



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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CONTENT

Coffee Mornings

At The Connaught Hotel,

44 -50 Tettenhall Road

Wolverhampton

WV1 4SW

Doors open 09.50.

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Our Next Meetings: **Monday 02 September**

Today we
Dr Hirushi Jayasekera
Talking to us about
Osteoarthritis

Monday 16 September 2024

Today we shall be hosting our Annual General Meeting, in addition to this we shall be celebrating our groups 30th Anniversary. This is special, so I do hope you will all do you very best to join us.

Forms are included in with this Newsletter so that we have numbers to cater for.

Monday 07 October 2024

Today we welcome Rita Musaddi who is going to tell us all about how we may be able to save on our utilities at home. Something we would all like to be able to do, I'm sure.

Monday 04 November 2024

Today as always, we shall be having our Christmas Gifts morning.

Monday 03 June 2024

Today Roger came along to give us a demonstration of how he goes about making his lovely items. Today started so well, then suddenly took a turn, resulting in Roger have some bad luck, twice, the lid to his item snapped in half. Something I'm sure Roger is accustomed too, however quite devastating when done during a demonstration.

Nevertheless, we enjoyed seeing Roger again along with his wife and some of the beautiful things he makes at home, some members took advantage of them being on sale and treated themselves, friends, and family.

On Wednesday 26 June we had a lovely day at the Butterfly Farm, we could not have asked for better weather. Although the Butterfly Farm was not a big as we thought there were plenty of nearby activities to take advantage of.



And finally, Bhagwant, all set for any weather with her wonderful hat.



Monday 08 July 2024

We enjoyed a morning with Dr Muhamad Jasim. Married with two daughters, He enjoys swimming, travelling, and cooking to name but a few of his hobbies. He has a good understanding of how RA affects everyday life as his mom has it, so he has witnessed it for years.

Dr Jasim works in the Rheumatology Unit, 1 day at New Cross and 4 days at Cannock, he is also an Acute Medicine Consultant.

Today he spoke about headlines about GCP-1 wonder drugs to help RA. This mainly because they assist with weight loss, naturally any weight loss, when needed, alleviates pressure on the joints, so in turn helps Arthritis. Celebrities are going mad to take Ozempic, purely to lose weight. A better way is to change your diet, less processed and fatty food, less sugar, more ginger, turmeric, and exercise helps. While thinking about our diet we should also eat for healthy bones, collagen is a protein food contained in bone broth, fish, meat, nuts, seeds, all natural and easy to introduce in your daily diet. Ginger and turmeric are good for joint pain; However, you must take the medicines that are prescribed to you as well. Do not substitute a supplement for medicine. Anti-inflammatory diet - avoid processed food. Eat more chicken, greens, especially broccoli, oily fish, and berries, go gluten free or vegan a couple of days a week

can also help. Cut down on heavy alcohol intake. Some vitamin supplements stay in the body depending how its coated etc, it's much better to absorb them in your diet rather than add them to your prescribed medication.

On Pain, Dr Jasim said that CBD can cause other problems, it may help block pain, but if it was worth it Dr's would prescribe it freely.

Dr Jasim was asked about acupuncture and drinking water to keep hydrated - If you think acupuncture helps you, do it, but continue medication. It is important to keep hydrated, however don't overdo the water, other fluids count.

Frozen berries are also good if you don't have fresh, rich in omega olive oil is fine for joints wear & tear rather than inflammatory. Exercise, swimming, walking, tai chi, yoga. Little and often, consistently rather than too much in one day.

If you have any concerns about your medication, for example if you wonder if you should be taking the same or many years, you should discuss your thought with your GP/DR. Your GP is welcome to ring / email the RA unit to discuss your case or ask for advice about your medication.

I am sure you will all join me in congratulating these wonderful ladies in completing the

Race For Life event. Well done, we are proud of you all.



Unfortunately, we are unable to secure seats at Goodyear for our Christmas Meal. I am working on obtaining us an alternative event. I will keep you all advised once we have somewhere in mind.

I apologise for disappointment this may cause.

At the moment we are only taking names on a waiting list as we have reached our maximum for the tickets, we have for the Pantomime Peter Pan on **Tuesday 07 January 2025**.

In this Newsletter, I have enclosed the invite to our AGM and 30 years celebration. Please complete and return the form so we have an idea how many we are catering for.

Also, it's time to pay/renew your membership. If you have joined since January 2024, you do NOT need to pay at this time.

Slips are also included in this Newsletter. Please return your slip and payment to:

Kath Sankey
78 Dilloways Lane
Willenhall
WV13 3HJ

Please remember our group name must be written in full on cheques. The bank will not accept the initials WRSG. Kath has a stamp if you pay at our group meeting.

You also have the option to transfer your payment to.

Lloyds Bank
Account number; 03687890.
Sort code; 30-99-83L.

Please write 'membership OR subs' on the reference line when making the transfer.

Stay Safe Everyone

Jan Simpson
Chairperson / Editor

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