



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 145

April 2019

Editor: Jan Simpson

Email: info.wrsg@mail.com

EDITOR:

Jan Simpson

Tele: 01902 535248

Email; info.wrsg@mail.com

jansimpson03@yahoo.co.uk

Web: www.wrsg.org.uk

CONTENT

- **Obituary**
 - **Dates for your diary**
 - **Coffee Mornings**
 - **Outings**
-

OBITUARY

It is with sadness that I announce Jean Pearce has passed away. Our thoughts are with Jean's family and friends at this sad time.

COFFEE MORNINGS

Monday 01 April 2019

Skin Care

Tracy will be treating us to tips on skin care for men and women

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

Monday 13 May 2019

Healthwatch

Tracy Creswell

Monday 10 June 2019

Who Am I?

Starting April, bring along old photographs of yourself, no names, no clues. Just pop them in the box without showing anyone.

The photographs will be put on a board ready for 10 June.
Come along and see how many you get right.

Any queries regarding coffee mornings please contact
Jan Simpson

Trentham Gardens
Wednesday 27 March
A visit to Trentham Gardens
£15 per person including lunch and coach. Payment in full required

Pick up Times for Trentham Gardens;
Bilston - - 09.10
Faulkland Street - - 09.30
Please do not be late, any problems ring Mary – 07948181593

Wednesday 26 June.

Due to great demand - A day out by the sea -side at Weston Super-Mare is being arranged.
See Mary for more details

Strawberry Tea afternoon on Thursday 18 July.

Let's have a bit of fun, as well as the usual enjoyment at Gunstone Hall. Get your thinking 'Hat' on and design your 'Summer Hat' for our annual Strawberry Tea afternoon.
Men included

Do we have any Sudoku fans?

The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contain all of the digits from 1 to 9.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|--|---|---|---|
| 6 | | 4 | | 8 | | 1 | | 9 | | |
| 3 | | | | 4 | 9 | | | | | 2 |
| | 2 | 9 | | | | 5 | | 4 | 6 | |
| 7 | 6 | 8 | | | | | | | | |
| | 9 | | | | | | | | 4 | |
| | | | | | | | | 5 | 2 | 6 |
| | | 3 | 5 | 1 | | | | 2 | 7 | |
| 1 | | | | | 5 | 9 | | | | 8 |
| | 8 | | | 7 | | 4 | | 1 | | 5 |

Answers on page 5

CHIROPODY AND PODIATRY

On 04 February

We had a presentation from Dan Jolliffe with the help of his mom Jane Growcott.

Dan advised us how important caring for our feet is, they have 25% of our bones in them. They take daily punishment from us, their wear and tear effects knees, hips and spine, feet are the most sensitive parts of our body.

There is little difference between Podiatry and Chiropody. Podiatrist are Health care professionals who can diagnose and treat abnormalities.

Chir =care of hands; Podo = care of feet; Podiatrist is the preferred title.

Many health problems can be detected in our feet, such as diabetes, heart conditions, skin problems and many more. Any problems found would be reported to your GP and can be treated. Podiatrist will also treat in-growing toe

nails, verruca's, bunions, dry skin, cracked heels, they can supply insoles and orthotics to re-align your feet. They will also offer advice on the correct type of footwear for you.

Dan has studied for 3 years at Birmingham and works in Stafford both private and NHS. Lucky for us, Dan and Jane are willing to make home visits. On the 1st visit your full medical history would be taken. Some treatment can be done on the spot like toe nail, corns, hard skin. Some problems are not covered by NHS. Both diabetes or RA are covered by the NHS, so you would be referred to your GP to be seen by a Rheumatology Consultant.

RA flare-ups are difficult to predict, but with treatment it is possible to decrease and minimise long term damage to joints. With RA 90% of people have foot problems, soreness and pain. The change in foot shape can lead to corns, hard skin and affects the way you walk. Pressure on the front of foot can ulcerate, changes in the foot can create a struggle for blood to get to your feet.

Dan advised strongly against individuals using blades to remove hard skin and it is important you do not to use corn plasters.

Normally Dan and Jane charge £30, however, until the end of March they are offering home visits for £20 for WRSG members. So, give them a quick ring before the end of March if you would like to book an appointment. Don't forget to mention you are a WRSG member to get your discount.

Contact;

[Jane- 01902 851269](tel:01902851269)

[Mobile; 07748 007026.](tel:07748007026)

[Email; jane@absolute-foot-care.co.uk](mailto:jane@absolute-foot-care.co.uk)

[Dan Jolliffe – 01902 851269](tel:01902851269)

[Mobile; 07714 162681](tel:07714162681)

[Email;](mailto:daniel.absolutefootcare@gmail.com)

daniel.absolutefootcare@gmail.com

RHEUMATOLOGY HELP LINE

Some of you are aware that the Rheumatology Help Line at New Cross is not working as it should. Whilst Cannock Chase Hospital who were successful in gaining funding from their Local CCG. (Clinical Commissioner Group) is working very well.

Unfortunately, in the first instance the Wolverhampton CCG rejected the application for funding for New Cross RA helpline as there was no clear understanding of how it worked. However, the Rheumatology Unit has now submitted Nice/BSR guidelines and an audit on Cannock's advice line, highlighting the number and the type of calls received.

New Cross are undertaking an audit of their advice line for a period of 2 months. It is hoped that this will give the commissioners a fuller understanding and a feel of the calls received at New Cross on a regular basis.

New Cross are asking for funding to employ an admin clerk to man the phone line. The results at Cannock show many, if not all the questions can be answered on the first call, as details will be on the computer, i.e. blood results. It also shows they are more responsive and quicker with call backs to the patient. This is because the clerk is there to chase up an answer to your query, or in

some cases get you an emergency appointment.

I have been in contact with Sister Barbara Douglas and offered our Group support, if necessary, in the form of a petition.

However, at this time Sister Douglas feels more positive with this second request to the CCG, so she has asked for us to wait to see the outcome before we start a petition about having a much-needed working help line in the RA Unit at New Cross.

I will keep you all advised accordingly.

Watch this space!!!

CORPORATE WEBSITE Monday 04 March 2019

It was lovely to have our friend Kuldip back to tell us all about the changes to WIN network.

The site has been trimmed down, but still has all the information at the touch of a button.

All you need to do is type in your search bar www.wolverhampton.gov.uk/win or by typing Wolverhampton Information Network. Easy, you are on the WIN homepage. From this page you can search for the service you require or use the A to Z along the bottom to look up groups and other activities, just click on the letter, for example 'A' for arthritis and up pops our very own WSRG page.

Who knew we had so much technology and information at our finger tips? If you have any queries Kuldip is always happy to help;

Kuldip Khela – 01902 553413 or
Email Kuldip on;
webmaster@wolverhampton.gov.uk

ESCAPE – Pain Course for people with Osteoarthritis.

On the 14 March I met up with Tina Hadley – Barrow, Tina is working as a Consultant Physiotherapist at New Cross and has links with Keele University who are researching arthritis, amongst other health issues.

Tina is running a course called Escape - Pain. The course runs for 2days a week for 4 weeks. Tina invited me along to introduce our group as she is keen to promote WRSG to the participants as a way forward for support after her Escape -Pain sessions come to an end. We met at Bentley Bridge Fitness and Swimming Centre. We all had a chat, and some were keen to hear about our group. At the moment to get on this course you need to be referred by a consultant. I explained to Tina that not all people with Osteoarthritis have a consultant, they are cared for by their GP. Tina said this is a new venture and that she was hoping to get it so that GP's can refer eventually.

Tina has agreed to come and talk to us in July. Meantime I shall be speaking to the with the manager of the centre to get all the information about the facility. I shall keep you all advised.

WARM HOME DISCOUNT

This is a Government run discount scheme to allow people a one of payment of £140 on their winter energy bill between September 2018 to March 2019.

The Government website GOV.UK says you need to be claiming certain benefits to qualify. However, I am advised this is not so in all cases. Certain health conditions may mean you fall under the umbrella of vulnerable person. Some energy providers may have closed the offer for the previous dates I mentioned.

You need to register for September 2019 to March 2020.

In some cases, energy providers may have automatically applied the discount from information they have received from DWP. The discount is not paid to you directly, it is deducted from your bill by your provider. This is because it is a Government Scheme, the allowance is paid to the provider, who then apply the discount to your bill. So, check your bill.

This discount will not affect your 'Winter Fuel Payment or Winter Cold weather Payment.

You need to ask your providers. Give them a call, you have nothing to lose but £140 discount to possibly gain.

Sudoku Answers;

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 4 | 8 | 2 | 1 | 9 | 5 | 3 |
| 3 | 5 | 1 | 4 | 9 | 6 | 7 | 8 | 2 |
| 8 | 2 | 9 | 3 | 7 | 5 | 4 | 6 | 1 |
| 7 | 6 | 8 | 5 | 4 | 2 | 3 | 1 | 9 |
| 5 | 9 | 2 | 6 | 1 | 3 | 8 | 4 | 7 |
| 4 | 1 | 3 | 9 | 8 | 7 | 5 | 2 | 6 |
| 9 | 3 | 5 | 1 | 6 | 8 | 2 | 7 | 4 |
| 1 | 4 | 7 | 2 | 5 | 9 | 6 | 3 | 8 |
| 2 | 8 | 6 | 7 | 3 | 4 | 1 | 9 | 5 |

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.