



# WRSRG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **Obituary**

**Mr Gough** sadly passed away  
October 2022.

**Mr Keith Worrall** sadly  
passed away 04 February 2023.

**Margaret Bonsall** passed away  
23 February 2023.

Our thoughts are with their  
family and friends at this sad  
time.

We had our February coffee  
morning at The Hollybush. We  
had a week to sort this venue  
following the closure of Linden  
House. Although these  
arrangements were made very  
quickly, it was a great success  
with an excellent turn out from  
our faithful members, so thank  
you. For our March meeting  
we moved to a bigger room  
have and now secured our  
venue at The Connaught Hotel  
for future coffee mornings.

### **Coffee Mornings**

*At The Connaught Hotel,*

*44 -50 Tettenhall Road*

*Wolverhampton*

*WV1 4SW*

**Doors open 09.50.**

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**Monday 03 April 2023**

**Today we welcome**

**Ryan Mawn**

Ryan is a Ph.D. student at  
Wolverhampton University. He  
is coming along to discuss a

project he is involved in about Activity for people with Rheumatoid Arthritis. I have attached more information about this project at the end of this Newsletter for members unable to attend our coffee morning.

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**Monday 15 May 2023**

**Kay Starkey from Midlands Air Ambulance.**

Kay will be telling us about the services and showing and showing a film of them in action.

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**Monday 06 February 2023**

We welcomed Dr Latika Gupta, Dr Gupta told us she has been at New Cross /Cannock Hospital for 18 months, predominantly New Cross. She explained she is heavily involved in research, and before coming here she was in India. During the challenges of the pandemic it was noted people with Myositis, (inflammation of muscles) their pain increased, anxiety increased as well as contracting Covid people were not able to access infusions to help their condition. Of course, these problems were world-wide, patients could no longer go to hospital for appointments

or treatment. Telephone (digital) consultations were available in an attempt to bridge the health care gap, but not always sufficient, Dr's can tell much more about your condition if they see you face to face. They need to look at a joint / measure muscles to make a proper diagnosis. Therefore, more research is required to improve digital health care. It has its merits for people who cannot get to hospital appointments. Everyone should try to remember diet and exercise does help with muscle pain.

A popular question from people with RA was, are the Covid injections safe for us?

Doctor and patient experience's differ, we needed patients long term effects. After covid 10% had flares within 6 months.

Research says overall the injections are safe.

People ask about long covid? if you have Covid for more than 3 months, that is Long Covid.

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**Monday 06 March 2023**

Today was our first coffee morning at the Connaught Hotel. To get things going we welcomed Danielle to talk to us about trying to prevent falls and trips and tips on how to stay

safe in our own home. Danielle is a member of our group and so, as she said understands some of the difficulties we encounter. Firstly, it is important to make room to move around our home safely, it is understandable people have collected furniture over the years, if you do not want to get rid of it, look at ways maybe moving a coffee table for instance, as no-one want to fall and split their head on the table. Also, mats and rugs pose a trip hazard, so as pretty as they are do we really need them? If you do, then make sure the edges are not curled up, or maybe a smaller, thinner rug would serve the same purpose without being danger. Have a look at you cupboards, can you move things around so you are not stretching or bending too often. Leave things within easy reach. Make use of aids, electric can openers, walking sticks, helping hand. List the things you want to do, spread them out, don't overdo things, if you don't feel like doing it today, so what? Do it tomorrow. Accept we may be slower, but that doesn't mean it can't be done. Decide if you move/function better morning, midday or afternoon.

Keep everywhere well lit, use lamps on timers if need be, switch lights on before you go upstairs/downstairs, even if you go into a room you think you know where everything is. Protect yourself in your own home.

Sadly, there are so many scammers around. More and more each day. So please stay alert, not just on the telephone. Keep chains on doors. If you are not expecting visitors, day or night, don't open the door. If you have a telephone call from someone you do not know. Do not give them personal details. Be sure. Be safe. Hang up.

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**Bridgemere Garden Centre**  
**Wednesday 10 May**  
**The Coach will pick everyone**  
**up at The Connaught Hotel at**  
**10.00 a.m.**

“Wheelchairs are available”.  
At the moment the coach is full, so Mary has a waiting list in case anyone should drop out. If the coach remains full, the cost will be £12 per person, Naturally, if the coach is not full the price will may alter accordingly. **Please be aware this trip needs to be paid for at our April Coffee Morning or as soon as possible if you are not attending the meeting.**

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**Nottingham Winter  
Wonderland**

**Wednesday 16 November.**

£19 includes time to browse the market then lunch on a boat cruising along the River Trent. A £3, non-refundable deposit is required at our April coffee morning or as soon as possible.

The cost of the coach will be added to this once we have an idea how many are going.

**Contact Mary**

**01902 685683/ 07948 181593**

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**Brian Knibbs** has kindly said if anyone needs transport to a hospital appointment, please ring him, if he is free, he will take you, free of charge. Any donations will be passed on to our group.

**01902 862198 / 07917 662310**

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**Do you live with  
RHEUMATOID  
ARTHRITIS?**

At the University of Wolverhampton, we are looking for people living with rheumatoid arthritis to help us develop a **PHYSICAL ACTIVITY PROGRAM** which will aim to improve physical activity in those living with rheumatoid arthritis.



If you live in Wolverhampton or surrounding areas, are aged 18 years or above, live with rheumatoid arthritis, and are interested in helping us make a change, we would love to have you shape our program!

If you are interested, or have any questions, please do not hesitate to contact me at [r.mawn@wlv.ac.uk](mailto:r.mawn@wlv.ac.uk)

*As usual if members prefer to contact me with comments or questions, I will pass them onto Ryan and get back to you accordingly.*

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**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 / email, please contact our group secretary. You may cancel your consent at any time,*