



# WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 186

October 2024

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## **CONTENT**

- Coffee Mornings
- AGM Minutes
- Other News

### **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 07 October 2024**

We welcome Rita Musaddi who will talk to us about getting cheaper utilities.

## **Monday 04 November 2024**

we have our usual Christmas Gifts morning with a variety of stalls.

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## **Monday 02 December 2024**

We welcome

Dr Hirushi Jayeskera to talk to us about Osteoarthritis.

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## **Friday 15 November 2024.**

**We are going to The Downs in Bridgnorth or our Christmas meal.**

The outing cost £39.95, the group will be subsidising this by £19.95 leaving members to pay £20 only for a 3 course meal ( Carvery and Vegetarian choice) and entertainment.

This has proven to be very popular and is fully booked, however I have started a waiting list, please let me know if you wish be added to the list.

**There will be 2 pick ups  
Bilston Proud Lane at  
10.15 a.m  
Connaught Hotel at  
10.30 a.m**

**Please be on time, cars may  
be parked at the Connaught  
Hotel Car park.**

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### **Membership Renewals**

**Renewals were due  
September 2024**

All payments should be sent 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; 30-99-83**

**If you have joined this  
year January 2024  
onwards, you do NOT  
need to renew in  
September 2024.**

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**Good afternoon everyone, so lovely to see  
so many of you here. Today is rather  
special as not only are we here for our**

**AGM, we are also celebrating our 30<sup>th</sup>  
Anniversary. I will start with our AGM**

### **ANNUAL GENERAL MEETING WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP 2021/2022**

**1) Apologies – Peter Boneham, Dr S  
Razaida, Dr T Adizie, Dr P Newton, Iris  
and Eric Booth**

**2) 2023 AGM Minutes; The minutes  
were approved as a true record by  
Doris Gravestock and seconded by  
Mick Gravestock.**

**3) Matters arising from AGM Minutes  
2023; No matters arising.**

**4) The committee members listed  
below are willing to stand for re-  
election.**

Jan Simpson

Chairperson / Newsletter Editor/

Secretary

Tony Sankey-

Vice Chair

Kath Sankey -

Treasurer

Dereck-

Social Representative

Mary Allen -

Outings idea's

Pat Jones - Patient & Rheumatology Rep

Bhagwant Sachdeva – Member

Recruitment Officer

Iqbal Lally -

Member

Recruitment Officer / Stats.

**Committee approved by Harjinder  
Kaur and seconded by Rob Marris.**

**5) Chairperson's report – 31 August  
2023 – 01 September 2024**

It is always a pleasure to deliver my  
chairperson's annual report this one cover's  
the period 31 August 2023 to 01 September  
2024 for the Wolverhampton Rheumatology  
Support Group. (WRSG).

We have achieved quite a lot this past year, in  
addition to our coffee mornings, we have  
been able to enjoy a chance to meet up for

other activities, which I will touch on later, both 2023 and 2024.

The primary objective of our group is to support members, and I hope you all feel we have continued to do so.

As of September 2024, our current membership stands at 124. membership, our average attendance to our monthly meetings is 34. Given the difficulties over the past few years I think you will agree this figure is incredible after 30 years. We have always enjoyed a healthy membership, for that I have to thank you all. The fact our group continues to survive as a self-funded charity run by volunteers without any assistance from local or central government is another great achievement to be proud of. Everyone is welcome. I would like to take this opportunity to thank you all for your support and loyalty. It goes without saying, without you we could not survive.

Being chairperson of the WRSG is an honour and continues to provide me with new challenges. I am always, along with your committee, looking for speakers to invite to our monthly coffee mornings whom we hope will keep you both interested and entertained. This is not always easy. I attempt to keep everyone updated via the bi-monthly Newsletter and I am always on the lookout for interesting things to write about. March 2023 we moved here to the Connaught, and later into this room, which we find meets our needs a little better.

I would like to thank the committee for their support and to all of you that have contacted me with supportive comments, so thank you everyone, your support is appreciated.

**Engagement with our members** We have several forms of engagement with and on behalf of our members.

- Coffee Mornings
- Outings

- Bi-monthly Newsletter
- Website: [www.wrsg.org.uk](http://www.wrsg.org.uk)
- Buddy Scheme/help line
- Rheumatology Centre Cannock & Wolverhampton
- Wolverhampton Information Network (Wolverhampton City Council)

### **Coffee Mornings.**

#### **October 2023**

We welcomed Jo, who gave us a lovely taste on Chinese food.

#### **November 2023**

We had a successful Christmas Gifts morning with a small variety of stalls.

#### **December 2023**

60 of us got together and enjoyed a lovely meal and were entertained by 'Elvis' at Goodyears Pavilion.

#### **January 2024**

Quiz morning, with a short quiz I had prepared.

#### **February 2024**

Lesley from Carer's Services, Wolverhampton Council, came along to tell us what services were available for carer's and what we could be entitled to use in order to make our lives a little easier and less stressful.

#### **March 2024**

Suzanne or Trading Standards, Wolverhampton Council came along and spoke about scams and how to avoid getting taken in by these inscrutable people

#### **April 2024**

We enjoyed a talk from Stacey Lewis who brought us up to date with how Health Watch work for us within the community

#### **May 2024**

Our very own Harjinder came and gave a very interesting talk about Dementia, hopefully making us all more aware and compassionate to this condition

#### **June 2024**

Roger joined us to give a demonstration on wood turning, it may not have gone to plan, but we can agree that he has some lovely items on display and for sale.

#### **July 2024**

We can agree that today was excellent, Dr Muhamad Jasim came along and gave a very interesting talk and answered all the questions directed to him, even I they weren't strictly on the subject of Rheumatoid Arthritis.

#### **August 2024**

We all have a summer break, well some of you do, I managed 4 days away with family, still produce the Newsletter, renewal slips and AGM information and this year sorted out our Christmas meal.

#### **September 2024**

We been looking forward to meeting Hirushi Jayasekera on the subject of Osteoarthritis. Unfortunately he had an emergency and was unable to attend, he has since agreed to come along to our December meeting.

#### **Outings**

Birmingham Hippodrome January 2024 to see 'Jack and the Beanstalk'. We also had a lovely sunny day out at the Butterly Farm, in Stratford Upon Avon. The weather certainly helped to make our day so enjoyable.

#### **Newsletter.**

Our group newsletter has always been a very important way of communicating to our members. I produce a bi-monthly newsletters. I try to tell you who are speakers are going to be, 3 months in advance, whenever possible. But it doesn't always work it like that. The Newsletter is our way of keeping members who are unable to join us up to date with what is going on especially for members who are unable to attend meetings.

#### **WRSB Website.**

[www.wrsb.org.uk](http://www.wrsb.org.uk) as usual I would like to mention Martin Peake, he manages our web site and keeps our web page up to date each month. Martin also continues to make sure our licences are up to date; he is also a volunteer whom I would like to thank, Martin was hoping to join us this year, which would have been really good as I have never met him. However, maybe next year. New members are generated from our web site. It gives them all the information they need to enquire about the group and tells them there is an online membership form. I am so grateful to Martin for his continued support. He never complains.

Wolverhampton Information Network (WIN) The same can be said of our friend Kuldip Khela from the City Council (WCC) he also continues to support our group and updates our page on the corporate website. The WIN site is an enormous help to not only members but to the communities far and wide even outside the City Boundaries.

#### **Buddy Scheme/Help Line**

The buddy scheme for all new members still exists. A committee member is appointed to new members for the first 4 weeks, but anyone of us is always happy to speak to members at any time, even after the 4 weeks. Having someone to communicate with initially is reassuring. You are also welcome to email or text if you prefer. Buddies are members of the committee and work closely to the guidelines of the WRSB.

#### **Engagement with the Rheumatology Centre.**

The WRSB has always been supported by the Rheumatology Unit, as you are aware Dr Sabrina Raizada is our President and Dr Adizie our Vice-president. We continue to communicate with staff at both New Cross and Cannock Hospital. I would like to thank

them all for being so approachable for matters appertaining to our group.

**Donations to the Group;**

I would like to say thank you to everyone who made donations to the group. In whatever form the donations were made, money, stamps and gifts for the raffle. Monetary donations amounted to £1007.00.

**Conclusion**

Thankfully 2023/24 we have been lucky enough to have our monthly meeting with more o follow. We are all thankful to be back to normal.. Our coffee mornings have always been exceptionally well attended, this past year no exception, so well done and thank you.

I would like to thank Dr Sabrina Raizada for being our President and Dr Tochuwku Adizie our Vice President. I also want to thank your hardworking committee, I am sure you appreciate that a lot of work goes on behind the scenes to make everything we do a success, its not as easy as it looks, I assure you. However, I am confident that 2024/25 will be even better and I hope I can continue as your Chairperson and have the honour of presenting the Annual General Report next year.

**Jan Simpson (WRSG Chairperson / Editor/ Secretary) September 2024**

**6)Treasurers Report**

**ANNUAL ACCOUNTS**

**01 SEPTEMBER 2024– 31 AUGUST 2023**

			Opening Balance 01 Sept 2023 £23,888.76
<b>INCOME</b>	<b>AMOUNT</b>	<b>TOTAL</b>	<b>BALANCE</b>
Subs	£496 00		
Donations	£1,007.00		
Fundraising/outings	£2,880.46		
MYA	£0.00		
Sundries	£0.00		
TOTAL		£4383.48	
<b>TOTAL INCOME</b>			<b>£28,272.24</b>
<b>EXPENDATURE</b>			
Postage		£325.00	
Stationary		£73.13	
AGM		£0.00	
Fund raising/Outings		£2,213.89	
Room Hire		£1,690.00	
Expenses		£2,613.98	
MYA		£0.00	
TOTAL EXPENDATURE		£6,917.00	
<b>CLOSING BALANCE</b>			<b>£21,355,24</b>
<b>31 AUGUST 2023</b>			

Thank you, Kath, as per usual a very detailed report. It’s nice to know we have a healthy balance. I think we have managed our money well, we have managed to decrease our postage, mainly due to returning to bi-monthly Newsletters and more members are having the Newsletters by email, so thank you for that.

As Tony mentioned our outgoings have been higher this year, due to the group funds subsidising Christmas meal and outings, so money well spent.

**Now we come to our 30<sup>th</sup> Anniversary celebration, This group would not exist if not or the collaboration of Dr Paul Newton**



and Carol Boneham, founder of our group 30years ago. I sadly never met Carol, however her husband is still a member and although he cannot be present today he has send us a lovely cake, which, I or one cant wait to sample. Dr Paul Newton was our first President, I pleased to say I did meet Paul and thank him or attending today. As members o this group we have enjoyed a wonderful journey together, made lifelong friends and met some extraordinary and interesting people along the way. As I said I never met Carol, Liz Walker was the Chairperson I remember and took over from, Joyce Knibbs was Vice Chair and introduced me to the group. I have very fond memories of Liz and Joyce and I know how exceptionally thrilled they would be to see their beloved group has continued to thrive and reach its 30<sup>th</sup> Anniversary. Thank you all for you continued support.

Before I open the buffet I want to tell you all that Harjinder completed her 'Sky Dive' on Friday 13<sup>th</sup> August, Harjinder has asked me to thank you all for supporting. Well done Harjinder.

I am now going to declare the buffet open, please help yourselves to the refreshments, the cake will be cut shortly.



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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,*

**CONGRATULATIONS  
HARJINDER**

As you are all probably aware Harjinder completed her sky dive on Friday 13 August.

Harjinder did this amazing sky dive to raise money for Muscular dystrophy, an excellent cause.

Harjinder would like to thank you all for your support.





*Such an elegant landing well done  
Harjinder, you make the whole event  
look so easy.*

