



## *WRSVG Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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**Gift of a New Year**

Here's to the year  
that's has past its expiration date—2014.  
We all had some surprises, didn't we?  
Some good, some distressing.

Let's use everything we got from our  
experiences,  
everything we learned,  
to enrich the New Year.  
Here's to the New Year, 2015,  
a gift we haven't opened yet.

May its bright, shiny package  
contain even more than we hope for.  
And even while we're delighting in new  
treasures,

Let's appreciate fully what we already have—  
the blessings we take for granted.  
Make a list, and check it twice.

And here's to all you wonderful people  
who are putting up with my toast;  
I hope in the new year  
you see yourselves the way I see you:  
intelligent, interesting, and likable.  
To 2015:

May it give a whole new meaning  
to the phrase, "the good life."

**By Joanna Fuchs**

## **Note from the Editor**

I would like to take this opportunity to say thank you to my friends our members for your support throughout my illness last year. I am recovering well and almost back to my former self, **it is so good to be back.**

In particular thank you so much to our WRSG committee for your hard work during 2014 and Jan Simpson our secretary for publishing the last 3 Newsletters.

**May I wish you all Good Health and Happiness for 2015.**

**Liz Walker (Chairperson WRSG)**

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## **Membership Renewal**

Membership renewals for our annual year September 2014 to August 2015 are now overdue. Cheques made payable to WRSG

Single membership £5  
Family Membership £8

Please forward to Kath Sankey, 78 Dilloways Lane, Willenhall WV13 3HJ

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## **Dates for your Diary**

### **Coffee Mornings**

**Monday 5<sup>th</sup> January 2015**  
10 30am – 12 30pm

(Doors open at 10 20am)

Linden House  
211 Tettenhall Road, Wolverhampton.  
WV6 0DD

## **(Bring and Buy Sale)**

**Please reply to Joyce Knibbs by post or telephone regarding January Coffee Morning**

**Mobile: 07539949723 (Monday –Friday)**

**E mail: [jansimpson03@yahoo.co.uk](mailto:jansimpson03@yahoo.co.uk)**

**Joyce Knibbs 623 Cannock Road,  
Fallings Park, W-ton WV10 8PH**

**Invitations enclosed with this Newsletter**

We would really appreciate your help again this year with contributions towards the Bring and Buy Sale.

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## **Coffee Morning**

**Monday 2<sup>nd</sup> February 2015**  
10 30am – 12 30pm

(Doors open at 10 20am)

Linden House  
211 Tettenhall Road, Wolverhampton.  
WV6 0DD

**Dementia Awareness**  
**Jane James**  
**(Information Worker)**  
**Alzheimer's Society**

**Please reply to Joyce Knibbs by post or telephone regarding February's Coffee Morning.**

**Mobile: 07539949723 (Monday-Friday)**

**E mail: [jansimpson03@yahoo.co.uk](mailto:jansimpson03@yahoo.co.uk)**

**Invitations enclosed with this Newsletter**

## Outings

**Mary Allen has organised 3 outings for our members**

**Tuesday 20<sup>th</sup> January 2015**

Mystery Day Out £15 including lunch

**Wednesday 18<sup>th</sup> March 2015**

Cosford Air Museum £17.50 including Lunch

**Wednesday 8<sup>th</sup> April 2015**

Spring Saunter, including Trentham Gardens, Lunch and a browse around Utoxetor

**Contact Mary Allen Tel: 01902 354369**

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## Holidays

**5 DAYS IN PAIGNTON PRESTON SANDS HOTEL**

09 – 13 March 2015, £179 per person Joyce is continuing to take names together with a £20 deposit from anyone that is interested in this 5 day break. There are still some places left, please see Joyce for more details. All cheques must be made payable to WRSB

**Joyce Knibbs 07539949723**

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## News Round Up

### Grants and Awards

**Lloyds Bank Community Fund**

Community Fund 2014 - Voting Results

Below is a copy of the notification from Lloyds Bank Community Fund Team informing the WRSB of the public voting results.

I would like to thank everyone who voted and also to Kate Weston my sister who nominated the WRSB for this award. As you can see we have been awarded £2000.

Thank you for taking part in the 2014 Lloyds Bank Community Fund. We hope you have been able to use the opportunity to promote your organisation and increase your profile in the local community.

During the public vote, nearly 1.5 million votes were cast across England, Wales, Northern Ireland, the Isle of Man and the Channel Islands. We have now counted the votes cast in our Lloyds Bank branches and added these to the online, Twitter and SMS votes. We can now confirm the final voting results in Wolverhampton were as follows:

Total votes in Wolverhampton: 5537

**Compton Hospice 39.7% £3000**

**WRSB 26.8% £2000**

**The Haven 20.8% £1000**

**Give us a Break 13.3% £500**

**We have received the £2000 cheque from Lloyds bank Community Fund Team and will be using the funding to continue to fund the coffee mornings, part funding towards the Challenging Arthritis Course and some Gentle Exercise Classes.**

**Below is a photograph of us in Lloyds Bank Queens Square with Sue, a member of Lloyds Bank staff who was our Ambassador.**

**Members of the WRSG with Sue our  
Ambassador from Lloyds Bank**



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### **Express and Star Community Fund**

Thank you to everyone who collected tokens from their evening paper the Express and Star. The WRSG have been awarded £229.94 from the Community Fund

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## **Funding From the Royal Wolverhampton Trust.**

I am delighted to report that the WRSG have secured funding to pay for another course for our members to manage their Arthritis more effectively by having a better understanding of their condition.

The course, entitled '**Joint Approaches**' will replace the Challenging Arthritis Course.

Julie Hibbs a Volunteer Supervisor for Arthritis Care will deliver the course.

We are arranging for the course to be delivered over 5 weeks commencing Wednesday's 15<sup>th</sup> April 2015 through to the 13<sup>th</sup> May 2015.

The course will be held at Linden House 211 Tettenhall Road, Wolverhampton WV6 0DD. There is no cost for members of the WRSG.

Below is a description of the course.

## **Challenging Your Arthritis**

### Joint Approaches

People living with arthritis could benefit from taking part in Arthritis Care's modular self management programme called Joint Approaches

The course is flexible and modules cover the following topics

- Introduction to Self Management
- Effective Communication
- Understanding Pain and Other Symptoms
- Activity and Exercise
- Managing Change

The modules help people to develop a better understanding of their condition - the first step in self management - and to make

positive decisions about their treatment and life choices

The modules are delivered by people who have arthritis themselves so can speak from personal experience and have also received professional training in person centred learning.

Each module lasts approx. 3 hours including a break with refreshments. The sessions are friendly and informal.

**Places on the course will be offered to any WRSG member in the first instance. Please contact Liz Walker if you are interested in attending the course.**

**Liz Walker (Chairperson WRSG)**

**Telephone 01902 563751**

**Mob: 07811149268**

**Email: [lizwalker\\_wrsg@hotmail.com](mailto:lizwalker_wrsg@hotmail.com)**

**Application forms are enclosed**

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### **Turkey and Tinsel Holiday Sinah Warren Hayling Island**

Members had a wonderful Turkey and Tinsel Holiday at Sinah warren, Hayling Island in November.

The weather was surprisingly warm, accommodation fabulous, food and entertainment first class.

Thank you to Joyce Knibbs for organising the holiday.

**Two of our long standing members Kath Mason and Joan Young enjoying a sunny day**

**in Portsmouth, one of the day trips on our holiday**



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### **WRSG Christmas Party December 8<sup>th</sup> Dec**

Over 80 members and guests enjoyed a festive meal at Linden House. We were treated to excellent food and Father Christmas found time visit us despite his busy schedule!!!! (Thank you Tony Sankey)

**Below members enjoying the festivities**



We were also treated to songs from the shows.

Jessica who is 15 years of age had special permission from School to sing for us, she certainly has a wonderful future I have no doubt that she will make the West End eventually.

Many thanks to Jessica and her parents our members loved her.

### **More members enjoying the meal**



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### **Outcome of the WRSG meeting with David Loughton (Chief Executive) RWHT**

**Members will recall the motion proposed by Rob Marris to write to David Loughton (Chief Executive the Royal Wolverhampton Hospital Trust).**

**The WRSG wished to express members concerns over the configuration of Rheumatology Services between New Cross Hospital and Cannock Hospital.**

Meeting with Mr D Loughton and Sultan Mahmud – 07 November 2014

Changes to Rheumatology Services at New Cross. Liz, Joyce, Pat and Jan went to meet with David Loughton regarding the concerns over the changes to services with New Cross and Cannock Hospital.

Mr Loughton took time to explain to us that because RWHT has taken over Cannock Hospital, New Cross will be moving certain Elective surgery to Cannock Hospital to free up beds for unplanned emergency admissions. Planned surgery will therefore be much more efficient eliminating the need to cancel planned surgery at the last minute causing much distress to the patient. Discussion took place over the planned A& E Department We can all appreciate the need for these changes, which in turn will make New Cross super - efficient. Ultimately becoming known as the best A&E Hospital and rarely having to cancel planned surgery.

Cannock, which already has a World Class Research Centre for Rheumatology will become International Standard for research in Rheumatology.

With that said, what we all wanted to know is how will Rheumatology Patient's be affected by the changes?

**Rheumatology Care at New Cross;** We are pleased to be able to confirm that **day care and out patients will still be seen at New Cross.**

Some Rheumatology staff, except day care & out patients will transfer to Cannock. Complex cases and Major operations will be done at New Cross. Each patient will have a personal risk assessment on their Health in general and, their care needs following surgery. This will determine where you have your surgery. If you have other health problems that may cause you to be at risk of needing intensive care, you will have your surgery at New Cross.

There is more than enough bed spaces at Cannock for Rheumatology Patients. There is also a new Rheumatology Unit going to be built. This is expected to be completed around the middle of 2015.

**Transport;** Should you need to go to Cannock Hospital, transport will be available. Arriva will be putting on a bus service every hour on the half hour. Starting in Wolverhampton Bus Station at 06.30. Picking up at New Cross A&E, Heart and Lung Centre, then directly to Cannock Hospital. The last bus will leave Cannock Hospital at 21.30. If you have an appointment letter there will be NO charge. Otherwise normal fees/bus passes will be enforced.

The bus will be a single decker bus with a tail lift / ramp for wheelchair access. Patients, carers / patient visitor's and hospital staff will be using this service.

**Car Parking at Cannock Hospital** – Disabled parking is next to the hospital, disabled access to all floors is available at Cannock. The Council staff car park just across the road has been handed over to the Hospital, thus providing a further 200 spaces. There will be a zebra crossing leading from the car park to the Hospital. Mr Loughton advised that there is a grassed area in front of the Hospital, which if necessary, will be made into a car parking area.

**Challenging Arthritis Course:** We discussed how the WRSG work hard to raise funds for Managing Arthritis courses for members to attend, every year at the cost of £3000 per year. Mr Loughton immediately, very kindly made arrangements for NHS to fund this course and instructed Sultan Mahmud to arrange annual funding to our group.

**Liz Walker thanked David Loughton and Sultan Mahmud for making time in their busy schedule to meet with us.**

At our October coffee morning Brian Pearce from West Midlands Fire Services advised us of ways to stay safe in our own homes. The main theme was to take actions to prevent fire.

Brian explained that a working smoke alarm saved lives. West Midland Fire Service will fit smoke alarms in your home free. They also offer free advice to you on how you can keep safe in your home and what to do in case of fire.

All you have to do is ring **0800 359 5525** or contact **Jan Simpson (WRSG Secretary) 01902 835248 / Mob: 07904 503806.**

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### **Gas safety checks which could save lives are available for vulnerable residents this winter.**

Wolverhampton City Council is working with the Gas Safe Charity to provide free gas safety checks for vulnerable residents that could save lives. Residents who meet certain criteria could benefit from free servicing and repairs to gas appliances including boilers and fires.

The gas safety measures are being offered through the council's Home Improvement Service which is dedicated to helping older people, people with disabilities and vulnerable people to live in their own homes safely and comfortably.

Gas appliances fitted by people without the right skills to do it and appliances that are old, faulty or not serviced often enough can let carbon monoxide into our homes and cause gas leaks, fires and explosions. More importantly, carbon monoxide is poisonous. You can't see, taste or smell it, and it can kill quickly with no warning. It is therefore crucial that homeowners ensure all gas work is undertaken by tradesmen who are qualified to work safely and legally and that appliances are serviced regularly.

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### **Fire safety in YOUR home**



The council is able to provide gas safety checks and repairs free of charge to vulnerable homeowners after being successful in obtaining funding from Foundations Independent Living Trust (FILT).

Councillor Peter Bilson, Cabinet Member for Economic Regeneration & Prosperity said “I am pleased that we are able to offer these essential safety measures free of charge to the city’s most vulnerable homeowners.

“Wolverhampton Council’s Home Improvement Service provides assistance to residents who need it most. To date we have managed to help over 200 people with essential maintenance work that is helping them to remain safe and independent in their own home.”

Gas safety checks will be carried out by professionally qualified contractors from Wolverhampton Homes.

To see if you are eligible for this free service please phone City Direct 551155 or email [WHIS@wolverhampton.gov.uk](mailto:WHIS@wolverhampton.gov.uk)

For more information about Wolverhampton Home Improvement Service and who can qualify visit [www.wolverhampton.gov.uk/whis](http://www.wolverhampton.gov.uk/whis)

For gas safety information and advice visit [www.GasSafeCharity.org.uk](http://www.GasSafeCharity.org.uk)

**Lisa Morgan, Housing Improvement Officer, Education & Enterprise**

**Tel. Office: 01902 554746 , E-mail: [Lisa.Morgan@wolverhampton.gov.uk](mailto:Lisa.Morgan@wolverhampton.gov.uk)**

**Wolverhampton City Council**

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## **Walking for Health**

### **(The perfect activity for Health)**

Walking is one of the safest and easiest forms of physical activity. You don’t need any special equipment to start walking and it can easily be built into your daily routine.

You will be made very welcome if you join the walking for health team and choose a walk that’s suits you, which you can enjoy at your own pace but with the added benefit of being in the company of other walkers and trained walk leaders.

To find out more call:

**Walking for Health on Freephone:**

**0800 073 4242 or Tel: 01902 444246**

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### **A Happy and Healthy New Year to all our Members**

**Thank you for taking the time to read this edition of our Newsletter. I look forward to seeing you at our next coffee morning Monday 5th January 2015.**

**Best Wishes to all our members**

**Liz Walker (Chairperson WRSG)**

The views expressed in this Newsletter are taken in good faith and are not necessarily Endorsed by the editor or the WRSG. The use of a product name does not constitute an endorsement by the WRSG