLVERHAMPTON**  
**RHEUMATOLOGY SUPPORT**  
**GROUP**

**Chairperson Report 2017/2018**

**Liz Walker (Chairperson)**

Welcome to everyone to our WRSG AGM, it is lovely to see so many of you here supporting our AGM today. It is my pleasure to give you the Chairperson's annual report to cover the period 2017/2018 for our group the Wolverhampton Rheumatology Support group. (WRSG).

As usual the following report will cover all the events that have taken place over the past year. We have had an exceptionally busy year for the WRSG, we have continued to meet the primary objective of our group which of course is to support members, all of whom have some form of Arthritis. Last year we were very excited about our joint 6-week course, 'Manage Your Arthritis', since last year's AGM we have run two courses, one in Wolverhampton, and one in Cannock. The group continues to recruit members and currently membership stands at 167 members. We are extremely proud of our track record, we have survived as a charity for over twenty-three years and all this time we have sustained our own funding without any assistance from local or central government. I have to say this quite an achievement as so many small charities have fallen by the wayside, some because of the never-ending new laws charities must comply with, for example, this year we had to produce our 'Privacy Policy'. However, our group remains extremely strong due to the support and loyalty of our members and volunteers, I would like to thank you all for your continuing support.

#### **Engagement with our members**

We have several forms of engagement with and on behalf of our members.

- Coffee Mornings
- Outings

- Newsletter
- Website: [www.wrsg.org.uk](http://www.wrsg.org.uk)
- Buddy Scheme/help line
- Wolverhampton Clinical Commissioning group (CCG)
- Rheumatology Centre Cannock & Wolverhampton
- Rheumatology User Group RUG Cannock Hospital
- Wolverhampton Information Network (Wolverhampton City Council)

#### **Coffee Mornings.**

We meet on the first Monday of the month at Linden House, whenever possible. Attendance: total numbers 167 of members attended over 10 months total is 473. Average of attendance 47.3. The numbers are very encouraging. The committee work very hard to invite a diversity of speakers, we try to address health issues that pertain to arthritis and to provide some social entertainment.

#### **September 2017**

I introduced the 'Manage Your Arthritis Course'. This course has been devised by a committee made up from WRSG, RUG and staff from both New Cross and Cannock Hospital. We also announced that we would be having our very own WRSG charity Christmas cards on sale.

#### **October 2017**

Laughing Yoga with Merrie Maggie, well this was certainly not your usual yoga session, thankfully, as none of us get on the floor or should I say up of

the floor? Laughing was very therapeutic.

### **November 2017**

As usual we had our November coffee morning with a Christmas gift fair and a variety of gift tables. This year WRSG had their very own table selling our Christmas cards. Christmas paper and gift tags. Just so you know we shall be repeating this again in November. If anyone wants to purchase our cards before November, please ask.

### **December 2017**

Our traditional Christmas lunch with 175 members and guests attending. Linden House provided a beautiful meal with as ever a very attentive serving staff. The Sedgley Strummers entertained us playing their ukulele's, the afternoon was enjoyed by everyone. All in all, an excellent way to end our year.

### **January 2018**

We started the New Year off with Andrew Oliver from Connect. Andrew came along with his colleague Peter to explain the role of Connect since they had won the tender for Wolverhampton.

### **February 2018**

In February we welcomed our very own member Sue Turner, Sue has been quilting for a number of years, it was so interesting to hear how she goes about designing her quilts and

cushions. Sue very kindly bought examples along for us to view.

### **March 2018**

What an interesting morning this was, Roger Cheshire bought along a small lathe and demonstrated 'wood turning'. He also gave us a very interesting talk through the ages of how wood turning was done over 100 years ago.

### **April 2018**

Merrie Maggie returned for a session of Laughing Yoga. Like it or not you just have to laugh along with Maggie, her laugh is contagious, and laughing is a very good pick me up, laughing really does do you good.

### **May 2018**

Cheryl Cuthel from Elite Wills and Trusts came along and gave us some very good and interesting advice about planning ahead to protect our homes for our families to inherit. Cheryl also touched on pre-paid funerals.

### **June 2018**

Carol Bayliss from Support Services, Wolverhampton Council, came and explained about all the services on offer, not just to us but to everyone living in Wolverhampton.

### **July 2018**

Today we welcomed Margaret Millard, from Telecare Services, Margaret bought along samples of items available and gave a very full account how they can be used to keep you safe in and out of your own home. I have to say, it opened my eyes.

### **August 2018 - Holiday break**

I have to say thank you to the committee for their ideas and contribution with the organisation of our coffee mornings, raffles, and outings. We are all volunteers and give a lot of our time to help make our group the success it is. Needless to say, we enjoy this short break. We have said goodbye to Balbir, she has jetted off to Canada to be near family, we shall miss Balbir but of course wish her well.

### **Outings**

Despite not being well herself and having a knee replacement thrown in for good measure, Mary Allen has organised our outings which have been enjoyed by our members. Thank you, Mary, for your continuing hard work.

**21 November 2017** we went to Wicksteed Park for a Christmas Lunch. This was quite an experience, the 'entertainment' was hilarious.

**11 January 2018**, to what has become our annual trip to the Panto at the Hippodrome, everyone enjoyed the afternoon watching see Cinderella.

**16 April 2018**, a coach load went off for the day to Trentham Gardens, always a favourite, shops, café and beautiful gardens.

**18 June 2018**, Mary organised a day out at Llandudno, which once again was an enjoyable day.

**19 July 2018**, we enjoyed a lovely Strawberry Tea. Many thanks to Pat and Les for kindly opened their

garden to us. There was food a plenty thanks to our committee, a thank you goes to Pat's neighbours for waiting on us so well, and of course our ever-faithful tea boys, Dereck and Tony. Once again, the weather was beautiful, we have been so lucky for all the years we have had our strawberry tea.

### **Newsletter**

The newsletter continues to be a very important way of communication to all our members. Our coffee mornings are very well supported; however, we do have many members who are unable to attend, and the newsletter is so important to them.

Our newsletter is published bi-monthly and advertises forthcoming events, reports of visiting speakers and on any other news we feel may be of interest to our members. We also add contact numbers etc where applicable: We try to cover issues that may be useful to our members, things that you may not be aware of: Like how, when and where to apply or renew your blue badge. Service / benefits you or family may be entitled to. We give you information on how to avoid being scammed.

### **Musculoskeletal Services**

Connect Health commenced in April 2017. This new service promises to deliver an integrated service. Andrew Oliver came to our January coffee morning to explain to us their aim was

to provide a multi-disciplinary team approach for the non-surgical care of people with a musculoskeletal condition, he advised it was to be a high quality, safe and sustainable services for patients. Consultant led with multidisciplinary teams to deliver care. Andrew explained that they were in the process of acquiring the services of a Consultant Rheumatologist.

Dr Raizada advised she understands that they have employed a GP who specialises in Inflammatory Arthritis.

### **WRSB Website**

[www.wrsb.org.uk](http://www.wrsb.org.uk) our web site is managed by Martin Peake also a volunteer. Martin updates the site every two months with the Newsletter and forthcoming events. We receive many enquiries about joining our group from the website Online membership forms are also on the site. He also works behind the scenes making sure our licenses are up to date. We communicate with Martin on a regular basis asking him to change or update something and am so grateful to Martin for his continued support.

### **Wolverhampton Information Network (WIN)**

Kuldip Khela from the City Council (WCC) continues to support our group and is here today to tell us a little about the changes to the WIN site, I think it may be our turn to help and support Kuldip.

### **Buddy Scheme/Help Line**

The buddy scheme for all new members is still a success. Having someone to communicate with initially is reassuring. Buddies are members of the committee and work closely to the guidelines of the WRSB. It does us good to have someone to chat to about how we feel.

### **Engagement with the Rheumatology Centre.**

The WRSB has always been supported by the Rheumatology Unit and continues to communicate with staff at both New Cross and Cannock Hospital. As you are all aware it was in fact Dr Paul Newton who first had the idea that a group to support patients ought to be set up. He retired from the unit and stood down as our President this made way for Dr Josh Dixey to be President. This summer Dr Dixey left Wolverhampton to pastures new. On our members behalf we approached Dr Sabrina Raizada, thankfully she very kindly accepted our offer of Presidency to her. Thank You Sabrina.

### **Engagement with the Rheumatology User group RUG**

At this time RUG meet at Cannock hospital every four months. The group are represented by the clinicians and patient representation. Now that New Cross and Cannock have become one, we feel it is important to introduce Rheumatology User Group (RUG) into New Cross. The main agenda covers

Rheumatology services offered by Cannock and how the service users can contribute with their views of the services. It is proposed that users of New Cross have the same services as Cannock and therefore New Cross patients should be involved in this important committee. The RUG committee meet every 4 months. The next meeting is in Cannock and then Wolverhampton. I have already asked some of our members / users if they would be prepared to join the committee, so we have representation from Wolverhampton. We still need this to go ahead, so if you are a user of the service, we would appreciate you coming forward.

It was a joint effort with WRSB, RUG, and hospital staff that we were able to present our MYA 6-week course, I did touch on this earlier in the report and am both pleased and proud to announce we are running the course again in Wolverhampton, the course is set to begin in October this year. I am so pleased to report that it is such a resounding success.

### **Conclusion**

It has been another busy year for the WRSB, but very rewarding. I would like to take this opportunity to thank you, our members for your continuing support. I would also like to say a special thank you to our hard-working committee:

Jan Simpson (Vice chair / secretary)  
Kath Sankey (Treasurer) Pat Jones (Patient Representative) Sheila Fardoe (Social Representative) Mary Allen (Outings) Balbir Rai and Bhagwant Sachdeva (Recruitment) Balbir also did the statistics for our coffee mornings.

I also need to say a thank you to our volunteers Tony Sankey, Dereck Allen and Brian Knibbs. They are not committee members, but they work so hard at our coffee mornings making sure we all have our beverages. Thank you and I certainly hope the remaining months of 2018 and of course many more years will be as successful as this one. **Liz Walker (Chairperson WRSB) September 2018.**

**Liz continued with a personal announcement;** Some of you may be wondering why the order of the agenda has been moved around. Well it is because, now I have given you the annual report we have now come to the re-election of the committee, Before I ask for your approval of the committee; I can now announce to you all that because of my continuing health issues I am sadly resigning from my post as WRSB Chairperson. I have enjoyed serving you for 23 years and will miss all of you so much. I have witnessed the WRSB growing from strength to strength throughout the years. It is a wonderful organisation. The main Aim of the group is to support

members, Arthritis in its many forms is hard to accept, by joining the group you are truly surrounded by other people going through the same as you. Our logo is Caring is Sharing and I think that we more than achieve our objectives.

I am convinced that education is the key to self-management. I have already mentioned the 'Managing Your Arthritis' course which clearly demonstrates my philosophy which is. To educate members so that they are more equipped to deal with or manage their own condition. I am very proud of the course and know I am leaving the course in safe hands. I would like to take this opportunity to say a thank you to Jan Simpson for the support she has given me over the past year. Jan has looked after the group in my absence and has done it superbly. Thank you, Jan. xx

Also, my colleague Sheila Fardoe will be resigning. Sheila has served the WRSG for 20 years. Formerly organising holidays and outings and latterly organised our raffles. We will miss Sheila very much she was an inspiration with her ideas for trips etc. I wish Sheila and her family well.

As I previously mentioned my colleague Balbir Rae has resigned from the committee because of moves to pastures new. I wish Balbir every happiness in her move. Balbir was responsible for monitoring attendance

at coffee mornings and providing the statistical evidence.

If we could now move on to the following re-election of the committee.

**Election of Committee members;**

Balbir Rai standing down due to emigrating to Canada. Iqbal Kaur Lally has been proposed to be Balbir's replacement by Bhagwant can someone second this proposal please?

Reg Jones seconded this proposal.

**The committee members listed below are willing to stand for re-election;**

**Jan Simpson - Chair Person /**

**Secretary/ Newsletter Editor**

**Kath Sankey -Treasurer**

**Pat Jones -Patient & Rheumatology Rep**

**Bhagwant Sachdeva - Member Recruitment**

**Mary Allen - Outings Officer**

Can we have two members to propose and second the re-election of these committee members please?

Mary Wallis proposed the re-election of the above people and Kishwar Butt seconded the motion.

Thank you, we will continue with the Treasurers report. Unfortunately, Kath cannot be with us today, so Jan Simpson will read Kath's report for us.

**5. Treasurers Report;** Jan read the treasurers report on behalf of Kath Sankey;



**ANNUAL ACCOUNTS 01**  
**SEPTEMBER 2017– 31 AUGUST 2018**

			Opening Balance 01 September 2018 £18318.36
<b>INCOME</b>	<b>AMOUNT</b>	<b>TOTAL</b>	<b>BALANCE</b>
Subs	636.00		
Donations	525.00		
Grants	0.00		
Fund Raising/outings	6071.50		£18318.36 b/forward
Sundries	0.00		£ 12116.28
Education (MYA)	0.00	7233.00	<b>£ 25551.36</b>
<b>EXPENDITURE</b>	<b>AMOUNT</b>	<b>TOTAL</b>	<b>CLOSING BALANCE</b>
			<b>31 AUGUST 18</b>
Postage	521.00		
Stationary	459.35		
Link Line	0.00		
AGM	399.00		
Fund raising/Outings	5276.15		
Sundries	0.00		
Expenses	3946.92		
Travel	264.50		£25551.36
Printing/Photo Copy	929.00		-£11795.92
Education	00.00	11795.00	<b>£13755.44</b>

**MYA 6 week courses - September 2017 to July 2018**

Since September 2017 until July 2018 we have spent £1488.34, the full details of every purchase is not listed here but is available. The MYA expenditure is being partially claimed back from New Cross, therefore, it is not included in this year's report, but will be shown next year.

**We would also like to thank people who made donations to our group; Paula Chell, Christmas Gifts Jewellery £5 and gifts to raffle. Roger Cheshire wood carving £10. Chris Groves £5,**

Tony Gittoes £5, and £500 from Derick Tatton (deceased) who was a member of WRSB, I did not have the pleasure of meeting Derick, but I am sure many of you remember him.

**Guest Speakers;**

**6. Dr Sabrina Raizada**

**Rheumatology Consultant;** Dr Raizada began by thanking us for inviting her to speak at our AGM today.

Regarding treatment in the Rheumatology Unit, both at New Cross and Cannock hospital is pleased to say that Dr Tochukwu Adizie joined our team in October 2017 and works across both hospitals, we have also employed several Nurse Specialist to cover both sites, including a specialist Nurse for Connective Tissue disease and Osteoporosis at New Cross. I am pleased to say that the refurbished Hydro-pool is open and is available to all patients from both hospitals. The department also have specialist in Ankylosing Spondylitis and Thoracic Arthritis.

We aim to see new patients referred from their GP within 3 weeks. A diagnosis is made during the first 6 months; however, medication and treatment is started within 1 week. The treatment can include group education clinics. A nurse specialist gives a presentation on medication available. The earlier treatment is started the

better for the patient. There are several new biological drugs, the use of biological drugs has increased. The drugs are expensive and so are regulated by NICE. We have specific clinics to get the correct treatment for patients as soon as possible. We offer equal services at both New Cross and Cannock Chase Hospital.

**Any Questions.** Mr Rai thanked the NHS for its services, however he is concerned that he has been waiting since 2017 for a new hip, he certainly has not been seen within the 3 weeks mentioned.

**Dr Raizada** replied that she was very sorry he has been waiting so long. However, advised Mr Rai, you are talking about the Orthopaedic Department, not Rheumatology, so she is not able to comment.

### **7. Kuldip Khela, Digital Inclusion Officer, Wolverhampton City Council**

Thank you for inviting me to your AGM and making me feel so welcome. I do recognise some of you from when I have previously spoken to your group. I have had a lot of involvement with Liz and Jan over the years and to me WRSO is Liz and Jan, so I am taken back by the fact that Liz is retiring, but completely understand her reason and wish her well. With that said, I am here to tell you there have been a number of changes in my role and I would like to ask for your help;

You may have noticed I have a new title, Digital Inclusion is a very important subject. We all need to be more technical, I have found especially people over 55 years of age seem to struggle. We aim to make it easier for you to find the information you are looking for on computers. To show you where to look for the information, you need and how to shop safely on line. Wolverhampton City Council have more and more of their services on line, this is to save money, due to government funds being cut. As a Digital Inclusions Officer, I work with people of all ages. I know that not everyone wants to go on line, so we are hoping to train them and give to build confidence to go online. I do group presentations and one to one training. Some people do not have access to computers, so we trying to facilitate this by going into libraries and volunteer groups, such as WRSO. Your own group is on WIN, so anyone typing in 'arthritis' your group comes up. The WIN website has 1600 pages and has 180-page views per week. More services are going on line and we want to encourage you to use them. We go out and about, we use tablets and mobiles. Before we launch the new site, we will be asking for reviews, we need your feedback, and I would like to come to one of your coffee morning's.

**Any Questions;** Mr Rai complained that when he tries to phone anyone at the council the phone is never answered within 5 rings;

Kuldip replied this is a good example of going on line to ask your questions. Or go in person to the civic.

Ms Rowley asked if this will lead to quantum computer, 3D, and nuclear physics?

Kuldip suggested that this was a very complex question, but he would be willing to speak one to one later.

**Floor was opened for questions or comments;**

Pauline Bruce thanked the committee for all their hard work.

Rob Marris suggested we explore ways of saving on postage and getting more members to accept the Newsletter by email; Maybe Age UK would have suggestions. -- This will be explored.

**Liz thanked the guest speakers and announced the buffet would be open shortly.**

**Jan Simpson:**

May I have your attention for just a little longer before we close our meeting

I am sure you are all devastated by the sad news that Liz has resigned her post as chairperson of our group. Liz and I have discussed this many times, and each time Liz said she felt a little better, I would jump in to say, you can

change your mind or take a 6-month break. However, I think you will all agree, we have to accept Liz's decision, her health must come first. I have been fortunate to have worked alongside Liz for many years, and I have also been inspired by her devotion and hard work for the benefit of WRSG. Most of all we have become firm friends and for that I am very thankful.

I shall do my best to fulfil the post as your chairperson for the forthcoming year and that the year will be as successful as this one. I certainly have my work cut out filling the shoes Liz has left me. I am thankful that we have a strong devoted committee who I know will work along with me for the benefit of our group. With that said I would like to present Liz with a 'Thank You Gift' and a bouquet of flowers on behalf of everyone in the WRSG.

Thank You Liz.



**Close of meeting**

**My Retirement from the WRSG  
(Liz Walker)**

As many of our members know I sadly, have retired from my chairperson role with the Wolverhampton Rheumatology Support Group (WRSRG) Twenty-Three years ago I followed an invitation from Dr Paul Newton to join the group which was a new initiative in Wolverhampton it's aims, 'to support people in Wolverhampton who had arthritis.'

Dr Newton was the first president of the group with Carol Boneham as chairperson. From small beginnings the group has grown from strength to strength initially fighting for improved services in Wolverhampton for Rheumatology and latterly concentrating on education to encourage self –management.

Throughout the last twenty-three years however the main objective of the WRSRG was to provide support for our members, the group has done sterling work in its support role, the proof of its success in the 170 members subscribing to the group with many lasting friendships formed.

When I first joined the group, I acted as Home Visitor and then as Treasurer.

Ten years ago, I accepted the role of Chairperson following the sad death of Dorothy Darby. I have thoroughly enjoyed my time in this role and witnessed the huge growth and success of the group. The WRSRG is one of the strongest charity groups in Wolverhampton. I am so proud to have

been a part of this development and will miss you all very much.

Unfortunately, due to my ill health I have found it very difficult to carry out my role and decided that it was the right time to retire. I just wanted this opportunity to say thank you to everyone for their friendship, support and good wishes during a very difficult time in my life. Thank you for my beautiful bouquet and stunning Swarovski bracelet. I will hopefully still see you all at coffee mornings and outings. I wish the group every continuing success and can retire in the knowledge that you have the very best committee under the competent Chairpersonship of Jan Simpson.



Dr Razaida, Liz Walker and Jan Simpson

You may have noticed that the email details to contact our group have changed both on this newsletter and on our website.

This is because we needed to remove Liz from our website to give her some peace and quiet. The new group email address is; [info.wrsg@mail.com](mailto:info.wrsg@mail.com)  
However, I can still be contacted on my personal email;  
[jansimpson03@yahoo.co.uk](mailto:jansimpson03@yahoo.co.uk)

Jan Simpson  
Chairperson / Editor

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