



WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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CONTENTS

- Membership Renewal
- Dates for your Diary
- Features

Membership Renewal

(Reminder)

Please note WRSO membership renewal fees were due for 2011/2012 on the 1st June 2011. Because we are a non profit making group we are keeping the fees at the same level for members £5 for single membership and £8 for family membership.

New members who have joined the group since January 2011 will not have to renew their membership.

DATES FOR YOUR DIARY

WRSO Annual General Meeting

Friday 28th October 2011

12 30pm – 3 30pm

Venue: Linden House, Tettenhall Rd

WRSO members are cordially invited to attend the Annual General Meeting which is to be held on Friday 28th October 2011.

A small buffet lunch will be provided for members courtesy of the WRSO.

We are pleased to invite our President Dr P Newton and our Vice President Dr J Dixey along with other speakers.

Details of the AGM and invitations to attend will be included in the next Newsletter.

WRSG Outing to Mill Farm Carvery and Garden Centre Monday 5th September 2011

This outing to Mill Farm Carvery (Cannock) on the 5th September will replace the September 2011 coffee morning.

Following the carvery meal we will be visiting Wolsey Bridge Garden Centre and at some point will take a ride over Cannock Chase.

10 30am Coach departs Faulkland St,
Coach Station

10 45am Pick up point Stafford Rd,
Opposite the Moreton Arms

4pm Return from Wolsey Bridge Garden
Centre

There are still a few places available.

**Cost: £7 (Meal not included)
Please ring Viv Worrall 01902 845706**

Symphony Hall Christmas Carol Concert Thursday 22nd December 2011

Joyce Knibbs is organising a visit to the Symphony Hall Birmingham for this very popular Christmas Carol Concert.

Joyce has negotiated reduced ticket prices for the WRSG. Cost will be £25 which includes the coach fare. The coach will leave Faulkland St Coach Station at 6pm. Final details will be published in the next Newsletter.

Please ring Joyce Knibbs on **01902 862198** cheques made payable to WRSG please forward to Joyce Knibbs, 623 Cannock Rd, Fallings Park, Wolverhampton. WV10 8PH

Turkey and Tinsel Break. Bodelwyddan

Turkey and Tinsel break at Bodelwyddan Castle, Wales 12th/16th December 2011

Coach will leave Faulkland Street Coach Station 9am Monday 12th December, return 16th December.

Balance outstanding for this break to be paid by 10th October please. Cheques made payable to WRSG and forwarded to:

Joyce Knibbs 623 Cannock Rd, Fallings Park, Wolverhampton. WV10 8PH

Coffee Mornings

August 2011: There will not be a coffee morning during August due to the holiday season.

September 5th 2011: The September coffee morning has been replaced with an outing to Mill Farm Carvery, Cannock and Garden Centre.

October 3rd 2011:

Coffee Morning

Monday 3rd October 2011
10 30am-12 30pm
(Doors Open 10 00am)

Talk; History of Old Wolverhampton Billy Howe (Speaker)

Billy Howe will entertain us with HOWES LIFE. Forgotten memories of old times in Wolverhampton. (Talk and Slides) Will you recognize anyone in the slides????

Linden House, Tettenhall Road, W-ton
(Invitations enclosed with this Newsletter)

November 7th 2011:

Coffee Morning

Monday 7th November 2011
10 30am-12 30pm

**Mary Shipway: Talk on Indian
Head Massage**

Linden House, Tettenhall Rd, Wolverhampton

December 5th 2011:

Coffee Morning/Xmas Lunch

Monday 5th December 2011

The WRSG will be having a Christmas Lunch on the 5th December. Details to be finalised with respect to time and cost in the next Newsletter.

Venue as usual
Linden House, Tettenhall Road
Wolverhampton

Thank you all for supporting our coffee mornings they are proving to be very successful with what I think is the right mix of social events combined with the more educational topics. If any of our members would like to suggest topics for the coffee mornings we would like to hear from you.

We still do need you to return the invitation slips so that we can order the correct number of coffees/tea etc. More importantly we need everyone to sign in on arrival to Linden House to comply with Fire regulations.

FEATURES

The following article has kindly been submitted by Sally Giles (Rheumatology Clinical Trials Nurse) from Cannock Chase Hospital. Sally has also agreed to speak at our AGM on the 28th October 2011

**A Snapshot of a Clinical Trials
Department.**

I work at the busy Rheumatology Clinical Trials Unit at Cannock Chase Hospital & I would like to share with you what we do & a little about some of our trials.

We hope that all of our Rheumatology patients can have the opportunity to participate in a clinical trial, if they wish to & if they are eligible.

All trials run on an entirely voluntary basis, patients are not paid to take part, as they can be in other countries, but we don't expect anyone to be out of pocket. Transport to visits is arranged & patients are provided with food & drinks as needed when in our care.

Many of our trials (we are actively recruiting for 6 at present) involve using new treatments, or ways of giving new treatments. Often patients voice concerns about potential side effects or being a 'guinea pig'. At our unit we have nearly 20 years of experience in clinical trials work & we can ensure that the care of our patients is second to none.

Our Doctors take an active interest in the clinical trials unit & the experience they gain with the new drug treatments is very valuable. As clinical trials are mainly funded by the drug companies developing new therapies, there is of course a saving to the NHS of treatment costs while patients are on a trial. This is another positive thing in these difficult financial times.

Some clinical trials involve treatment with a placebo (or dummy) medicine. If this is the case, that part of the study generally only lasts for a few weeks, as it would be unethical for our patients to be without treatment for a long time.

One of the trials we are recruiting for at the moment involves a treatment for Rheumatoid Arthritis (RA) called Tocilizumab. It is in the category of treatments called Biologic therapy.

The manufacturers of the drug know that it works well, to help to control pain & swelling of the joints associated with RA. The purpose of the study is to find out the best way to give the treatment to patients. This is either by an infusion (drip) treatment every 4 weeks or by a small injection into the leg or tummy every week. Patients who are entered onto this trial have to have both the infusion & injection treatments. They do not know which one is the real treatment & which one is the dummy (neither do the nurses or doctors!). That is called a 'double-blind'; this is so there is no bias. The study results are reviewed by people who have never met the patients & therefore an objective result can be obtained.

Most of the clinical trials we are able to offer our patients are for RA, but we are pleased to be currently recruiting for a trial for Psoriatic Arthritis & in the near future we will be able to offer a trial to patients with Ankylosing Spondylitis.

We are proud to work in a friendly, successful & professional unit & we are very happy when our patients respond well to their treatments.

Sally Giles

Rheumatology Clinical Trials Nurse

Thank you Sally for a very interesting article, our members look forward to meeting you at the groups AGM in October

City Show West Park 9th/10th June 2011

Our Rheumatology Department (New Cross Hospital) had a stand in the One City Marquee at The City Show on both days. There were over 50 representatives from the voluntary and health and social sectors.

The WRSB were invited to help out on the stall to help raise awareness of Rheumatology in general. Joyce Knibbs, Mary Allen, Viv Worrall and myself were able to promote the WRSB at the same time and we are hoping that we will recruit new members to the group.

It was a great two days, weather perfect, plenty to do and see. Thanks are due to Baksho Chumber and Jane Fairbrance (Clinical Nurse Specialists, New Cross) for their invitation and support.



The Rheumatology Stand at West Park

**Jane Fairbrance and Baksho Chumber
(Clinical Nurse Specialists New Cross
Rheumatology Department)**

How a Community Matron.... can help you with your long term condition

At the city show on the 9th and 10th June I met one of the Community Matrons working with patients who have long term conditions living in the community in Wolverhampton. I was very impressed with what I learnt and would like to share this with our members.

If you have one or more long term condition, you will know how complicated it can be finding the right person to help you when you need care, support or advice.

It may be you have a health problem or need adaptation to your home. Sometimes knowing who does what is confusing and can put you off seeking the help you need.

Now people with a serious long term condition or a complex range of conditions are being offered the chance of support from a community matron – senior nurse who will not only provide your nursing care but will also plan and co-ordinate ways of meeting all your health care and social needs.

Above all, your community matron is someone who is there for you and will make sure your views are heard, so you can feel in control when decisions are being taken about your health, your well-being and your life.

Who are Community Matrons?

They are highly experienced, senior nurses who can work closely with both yourself and your doctor to plan and organise your care.

As well as providing your nursing care, they will act as your ‘case manager’ – the single point of contact for care, support or advice.

How will I benefit from their help?

A community matron will make sure your care is properly co-ordinated. This will mean less

trips to the hospital or doctors’ – saving you time and effort.

They will make sure you understand how your medicines help you and may prescribe you new medicines on behalf of other health professionals.

In addition, they will make sure your views are listened to and that your care is designed around your needs. That way you can be confident that you are in control of your health and care.

Why do I need a community matron?

Often people with a long term condition find themselves admitted as emergency cases to hospitals because their symptoms have suddenly got out of hand. A community matron can help prevent such emergencies happening in the first place by spotting difficulties as they arise and making sure you have the right care and medication to deal with them.

Also for those whose complex care needs means they risk having to go into a care home, a community matron can ensure you receive the personalised care needed to help with living where you most want to be –at home.

Who will be eligible for a community matron?

People who have a severe long term condition or a complex range of conditions. Typically these will be people who have had several emergency hospital admissions or are at risk of having to move from their own home into a nursing home because of their condition.

How do I get a community matron?

Speak to your doctor for advice on whether you can get a community matron.

(Department of Health Crown Copyright 2006)

WRSG visit to Banks' Park Brewery Tour (June 2011)

Several of our members spent a great morning at the visitor centre to observe the brewing process of 'Banks' favourite local ale.

First of all we were met and treated to refreshments followed by a fascinating tour of the famous Victorian Park Brewery in Wolverhampton – home to Banks' since 1873.

Malt Mill

In the mill the malted barley, or malt is passed through the mill rollers to crack open the grains and expose the starchy material inside. The crushed malt or **grist** is then collected in a hopper or **grist case**.

Mash Tuns

The grist is mixed with hot water at a carefully controlled temperature in the **mash** tuns and this malt "porridge" is allowed to stand or mash for about an hour. This allows the natural enzymes in the barley the time to convert the starch into malt sugars. The resulting sugary liquid or **wort** is then extracted by spraying with hot water or **sparging** which takes about 4 hours.

Copper Whirlpool

The **wort** is boiled vigorously with hops in a copper for about an hour to add the characteristic bitterness and spicy aromas that balance the natural sweetness. The spent hop material is separated from the liquid by centrifugal force – **the whirlpool effect** – as it circulates around the copper and the liquid is cooled to 16-17°C. Yeast is then added to form **barm** – the creamy liquid that's ready for fermentation.

Fermentation

The sugars are converted into alcohol in fermentation vessels, each of which holds 125

barrels (more than 35,000 pints). The fermentation process takes 7 days during which the CO₂ produced in the process is absorbed into the beer giving it a natural sparkle and the yeast, which grows during fermentation is skimmed off to be used in subsequent brews.



WRSG members alongside the huge fermentation vessels

Casing

The beer is then transferred into racking tanks in the racking cellar where it remains overnight before the casks are filled or "racked". During filling a small amount of finings solution is injected into the beer to help the suspended yeast particles to settle on the bottom of the cask. After 24 hours left undisturbed in the cellar, the beer becomes star-bright. After a further period of conditioning it will be ready for drinking.



A big thank you to Bob Edwards and Amie of Banks' Brewery (pictured above) who looked after us so well.

WRSG Trip to Southport (June 2011)

The group enjoyed a sunny day out to Southport in June. The day included a three course lunch at the Prince of Wales Hotel followed by a short game of Bingo. Members then spent some time exploring Southport or relaxing in the gardens with tea and cream scones.



Our members who all enjoyed the trip

Bake a Cake Competition (June 2011)

What a great coffee morning, thank you to everyone who participated. There were over 30 cakes baked by our members which raised £28 for the group funds when they were sold.



Proud Winners of the Cake Competition

- 1st place Reg Jones with a chocolate gateaux**
- 2nd place Sheila Short death by chocolate**
- 3rd place Joan Duggings walnut cake**

Shopmobility is Open for Business

There has been concern expressed by members of One Voice (Disability Network) regarding information released in local press which appeared to suggest that Shopmobility were definitely going to be affected by Council funding cuts.

According to Michelle Ward (One Voice) Shopmobility were contacted by One Voice to ask them what was happening in the light of funding cuts and concerns from members who rely on Shopmobility for independence in getting around the City Centre.

Shopmobility is Open for Business

Shopmobility bosses have been swift to reassure staff and customers that the vital service it offers to disabled visitors to the City will continue.

According to Alistair Merrick, Chief Officer, Commercial Services and Public Realm “Shopmobility service will continue, but in the review we’re doing, we’re looking at alternative ways to deliver it – possibly through a voluntary sector provider.”

One Voice intend to keep a close eye on any changes that they are made aware of but reassure members that the one thing they can say for certain is that Shopmobility will continue to support its citizens and visitors to Wolverhampton.

(Source: One Voice News April 2011)

Late News

Kath Sankey (Treasurer WRSG) has just received news from Waitrose Store that the group have been awarded £310 from their charity fund. More news next Newsletter as there will be a presentation.

Relationships

If you want someone who will eat whatever you put in front of him - **then adopt a dog**



My dog Winston with my Grandson Conah

If you want someone who is content to get on your bed just to warm your feet and whom you can push off if he snores then – **then adopt a dog**



Winston keeping Isobel my Granddaughter warm during a siesta on the settee

If you want someone always willing to go out at any hour for as long and wherever you want **Then adopt a dog**



Winston and Bruno with all my Grandchildren, Isobel, Daniel, Conah, Polly and Robert (back)

If you want someone who never criticises what you do, doesn't care if you are pretty, or ugly, fat or thin, young or old, who acts as if every word you say is especially worthy of listening to and loves you unconditionally...**then adopt a dog**



Goes without saying this is the man for me!

But on the other hand if you want someone who will never come when you call, ignores you totally when you come home, leaves hair all over the place, walks all over you, runs around all night and only comes home to eat, acts as if your entire existence is solely his happiness _ **then adopt a cat!**



Lightening my daughter Sarah's cat!

Best Wishes to you all. Liz Walker

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