



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 128

July 2016

Editor: Liz Walker, Tel: 01902 563751

Email: lizwalker_wrsg@hotmail.com

EDITOR:

Liz Walker

Tele: 01902 563751

Email: lizwalker_wrsg@hotmail.com

Web: www.wrsg.org.uk

CONTENT

- **Dates for your Diary**
- **Coffee Mornings**
- **Outings and News Round up**
- **Features**

Coffee Morning St Johns Church

Friday 24th June 2016

11 00am - 13 00pm

Proceeds from the coffee morning will help
with the cost of St Johns Flower festival

Tea/coffee and homemade cakes and more

Coffee Morning

Monday 4th July 2016

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.

WV6 0DD

(Dental Health Care)

If you have any queries regarding the coffee
mornings please ring Joyce Knibbs
Mobile: 07539949723 (Monday –Friday)

Or

email: jansimpson03@yahoo.co.uk

Outings

Llandudno Day Trip
(Thursday 23rd June 2016)

Coach Departure:

Bilston 8 30am

Falklands St 8 45am

WRSG's Annual Strawberry Tea

(Thursday 14th July 2016)

There are 3 places left for our annual strawberry tea. This is our birthday treat to our members. We are 22 this year. Weather permitting we shall be able to mirror image these pictures from last year

Members enjoying the sunny afternoon

2015



Littlecote House
(Wednesday 23rd November
2016)



Enjoy a day out with the WRSG to celebrate Christmas at Littlecote House a Large Elizabethan Country House in Wiltshire. You will have a complimentary drink on arrival, three course meal, Christmas market and a Christmas show.

Mary Allen will be taking names for this outing. £44 95 per person which includes the coach fare.

News Round Up and Features

Dr Tom Sheeran

(Consultant Rheumatologist)

Dr Tom Sheeran is the new clinical lead Consultant for the Rheumatology Centre (Wolverhampton and Cannock)

Dr Sheeran trained at Liverpool University Medical School and did his rheumatology training in Stoke and Birmingham from 1986 - 1992. He was awarded an MD in 1992.

He has a strong interest in Translation Research and runs very active clinical trials unit at Cannock Chase Hospital. His clinical interests include Raynaud's service and the use of biologic therapies in Rheumatological disease. He runs combined clinics at New Cross hospital for patients with complex overlapping diseases in rheumatology. These include vasculitis, and patients with respiratory and renal diseases.

Dr Sheeran is heavily involved in Research in the West Midlands and is the clinical research lead for a number of clinical speciality groups."

Regards
Tom

Sister Ruth Harper Retirement



Sister Ruth Harper receiving her farewell gift and flowers from Doctor Dixey (Consultant Rheumatologist) Ruth has served over 40 years in the NHS and cared for many of our members. She will be missed by us all.

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.

Health Walks are safe, fun, friendly and can:

- Increase your energy levels
- Keep your heart strong and reduces blood pressure.
- Help you manage your weight
- Relieve stress and help you sleep better
- Reduce Cholesterol
- Help prevent and control diabetes
- Lift your mood and self esteem

A promotional poster for 'Walking for Health in Wolverhampton'. It features a group of people walking on a path in a park. The text includes 'The Royal Wolverhampton NHS', 'Walking for Health in Wolverhampton', and 'Free Health Walks - Summer Timetable: 1 April 2016 - 30 September 2016'. Logos for 'walking for health', 'Delivery Partner MORDIC WALKING UK', 'NHS HEALTHY LIFESTYLES', 'WALKING FOR HEALTH IN WOLVERHAMPTON', and 'The Queen's Award for Voluntary Service' are at the bottom.

You need to walk for at least 30 minutes on five or more days a week to meet the current recommendations for physical activity. To really help your heart it is recommended that you walk at a pace that makes you breathe a little faster, feel warmer and gives you a slightly faster heart beat- but remember, build up gradually.

Ref: RWH Trust (Walking for Health) 2016

**For more information call:
Walking for Health on Freephone:
0800 073 4242 or 01902 444246**

Scam Protection (The Little Book of Big Scams)

The police have created this booklet to try and protect us against con men and unscrupulous criminals who target older people. They are determined to protect us and prevent con men succeeding. The booklet is too long to include in this Newsletter, but I have put the link below and I would really urge to read it for your own safety.

If you do not have access to the internet perhaps your children/grandchildren could assist you.

http://www.met.police.uk/docs/little_book_scam.pdf

Boots Number 7 Presentation

Jade and Nicky (Beauticians) from Boots Number7 range attended our June Coffee morning to demonstrate a make-over.

Our very own Kath Sankey (Treasurer WRSG) Agreed to be our model. Now, as we all know Kath is a beautiful person inside and out and you wouldn't think she needed any improvements to her appearance. However, after Nicky had finished the make-over the results were really lovely.



The Heart

The Heart is a pumping station
On and on it goes
Pumping blood round and round
From you head right to your toes
Your heart works hard at what you do
Reacting to your needs
Working fast or working slow
Whatever is your deed?
So do take care in what you do
And treat it with respect.
Read this poem and what it says
A healthy diet and exercise is
What you need to do,
A little thought, a little care
And your heart will work for you.

By Joyce Knibbs

Summer Holidays

It's that time of the year and I am off to Tenerife to escape this English rain! Unfortunately I will be missing the next coffee morning, but I hope to see you all at our Strawberry Tea Party on the 14th July.

For those of our members that I don't have the opportunity to see I do hope that you have a wonderful summer and we will meet again in September.

Liz Walker (Chairperson WRSG)

The views expressed in this Newsletter are taken in good faith and are not necessarily endorsed by the editor of the WRSG.