



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 166

July 2021

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### **COFFEE MORNINGS**

I have spoken to Lindon House and Gail has advised me that the hotel has undergone a refurbishment and are ready to open once the Government give them go ahead.

Linden House is under New Management, following the retirement of Simon Bott. However, the staff have remained the same and are waiting to welcome everyone back. Gail did offer to have us back on the 05 July, but with restrictions of having to social distance etc, we agreed we would wait to see what happens on the 19 July. I am not going to choose 30 people from our membership list and tell others they cannot join us !!!

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### **CORONAVIRUS UPDATE**

As you all know the lifting of restrictions has been delayed until 19 July 2021, at Delta variant is still causing concerns. As a group of vulnerable people we still need to be cautious.

There is so much going on at the moment we feel is best to wait for the 'all clear' and hopefully hold a coffee morning Monday 06 September I shall of course confirm this in the August Newsletter. We have decided it is not correct at this time to arrange an outdoor event, as we would all have to social distance and there would be a mix of too many different households if the rules do not change in July.

Once again, UK is on track for restrictions to be lifted on 19 July 2021. I say 'once again' because we were 'on track' some weeks ago for the 21 June 2021.

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## **TURMERIC**

I am sure you have all seen adverts or heard about 'Turmeric' how beneficial it is for people with arthritis, cancer, depression diabetes and more. However, turmeric, should not be taken by anyone on blood thinning medication, including aspirin, as it may have an adverse effect on your daily medication. It is also a possibility that turmeric might interfere with some chemotherapy drugs.

The message here is, 'yes', turmeric does have some health benefits, however –

**If you are considering any alternative health supplement, please consult your doctor first.**

**Never stop taking prescribed medication unless you are told to so by a Doctor.**

**Stay Safe Everyone**

Jan Simpson  
Chairperson / Editor

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