



# W.R.S.G. Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No. 1041181

CARING IS SHARING

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***WISHING ALL OUR  
MEMBERS AND THE  
RHEUMATOLOGY  
STAFF A VERY  
HAPPY, HEALTHLY  
NEW YEAR 2007,  
FROM THE WRSG  
COMMITTEE***



## Funding

I told you earlier in the year that we had applied to Tesco Charity Trust for a donation to the WRSG. Unfortunately we have been turned down. There are so many "Good Causes" out there applying for this money.

## Christmas coffee morning

This event proved very popular with over 80 members attending. Many members brought along raffle prizes and bric-a-brac for the sales table which collectively raised £160 for our funds.

Thank you!

There were a lot of willing helpers at the event who are not on committee. I was very pleased about that because I felt that we were all part of the group.



## A date for your diary - Concert

The WRSG is organising another concert. The sixty strong Ashmore Park Choir will entertain us at Fallings Park Methodist Church, Wimbourne Road, Fallings Park on Saturday 12<sup>th</sup> May at 7.30 p.m.

Light refreshments will be provided in the interval.

The proceeds will be for the WRSG. Admission will be by ticket at £4 per person and we will hold a raffle on the ticket numbers. The music will be very varied.

## Car Jacking Incident

This is a funny story about a woman who decided to tackle some car thieves.

An elderly lady did her shopping and upon return found four males in her car. She dropped her shopping bags and drew her handgun, proceeding to scream at them at the top of her voice that she knows how to use it and that she will if required.... so get out of the car. The four men didn't wait around for a second invitation but got out and ran like crazy.

The lady proceeded to load her shopping bags into the back of the car and got into the drivers seat. Small problem, her key wouldn't fit the ignition. Her car was identical and parked four or five spaces further down. She loaded her bags into her car and drove to the police station.

The sergeant that she told the story to nearly rolled in the floor with laughter and pointed to the other end of the counter where four pale white males were reporting a car-jacking by a mad elderly white woman.....no charges were filed.

---oo0oo---

The following article was last medically reviewed by Dr Rob Hicks in September 2005. First published in May 2001

“I don't actually make New Year resolutions because I don't keep them but:-

Statistics show that although men are more active than women in every age group, our activity levels decline steadily with age. By the time we reach our mid-50s, few of us take regular exercise.

## It's never too late

It's tempting to think of excuses to do nothing - whatever age you are. But it doesn't matter if you've had an active life up to now or if you've always put exercise on the back burner; it's really never too late to get started.

Male or female, single or with a partner, with or without the grandchildren - you can do it. The things you'll get out of it can be obvious, such as improved health, but there are things you might not have thought of too. Mentally tick off all the things in the list below that would be positive for you - then start planning.

### The health rewards

#### More energy

It's odd, but exercise actually makes you feel more energetic. Sitting around not doing much, on the other hand, makes you feel sluggish and unable to do anything.

#### Improved sleep

The other side of this is that your body and mind feel as though they've done something and are ready for rest at night.

#### Stable weight

Regular exercise helps to offset the slowing down of your metabolism as you get older, keeping you at a healthy weight.

#### Protection against heart disease

Not smoking, sensible eating and taking regular exercise put you in line for a healthy later life.

#### Improved circulation

Exercise can also lower blood pressure and help with other conditions, even clinical depression.

#### Delayed aging

Keeping active strengthens your muscles, joints and bones as well as helping with mobility and balance. This is more important the older you get, as it helps to prevent falls, which are among the most common reasons older people have to go into hospital.

## Other rewards

You'll meet and make new friends. Taking exercise with others is great for your social life.

It's time for you. Work, family or friends all take up time. Sometimes doing something that's yours alone is just what's needed.

You'll get a sense of achievement. There's nothing like completing an exercise activity to give you a lift.

You'll reach your goals. Aim for something specific. Run a marathon, enter a dance competition, and walk to a friend's house across town - something you can be proud of.

It relieves stress.

Bad day, bad week or annoying relatives? Exercise helps you to calm down and put things in perspective.

You'll feel and look better. Many people who exercise regularly look younger than people of the same age who aren't so active.

It's fun. What better reason is there?



## Disability Equality Scheme Report from the Healthcare commission

Yesterday 4<sup>th</sup> December 2006 saw the launch of our *Disability Equality Scheme*, an action plan which sets out how the Healthcare Commission can ensure that disabled people are treated equally.

A new law called the Disability Equality Duty, which complements the Disability Discrimination Act 1995, come into force yesterday. This law requires organisations across the public sector to act proactively on disability, and to remove barriers likely to have a negative impact on disabled people. The *Disability Equality Scheme* is a step towards developing disability equality as an essential central commitment of the Commission.

## Introduction

I love words, the sound of them as they roll along my tongue, the look of them, their definition origin and how their meanings have changed over time, often the result of changing lifestyles, values and attitudes.

I also love poetry so it made sense to write a poem about words. The original version was five times as long but for practical reasons some drastic editing took place. A never ending poem which gives food for thought

### Plain English

Remember the days when people were sane?  
Customs were kept and English was plain?  
Polite conversation focused on rain,  
And couples held hands along Lovers Lane.

Rock was a boulder or seaside sweet,  
Men opened doors and gave up their seat,  
The trains and the buses arrived when they should,  
Kids were young goats and faggots meant wood.

Couples were wed then babies were born,  
Grass was thin green stuff, en mass called a lawn,  
Big Mac was a raincoat, too large to fit tight,  
Old ladies felt safe in the street late at night.

Joy-riding was something you did on a sledge.  
Pot was a vessel for boiling the veg.  
Joint was the meat, the great Sunday roast,  
Junk went in bins not sent in the post.

Gay people were happy, bad didn't mean good,  
Wellies weren't wanged but worn in the mud,  
Wicked meant evil and cool meant cold,  
Balls were round objects cricketers bowled.

Songs had a melody, books had a plot,  
A man in a skirt was always a Scot,  
A tart and a crumpet were things that you ate,  
and coke was a substance burnt in the grate.

Remember the days when people were sane?  
Customs were kept and English was plain?  
Copyright; Nikki Barker

New Year has a lot of superstitions.  
Here are some.

☞ You must eat something leafy and green on New Year's Day. That will bring you money or riches during the year, and you won't have to worry about paying bills.

☞ Your house should be clean and there should be no dirty clothes in the house on New Year's Day. This is for good luck.

☞ The first person to come into your house on New Year's Day should be a man.

☞ A candle should be placed in a window to burn all night long from 12 o'clock midnight. This will guarantee the household's luck for another year.

I am not sure about that it could be a fire hazard!!!!

Speeding Ticket

"What am I supposed to do with this?" grumbled a motorist as the policeman handed him a speeding ticket.

"Keep it," the cop said, "when you collect four of them you get a bicycle."

Information Technology (IT)

You may have noticed a change in which the x-rays are now taken and viewed. Fifty per cent of NHS trusts are now using digital x-rays and scans.

NHS Connecting for Health (NHS CFH) have announced that 50 per cent of trusts in the NHS in England are now using Picture Archiving and Communications Systems (PACS) technology for digital imaging and scans.

PACS enables images such as X-rays and scans to be stored and viewed electronically, so doctors and other health professionals can access and compare images at the touch of a button.

The NHS has been steadily implementing PACS systems over the last 10 years, with 24 per cent of trusts in England using PACS before the NHS IT programme.

Since the beginning of the NHS IT programme, the NHS has accelerated the number of PACS systems deployed in trusts across England, with PACS systems now being deployed at an average rate of six a month. With 50 per cent of trusts in England now using digital imaging systems, more patients are benefiting from significantly improved services.

Dr Alan Grundy, consultant radiologist at St George's Hospital in South West London says: "The greatest benefit PACS brings to patients is that we no longer have the problem of lost images, which might lead to postponed or cancelled appointments.

"Also, patients no longer have to bring their x-ray images with them each time they come in to see a clinician, which helps enormously." Clinicians also have x-ray and scan images available much more quickly with PACS, which can lead to speedier diagnosis and results.

Jackie Nicklin, senior radiology manager at Poole Hospital NHS Trust, who implemented PACS from NHS CFH confirms: "For us the biggest change has been the reporting turnaround times. PACS offers faster diagnosis for the patient."

By delivering more efficient imaging and diagnosis processes PACS is transforming patients' experience of the health care they receive across the NHS.

PACS is a key contributor to the delivery of a maximum 18 week patient pathway, from referral to treatment by 2008.

We have now been granted a 5 year licence to print this Government Information so you will have to let me know if you find it boring!!!

## Minister announces one millionth choose and book referral

Health Minister Lord Warner today announced that over one million referrals to specialist care have been made through Choose and Book by GPs across England. Choose and Book is a national service that, for the first time, combines electronic booking and a choice of place, date and time for first outpatient appointments.

It revolutionizes the previous booking system, with patients being able to choose and book their initial hospital appointment. Patients are able to book an appointment on the spot in the surgery, later on the phone or via the internet.

This achievement marks a significant milestone for healthcare. Patients no longer have to put their life on hold while they wait to hear back from a hospital when their appointment will be, and have been able to book their appointment at their convenience. This number will grow over the coming months as use of Choose and Book continues to increase.

Health Minister Lord Warner said: "A million bookings since introduction in 2004 is a real milestone. And we are well on the way now to 2 million. When patients book their appointments electronically they are more likely to keep the appointment. That's good for patients, cuts waste in hospitals, and reduces frustration for Doctors and Nurses.

"85% of all GP practices are now using Choose and Book to make referrals and over 6,000 practices made referrals last week - nearly 30% of GP referrals to specialist care.

Patients have responded positively to the Choose and Book service. One of the first patients to benefit from using Choose and Book was Denis Gray, from South London: "This new way of doing things is so much better. Choose and Book really made a difference to me.

It speeded up my treatment and let me choose a hospital and book an appointment at a time that suited me."

## Optimism

A family had twin boys whose only resemblance to each other was their looks. If one felt it was too hot, the other thought it was too cold.

If one said the TV was too loud, the other claimed the volume needed to be turned up. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist.

Just to see what would happen, on the twins' birthday, their father loaded the pessimist's room with every imaginable toy and game. The optimist's room, he loaded with horse manure.

That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly.

"Why are you crying?" the father asked.

"Because my friends will be jealous, I'll have to read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken." answered the pessimistic twin.

Passing the optimistic twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked.

To which his optimistic twin replied, "There's got to be a pony in here somewhere!"

## Proverbs

Let your anger set with the sun and not rise again with it.

Better the coldness of a friend than the sweetness of the enemy.

Character is better than wealth.

May you live as long as you want and never want as long as you live

There are three kinds of men who can't understand woman: young men, old men, and middle-aged men.

## This Little Piggy!

A homeless man stops at a farmhouse to beg to spend the night. The farmer answers the door and says "Sure, we can put you up." The vagrant washes up for dinner and meets the family downstairs. Sitting at the dinner table are the farmer, his wife, their son, and a gigantic pig who is sitting at the table like a human.

Throughout the meal the vagrant tries not to stare at the pig who sports three medals around his neck, as well as a wooden leg. Finally, he can contain his curiosity no longer. He asks "Would you mind telling me about the bronze medal around your pig's neck?"

The farmer says "Sure. It's really an incredible story. Little Timmy here was swimming in the lake when he got a cramp and started to drown. This pig heard his cries for help, busted out of his pen, ran to the lake, and saved our son's life. So, we gave him the medal."

The vagrant is amazed and says "Well, how about that silver medal?"

The farmer says "A few months ago our house caught fire in the middle of the night while we were all sleeping. This pig saw the flames, busted out of his pen and ran into the house, waking us up in time. To show our gratitude we gave him that silver medal."

The homeless man says "While I'm at it, I might as well ask you about the gold medal."

The farmer says "My wife was attacked by a burglar several weeks ago. This pig heard her cries, busted out of his pen, and chased that man far away. To show my thanks I gave him that gold medal"

The homeless man sits in awe of the pig, who is blithely eating his meal with a knife and fork. He asks "What about the wooden leg?"

The farmer says, matter-of-factly, "Well, you don't eat a pig like THAT all at once!"

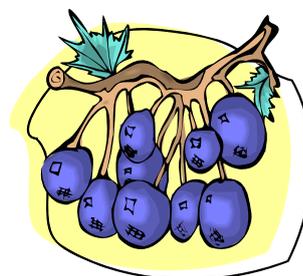
## HAVE A BERRY FESTIVE SEASON

Add berries to the festive menu this year to keep yourself healthy, brainy and beautiful, both inside and out.

Eating berries, especially blueberries, blackberries and strawberries, can help your brain and body cope more effectively with the demands of the festive season. Also known as 'brain berries', studies have shown that blueberries, blackberries and strawberries can help protect the brain from cognitive decline, even helping to boost memory and improve the ability to learn. The high anthocyanin content in these berries also strengthens blood capillaries and improves circulation to the brain.

The darker the berry, the better it is for you. Much of a food's antioxidant strength comes from its anthocyanin pigments which give berries their distinctive red, black, blue or purple tint. Blueberries, followed closely by blackberries, are the best source of antioxidants out of all fruit and vegetables.

If being brainier isn't enough, another benefit of including berries in your diet is that their high antioxidant levels help to ward off cancer and heart disease. If you think that beauty really is skin deep, the potent combination of vitamins and antioxidants in berries pack a powerful punch when it comes to skin care, keeping you looking younger and more radiant for longer. Also, according to the ancient Chinese, the high mineral content in strawberries makes them nature's hangover cure – an essential for the holiday season.



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