



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Coffee Mornings

Monday 3rd July 2017

(Fashion Show)

10 30 till 12 30
(Doors open 10 20)

Linden House
211 Tettenhall Road
Wolverhampton WV6 0DD

(Important Message)

Please note there will be no coffee morning for the month of August.

Please also note that starting from September our coffee mornings will be held from 10 00 till 12 00. This change is due to a request from the management of Linden House. The doors will be open from 9 50.

(If anyone of our members have difficulty with the new times please let me know.)

Liz Walker 01902 563751 or

Jan Simpson 01902 835248

Monday 4th September 2017

**New
Musculoskeletal Services
For Wolverhampton and Cannock
(Connect Health)**

10 00 till 12 00
(Doors open 9 50)

Linden House
211 Tettenhall Road
Wolverhampton WV6 0DD

Outings



Tuesday 21st November 2017

I know it's a long time till Christmas but Mary needs to know how many members will be interested in a day out for Christmas at Wicksteed Park, Kettering, Northamptonshire.

Cost of the outing is £36. The day includes a Christmas lunch and a festive afternoon tea.

Entertainment is provided with a show 'Aunty Brenda's Christmas Tale'

The cast will take you on a nostalgic trip down memory lane, back to the good old days.

If you would like to join us on this trip please contact:
Mary Allen Tele: 01902 685683
Important

Important Notifications

Wolverhampton Rheumatology Support Group

Annual General Meeting

Monday 18th September 2017

Speakers

**(Doctor James Bateman)
Consultant Rheumatologist**

**(Mrs Tracy Cresswell)
Community Engagement Officer
Healthwatch**

12 30 for 100

Linden House
211 Tettenhall Road
Wolverhampton
WV6 0DD

Invitations for our AGM are enclosed with this Newsletter.

(Finger Buffet)

WRSG Membership Renewal

Membership fees for 2017/2018 will be due in September 2017.

£5 per single membership
£8 per family membership

There are no increases to our membership fees for 2017/2018. We would appreciate it if you could aim to send your membership fees in August to be processed in September. Membership renewal forms enclosed with this Newsletter.

Please send completed forms and fees to:

Kath Sankey:
78 Dilloways Lane, Willenhall, West Midlands. WV13 3HJ

(Please note that new members joining the WRSG since January 2017 do not need to renew their membership)

Our day out in Southport



Some of our members enjoying the sunshine on the pier on our outing to Southport 24th May 2017

We had a full coach of members for our day out in Southport. The weather was fantastic, everyone had a lovely time despite an accident on the M6 which delayed us somewhat.

Thanks to Mary Allen for organising the trip. We look forward to many more.

Happy 80th Birthday Mick



Our very own Mick Gravestock with Doris celebrating his 80th birthday at Zorba the Greek s restaurant on the 27th May 2017. Mick is a Ghost Buster fan hence the car and ghost busters.

Congratulations Mick and a belated happy birthday from the WRSG.

Lasting Power of Attorney

Our speaker for May 2017 Coffee morning Mr John Chapple (Solicitor) gave a very interesting talk on how to make a lasting power of Attorney.

John used role play to ask a number of questions which simplified an otherwise
Complicated process.

1) What is a lasting power of attorney?

A lasting power of attorney (LPA) is a legal document that lets you ('the donor') appoint one or more people (known as 'attorneys') to help you make decisions or to make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and can't make your own decisions (you 'lack mental capacity')

You must be 18 or over and have mental capacity (the ability to make your own decisions) when you make your LPA.

You don't need to live in the UK or be a British citizen.

2) There are Two types of LPA

- Health and Welfare

- Property and financial affairs

You can choose to make one or both.

Health and Welfare LPA

Use this PA to give an attorney the power to make decisions about things like:

- Your daily routine, for example washing, dressing, eating.
- Medical care
- Moving into a care home
- Life-sustaining treatment

It can only be used when you're unable to make your own decisions.

Property and financial affairs LPA

Use this LPA to give an attorney the power to make decisions about money and property for you, for example:

- Managing a bank or building society account
- Paying bills
- Collecting benefits or a pension
- Selling your home

It can be used as soon as it's registered, with your permission.

3) Choosing your Attorney

You can choose one or more people to be your attorney. If you appoint more than one, you must decide whether they will make decisions separately or together.

Who can be your attorney?

Your attorney needs to be 18 or over. They could be:

- A relative
- A friend
- A professional, for example a solicitor
- Your husband or wife or partner

You must appoint someone who has the mental capacity to make their own decisions.

Your attorney doesn't need to live in the UK or be a British citizen.

When choosing an attorney, think about:

- How well they look after their own affairs, for example their finances
- How well you know them
- If you trust them to make decisions in your best interest
- How happy they will be to make decisions for you.

You can't choose anyone who is subject to a debt relief Order or is bankrupt when making a LPA for property and financial affairs.

Attorneys who are appointed jointly must agree or they can't make decisions.

Replacement Attorneys

When you make your LPA you can nominate other people to replace your attorney or attorneys if at some point they can't act on your behalf anymore.

4) Making a lasting power of attorney

You can make LPA online or using paper forms.

Either way, you need to get other people to sign the forms, including the attorneys and witnesses.

You can get someone else to use the online service or fill the paper forms in for you, for example a family member, friend or solicitor.

You must register your LPA or your attorney won't be able to make decisions for you.

Making an Online LPA

Create an account to start your LPA

(<http://www.lastingpowerofattorney.service.gov.uk>)

- You can get help and guidance at each step.
- Save the forms and complete them later
- Review your answers and fix any mistakes.

You need to print out the forms and sign them when you've finished.

Use the paper forms

Download the forms:

(<https://www.gov.uk/government/publications/make-a-lasting-power-of-attorney>)

And print them out.

Signing the forms

You need to sign the forms before you send them off. They also need to be signed by:

- The attorneys
- Witnesses
- A 'certificate provider,' who confirms you're making the LPA by choice and you understand what you are doing.

Witnesses and attorneys must be 18 or over.

Attorneys can witness each other sign, but they can't:

- Witness you sign
- Sign as the certificate provider

5) Registering your LPA

When you've made your LPA you need to register it with the Office of Public Guardian (OPG)

If you made an LPA online, you may have registered it at the same time. It's registered when the OPG has stamped 'registered' on every page.

It takes between 8 to 10 weeks to register an LPA if there are no mistakes in the application.

Notify people

Before you register, send a form to notify people (LP3) to all the 'people to notify'

You listed in the LPA

They will have 3 weeks to raise any concerns with the OPG

6) How much does it cost

It costs £82 to register each LPA unless you get a reduction or exemption.

This means it will cost £164 to register both a property and financial affairs LPA and a health and welfare LPA

If you need help

Contact the Office of the Public
Guardian

customerservices@publicguardian.gsi.gov.uk

Telephone: 0300 456 0300

Textphone: 0115 934 2778

(<https://www.gov.uk/power-of-attorney/overview>)

Monday 12 June Coffee Morning - Healthwatch

Tracy Cresswell has worked in
Wolverhampton for four years. Today
she came to talk to us about the role
Healthwatch plays in the community.

Healthwatch is an independent
organisation and relies on our
feedback. They want to hear about
experiences you may have had with
care providers, good or bad. This
could be, Hospitals, Doctors, Dentists,
Care homes, anyone involved with
your care.

If you wish to speak to someone you
can ring, go to an event Healthwatch
are involved in or, arrange for Tracy
to visit you.

If you need to find a healthcare
provider, for instance, Healthwatch
will point you in the right direction
for your needs. They will highlight
websites that may be of use, if you do
not have a computer they will print
the information for you.

‘Judith’ based in the office is there to
take complaints, she will help you,
even write letters on your behalf and
support you from start to finish of
your complaint.

Where people have raised concerns
Healthwatch make an un-announced
visit to see for themselves what is
going on. They are the patient’s voice.
Tracy made a point of telling us they
have never received a complaint
about our Rheumatology Unit.

Volunteers are always needed. If you
are able to contribute any time to
spend answering phones, filing,
inputting data, speaking to people or
even proof reading leaflets and
booklets, feeding back if they are
suitable for easy reading and
understanding. These would be sent to
your home and collected, you have no
need to leave your home. Any
training would be provided.

Healthwatch AGM is 05 July at
Linden House, 09.30 till 13.00.
Everyone Welcome.

If you want to speak to Tracy or to
volunteer you can ring; 01902 810184
or email
tracycresswell@healthwatchwolverhampton.co.uk

Annual General Meeting
05.07.2017

HW

Healthwatch Wolverhampton

<wolverhampton@healthwatchcrm.co.uk>

Hello Everyone,

We would like to invite you to attend Healthwatch Wolverhampton Annual General Meeting (AGM) invitation attached

The AGM will be held on **Wednesday 5 July 2017 between 9am - 1pm** and will take place at **The Lindens, 211 Tettenhall Road, Wolverhampton, WV6 0DD.**

The programme to include:

- Keynote Speakers
- Q & A
- Stand Marketplace
- Annual Report
- Table Discussions

Please register

here: <https://wolvesagm.eventbrite.co.uk>

or contact the office on 01902 810181

*Oh the sweltering heat is here,
Coz it's the summer season,
There is no need or reason,
Summer season is for some fun,
Summers are there to enjoy,
Summers are to take a break,
From the routine of life,
A break from the strife,
Summer season is finally here!*

Wishafriend.com

A happy summer to all of our members. I look forward to seeing you all for our fashion show Monday July 3rd 2017.

Keep cool and enjoy the sunshine

Liz Walker (Chairperson WRSG)

The views expressed in this Newsletter are not necessary endorsed by the editor.