



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 179

August 2023

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Coffee Mornings

At The Connaught Hotel,

44 -50 Tettenhall Road

Wolverhampton

WV1 4SW

Doors open 09.50.

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Our Next Meeting is.

Monday 04 September 2023

As this is a busy morning with membership renewals, AGM replies and Christmas menu's.

we have not invited a guest speaker but have decided we will have a short fun quiz when all other matters have been dealt with.

Monday 02 October 2023

To be arranged

Monday 12 June 2023

We welcomed.

Krystian Dawiec

Krystian is a Clinical Practitioner in Primary Care and PCN MSK lead at NHS England Krystian came along to talk about the challenges of managing Chronic Pain and Fibromyalgia. Many people have Chronic pain, reasons for this vary, so a discussion with your doctor is important, you should not dismiss their questions as your answers help them arrive at a diagnosis of the

cause and treatment. Chronic pain persists or recurs for more than 3 months, and may be affected by anxiety, tissue damage including arthritis. Treatment varies in every case, from medication, exercise, even acupuncture. Fibromyalgia could be pain in at least 4 or more of the 5 body regions. This can also be accompanied by mood disturbance, fatigue and sleep disturbance. There are more signal to a doctor, this is why it is important you explain exactly how you feel from day to day, not just on the day you speak with your doctor, an overall picture helps to identify the cause. There is not a 10 minute fix, so as for a longer appointment, if it helps to take notes with you so you don't waste time trying to remember things you need to speak about.

Monday 03 July 2023

We had a very interesting talk from Jerry Carrington from Silverstone Legal.

Jerry explained its never to early to get your affairs in order. If you do not have a will when you pass away this is called intestate, the Government decide who gets what from your estate, they

may even keep it all, or your children would receive much less than if you had a will. Having a will makes sure whatever is left after taxes goes to your next of kin or who you have named in the said will. Inheritance tax is levied at 40% of estate which is above your allowance. Each person has £325,000 and a residential tax of £175,000, this is doubled if you have a spouse. If one of you passes away, you automatically have both allowances and do not pay inheritance tax unless you have over this total allowance amount. You can reduce your assets by giving them away, such as signing your property to your children, however, if you do not live 7 years after this, it may not be accepted. Jerry also spoke about the cost of residential care homes, which at the present time could be as much as £1,500 per week. You need to take advice about protecting your home as each individual case is different and I do not want to mislead you by not explaining correctly what Jerry was telling us. He also explained about Power of Attorney, this is something logically everyone should consider, no matter what age. It

is to nominate 1, 2, 3 or more people to be able to deal with your finances, your health and welfare should you be incapacitated, unconscious or in a coma or any issue that renders you incapable of making your own decisions. This right does not automatically go to your spouse or next of kin. The Government would be responsible to make any decisions and will of course make a charge for doing so. Again, I do not want to go too deeply into this, you need professional advice. Jerry did take names of anyone interested in speaking to him on a one-to-one basis in your own home. For members that were not at the meeting I can pass on your contact details if you have any questions or are interested in speaking to Jerry.

**Nottingham Winter
Wonderland**

Wednesday 16 November.

£35 includes time to browse the market then lunch on a boat cruising along the river Trent. A £3, non-refundable deposit is required or as soon as possible. Only 3 seats left.

Contact Mary

01902 685683/ 07948 181593



Mary is also taking names for the pantomime Thursday 25 January 2024 **Jack and The Beanstalk** at the Hippodrome, Birmingham.
£5 deposit required.

Joyce Knibbs

Joyce bequeathed £500 to our group, and her family have donated a further £155 collected in her memory at Joyce's funeral.

Please note this £655 will be shown in our financial statement next year 2023/2024.

Membership Renewals

Please note it is that time of the year again, members need to renew membership. The renewal slips are enclosed in this Newsletter. Payment with completed slips can be paid at our September coffee morning, or posted to

Kath Sankey

78 Dilloways Lane

Willenhall

WV13 3HJ

Please note, our group name must be written in full -
(Wolverhampton Rheumatology Support Group) on all cheques, the bank will not accept WRSG.

You also have the choice to pay by doing a bank transfer to;
Lloyds Bank
Account No; 03687890
Sort Code; 30-09-83

Should you decide on making a bank transfer please write 'renewal or wrsg on the reference line, this is to make it easy for Kath to identify your payment. Thank you.

If you have joined this year January 2023 onwards, you do NOT need to renew in September 2023.

AGM invites are also enclosed, I will need to have numbers no later than 11 September please. Once again you can hand your completed slip to me at the September coffee morning, you could also ring or email me.
Thank You

Christmas Meal 2023

I am not able to enclose our menu with this Newsletter. I shall keep you all updated on this as soon as possible.

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,