



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Editor; Jan Simpson 01902 835248

Email: info.wrsg@mail.com

EDITOR:

Jan Simpson

Tele: 01902 835248

Email: info.wrsg@mail.com

jansimpson03@yahoo.co.uk

Web: www.wrsg.org.uk

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Monday 06 July

Hansa

Seated Yoga

CANCELLED

Hansa has said she will be happy to come along to help us get more supple when it is safe to do so.

Coffee Mornings

Unfortunately, as the lockdown due to the Coronavirus continues, I have no alternative but to cancel our July coffee morning.

I have kept in touch with Linden House, Mr Bott says they are hoping to open their doors sometime in August, however, we will have to wait to see what guidelines are put in place for how many can actually meet up. As you may recall we do not arrange a coffee morning for August, however, I shall keep in touch with you all by continuing to send a newsletter each month until we resume our meetings.

IMPORTANT NOTICES

If any of you tried to contact Mary for a chat, I must apologise I put half her home number and half her mobile, Sorry. So here is Mary's correct number;

Mary – 01902 685683

CORONAVIRUS

Many of you, like me, will have had the letter setting out the changes to the Government Guidelines.

In a nutshell, the guidelines are-

Shielding will relax on the 6 July and again on the 01 August 2020.

06 July will mean you may meet up to a group of 6 people outdoors.

Maintaining social distancing.

An adult living alone, may form a 'support bubble' with one other household, you may spend time together inside homes and even overnight, without social distancing.

01 August Shielding will pause, with strict Social distancing. You can see more people, however, take care to minimise contact with others outside of your 'bubble' or your household. You will be able to go shopping for food. Taking care to adhere to strict social distancing.

Please continue to adhere to the instructions you have been given and to Government Guidelines.

WRSB Help The NHS Appeal



Thanks to your generosity we have been able to provide more bags as seen in the picture. We purchased a variety of coffee flavours together with face and hand cream from Morrisons.

We also purchased hand cream from Avon.

Laura from Morrisons got our rather large order ready, once she had the details of why we were sending coffee to New Cross she enclosed a large selection of biscuits for staff on C41 to enjoy with their coffee.

Avon donated a further 20 hand creams to the NHS and my Avon rep, Barbara, personally donated a variety of 30 tubes of hand creams.

On a lighter note, albeit Coronavirus, Peter Boneham has forwarded a poem that his grandson wrote as part of his homework whilst schools were closed;

Covid-19

The clock still tick-tocks but the world has come to a stop. It's like someone has pressed a pause on a Hollywood thriller and we are the stats who are fighting against this invisible killer. But this wasn't created in a studio no super star muscle bound hero. A Global Pandemic, world leaders in a panic economy tumbling and civilisation a crumbling. In isolation we stay, no-where to play, no family to visit and no friends to see. Our heroes are head to toe in PPE. Keyworkers fighting every day to return our lives to the normal way. We will win this battle

and this film will roll on, this short intermission over the credits run. So keep your heads up Covid-19 will soon be gone.

*Stay home, stay safe, save lives
Ollie Stephenson, age 12 years.*

Also, Peter himself has written a little something for you to read about his lockdown experience.

When it was first announced the country will be going into lockdown my initial reaction was, how will I cope as I live alone? I felt more anxious about lockdown because none of my family live in the area. I am not from Wolverhampton and moved here with my family in 1991 to take a new job. Both my daughters no longer live locally, Andrea lives in London and Marie lives in Italy. Yes, my life has changed dramatically because before lockdown I spent very little time at home. I go to Italy at least twice a year and stay for two to three weeks, I go to London frequently and also visit other family members countryside. It has been a struggle not being able to meet up with friends for a coffee and a chat. I belong to several groups including WRSG and can't wait for these to restart. Surprisingly, I miss public transport and the small talk and banter with fellow passengers at bus stops, railway stations and airports. But suddenly all this has stopped. I now

have very little control to what as to what I can do because there are so many additional rules to follow. What a strange time this is!

It was clear that lockdown has been a life changer for everyone, but I was determined to embrace the current situation and not be swallowed up by uncertainty and despondency. I try to keep busy and decided early on when lockdown started the best way for me to cope was to have structure to my day. This is not to say I don't have low times and just want things to return to normal again. I have regular contact with my family, made easier with modern technology. Seeing my grandchildren on video and skype is always a highlight and is guaranteed to make me smile and lift my spirits. I venture out every day for a lockdown walk but I have recently moved house, I now live in the City Centre, so my walks are usually confined to main roads and side streets, none of which are particularly interesting or inspiring. However, I do have two beautiful, spacious parks within easy reach of my home, I am still able to do my own food shopping. I try to have two telephone conversations with friends every day. I enjoy reading and gradually getting round to reading books I have not read before. Other interests include listening to music, the radio is on all day, watching television usually in the evenings, letter writing

and best of all cooking. But it's the little things which has made my life easier during lockdown, like a surprise phone call from an old friend, a letter dropping on the door mat, popping out for a newspaper, a chat with a neighbour (at a social distance) and seeing families chatting and having fun while out on my daily walk.

It has just been announced after twelve long weeks, people living alone can now visit their family. Great news! Let's welcome and hope more restrictions are soon lifted and Linden House can re-open again, I am sure, like me, you have missed the WRSB meetings and delicious coffee!

Peter Boneham.

I am sure many of us can relate to Peter's experience. The relaxed measures to the rules are very welcome.

In the words of one of my grandchildren, "bet you will happy when you get out of grandparent prison? The first thing I am doing is coming for a sleepover!!"



June Quiz answers are attached, together with new quizzes for June. Once again, July answers will be in the August edition.

Stay In To Stay Safe Everyone

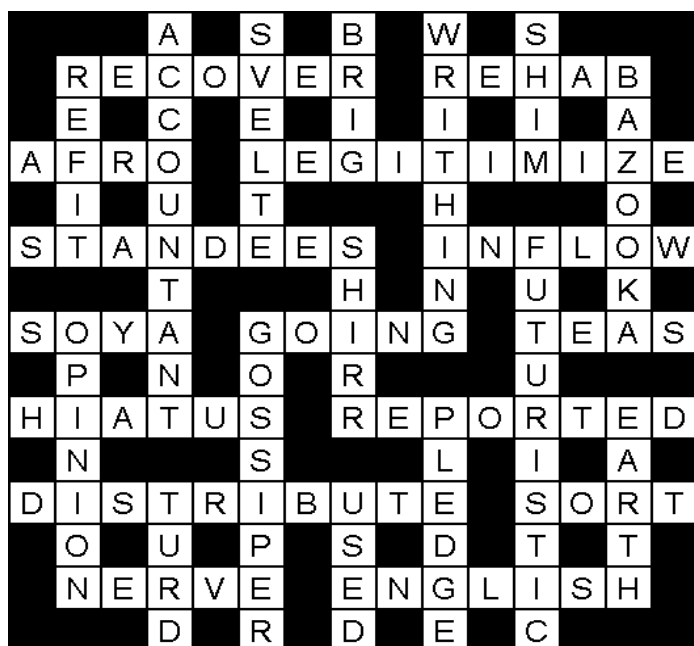
Jan Simpson
Chairperson / Editor

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 / or email, please contact our group secretary. You may cancel your consent at any time.

ANSWERS FOR THE FUN QUIZ SHEET FOR JUNE 2020

JUNE CROSSWORD



JUNE 2020 SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 7 | 6 | 8 | 1 | 9 | 3 | 5 |
| 6 | 8 | 3 | 9 | 5 | 7 | 1 | 4 | 2 |
| 5 | 9 | 1 | 2 | 4 | 3 | 7 | 8 | 6 |
| 7 | 5 | 9 | 8 | 2 | 6 | 4 | 1 | 3 |
| 3 | 2 | 6 | 1 | 9 | 4 | 8 | 5 | 7 |
| 4 | 1 | 8 | 3 | 7 | 5 | 2 | 6 | 9 |
| 8 | 6 | 2 | 5 | 1 | 9 | 3 | 7 | 4 |
| 9 | 3 | 4 | 7 | 6 | 8 | 5 | 2 | 1 |
| 1 | 7 | 5 | 4 | 3 | 2 | 6 | 9 | 8 |

JUST FOR FUN;

If you drop a Yellow Hat in the Red Sea, what does it become? **WET**

What is a Blue Whale's heart the same size as? **A SMALL CAR**

What word is spelt wrong in every dictionary? **WRONG**

What belongs to you, but others use it more than you do? **YOUR NAME**

JUNE 202 WORD SEARCH ----- WORLD WAR 11 ANSWERS

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | F | O | G | U | L | K | A | V | V | D | L | Q | R | C |
| N | B | F | Q | I | A | A | Z | G | B | F | F | N | Q | Z |
| C | R | A | T | I | O | N | I | N | G | C | P | D | M | Y |
| E | M | Z | L | N | M | K | J | Z | P | C | F | D | G | N |
| X | U | W | E | I | S | F | A | G | T | S | J | A | F | T |
| U | S | G | E | U | T | H | P | A | I | E | H | Y | C | L |
| Y | S | O | T | V | A | A | A | E | F | V | I | R | H | H |
| E | O | S | E | A | L | X | N | F | V | E | T | O | U | J |
| Q | L | C | Y | S | I | I | E | Y | X | L | L | S | R | T |
| E | I | P | X | N | N | S | S | Q | D | T | E | I | C | O |
| T | N | I | B | N | A | K | E | R | L | L | R | E | H | O |
| F | I | X | G | X | Y | Z | Y | V | U | E | P | B | I | G |
| Y | J | Z | G | G | Q | J | I | D | M | F | M | K | L | A |
| C | D | N | L | D | G | F | G | S | M | F | T | I | L | M |
| F | A | S | C | I | S | M | R | U | H | L | J | J | C | H |

| | | | | | |
|----|----|---|----|----------|----------|
| 15 | 7 | | 6 | 6 | 7 |
| | 6 | | | | |
| | | 7 | | 9 | |
| 14 | 8 | | 13 | 8 | 3 |
| | 13 | 5 | | | |
| | | | 9 | | |

JULY 2020
SUDUKO SUM
EACH LINE HORIZONTAL
AND
VERTICAL TO EQUAL
21

JULY 2020 WORD SEARCH

French Food



Find the words from the list below. They can be forwards or backwards, and can run horizontally, vertically or diagonally. Accents and spaces between words should be ignored



BAGUETTE
BOUDIN
BRIE
CAMEMBERT
CASSOULET
CHOUROUTE
CONFIT DE CANARD
COQ AU VIN
CRÈME BRÛLÉE

CRÊPE
CROISSANT
ÉCLAIR
ESCARGOT
FOIE GRAS
FONDUE
GOUGÈRES
GRENOUILLE
MADELEINE

MILLES FEUILLES
MOUSSE AU CHOCOLAT
QUENELLE
RATATOUILLE
RILLETES
ROQUEFORT
SALADE NIÇOISE
TAPENADE
TARTE TATIN

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More Fun Questions

What five letter word sounds the same after you remove the 1st, 3rd and 5th letter and it still sounds the same?

Which new British military force was established in 1918?

Which seaside is home to the longest pier in the UK?