



## WRSG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **Dates for your Diary 2016**

#### **Coffee Mornings**

#### **Monday 4<sup>th</sup> January 2016**

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House  
211 Tettenhall Road, Wolverhampton.  
WV6 0DD

#### **Orthopaedic Community Assessment Services (OCAS) (Ciri Sedgley West Park Hospital)**

If you have any queries regarding the coffee  
morning please ring Joyce Knibbs

Mobile: 07539949723 (Monday –Friday)

Or email: [jansimpson03@yahoo.co.uk](mailto:jansimpson03@yahoo.co.uk)

### **CONTENT**

- Dates for your Diary
- Late membership renewal
- News feed and photo gallery



*A very happy Christmas to our WRSG  
members and families from your  
WRSG Committee*

## Coffee Morning

**Monday 1<sup>st</sup> February 2016**

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House  
211 Tettenhall Road, Wolverhampton.  
WV6 0DD

**Oils and Aromatherapy  
(Mary Shipway)**

If you have any queries regarding this coffee morning please ring Joyce Knibbs  
Mobile: 07539949723 (Monday-Friday)

Or

E mail: [jansimpson03@yahoo.co.uk](mailto:jansimpson03@yahoo.co.uk)

## OUTINGS

Thursday 7<sup>th</sup> January  
Birmingham Hippodrome  
(Aladdin Pantomime)

There are two tickets still available  
For this Pantomime £12 per ticket plus £7 per person for the coach.

Mary Allen will be collecting the £7 coach money on Monday 4<sup>th</sup> January 2016 WRSg coffee morning.

### Coach Pick Up Points

Falklands St Coach Park 12.00 midday  
Bilston Prouds Lane 12 15pm

Please contact Mary Allen with any queries  
01902 685683

## Outings planned for 2016

Thursday 14<sup>th</sup> April 2016  
Trentham Gardens

Thursday 23<sup>rd</sup> June 2016  
Llandudno

Thursday 14<sup>th</sup> July 2016  
Strawberry Cream Tea  
(Gunstone Hall)

## Membership Renewal

This will be the last reminder for membership renewals. Subs were due on 1<sup>st</sup> September 2015.

As you know we are keeping our membership at £5 per member and £8 for a family membership.

You are respectfully reminded to send your remittance to:

**Kath Sankey (Treasurer)**

**78 Dilloways Lane**

**Willenhall**

**WV13 3HJ**

(Cheques made payable to WRSg)

## NEWS ROUND UP

**Rheumatology Department Nurse  
Telephone Help Line  
New Cross Hospital**

I have received information from Barbara Douglas (Clinical Nurse Manager Rheumatology) that changes have been made to the above telephone nurse help line.

The new service is now called **Advice Line** and is manned by Nurses on a rota system. This new answering machine telephone advice line will be operated between 10am and 12 midday Monday to Friday.

Patients will need to leave their name, hospital number, telephone number and the reason for calling using the 5 options below.

- 1) Appointments
- 2) Flare up/depo request
- 3) Biologics
- 4) Medication query
- 5) Other

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### **Trading Standards (Latest Scam)**

**The following scam alert has been forwarded from Trading Standards for your attention.**

A delivery company calls and asks if you are going to be in as they have a parcel for you. Within the hour a driver appears with a basket of flowers and a bottle of wine, no idea who it's from but there is going to be a card to follow. He asks for £3.40 so he can prove the delivery has been made to an adult as there is alcohol in it. He can't take cash as the transaction has to be provable so he produces a hand held card reader. You put your card in and type the PIN and get a receipt from the machine for £3.40. A couple of days later your account has been cleaned out. Clever and effective. Unless you know who it is from beware of unexpected deliveries.

**Bob Manson  
(Crime and Vulnerability Officer)  
Wolverhampton Police Station**

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### **CLUED UP 2**

On Tuesday 24 November I attended the Clued UP 2 Event at Blakenhall Community Centre. It was a lively and busy event giving lots of useful information. I am very pleased to say that our group are already familiar with a lot of the services the authority has to offer. 'How clued up are we!'

Lisa Morgan, who has already introduced us to the Handy Man Service, Keeping warm in our homes, gas boiler services and more, was there to tell everyone about the Care Act 2014. There is a service to suit all. The council will provide help and support for you to stay as independent as possible for as long as possible, in your home, or support you to move to a more suitable home / accommodation for your needs. They can assess your home and make alterations to make staying there easier for you, such as walk in showers, hand rails, stair lifts. Should you want to move they can assist and support you in doing so, this does not always mean going into a home, it may be moving to a smaller more accessible property.

The Wellbeing team were there to remind us to eat healthy and have our 5 a day fruit and veg, look out for sugar contents on packages and sorry to say, drink less alcohol. I have also picked up some news for diabetics, as well as almond nuts being good for you, we can now eat a handful of walnuts. (If I measure them out in my husband's hand I get more!! I for one, am going to have a good Christmas.) I did not qualify for the short 'Health Check' for diabetes, high blood pressure, and high cholesterol because I already have all of those, but hey, I did qualify to complete a 'Healthy Minds Check' you will be pleased to hear, I am not suicidal. On a more serious note these people are here to help with emotional wellbeing, if you feel a little down and depressed or want more information you can email [Wolverhampton.healthyinds@bcft.nhs.uk](mailto:Wolverhampton.healthyinds@bcft.nhs.uk) or ring 0800 923 0222 between 9am and 4.30pm, Monday to Friday.

It was nice to see Kuldip again, he was there promoting WIN, don't forget you can access all the services you need by looking them up on the Wolverhampton Information Network site. If you do not have access to a computer or need any help getting the name /number of the service you require Give me a call, Jan Simpson 01902 835248 / 07904 503 806. I will do what I can to find the contact details for you

**Thank you Jan for attending the Clued up  
Event on behalf of the WRSG**



## Photo Gallery for Christmas 2015



**Our members having a great time  
At our Christmas party**



**Liz and Joyce with Father Christmas**

We had the pleasure of Mr Jeremy Vane (Chairman) of the Royal Wolverhampton Hospital Trust (WRHT) joining our Christmas party. Jeremy tweeted the event to twitter with the following photograph and comments



**Another packed house for WRSG Christmas Meal. Ashmore Park Choir in full flow.  
Jeremy Vanes@vanes\_jeremy**

**And finally a very happy Christmas and a healthy New Year from me Liz and William my new great grandson. Xxx**



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**Liz Walker (Chairperson WRSG)**

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