



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **COFFEE MORNINGS**

**Monday 10 June 2019**

**Who Am I?**

Photographs that have been handed in will be put on a board for you to see how many faces you can recognize as they look today.

Also, if you have some memorabilia from 40's,50's and 60's that you think may be of interest for members to see, please bring them along to the coffee morning to be displayed. Items and photographs may be taken home at the end of the morning.

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At

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

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**Monday 01 July**

**Osteoarthritis**

Today we have a guest speaker from Keele University who also works at New Cross Hospital. Tina and Chris will be telling us about the research Keele University are carry out on Osteoarthritis and about the 'Escape Pain' course for people with osteoarthritis.

Please remember, we do not have a coffee morning in August.

**Monday 02 September  
Autumn Fashions**

Today we have Rob bringing along a selection of clothing for men and women, available in all sizes.

Naturally Rob will not have card facilities so please bring along cash.

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Any queries regarding coffee mornings please contact  
Jan Simpson

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**IMPORTANT NOTICES;**

I am sorry to have to announce that despite being asked to organise a day out at the sea side, we do not have enough members interested.

To make the trips and days out a success we need to have enough places taken to cover the cost of the coach.

Our price of £16 to Weston Super Mare was based on a full coach. Unfortunately, only 12 people put their names on the list, therefore, we are cancelling the day out. Any money you may have paid will be refunded or transferred to another event.

Our apologies to all of you that were looking forward to going.

**DATE CHANGE**

Please note that the date of our Strawberry Tea has also been changed.

We shall now be having our Strawberry Tea on;

**Thursday 11 July 2019**

Don't forget we are also having a 'Unisex Summer Hat' competition, so come in your fancy hats, home-made preferably.

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**CHEQUES TO OUR GROUP**

We have been advised by Lloyds Bank that they are no longer able to accept cheques made payable to WRSB, our group name must be written in full. Unfortunately, we have a long name, sorry, not our rules.

However, to make things easier for you we have purchased a stamp with our full group name to fit on cheques. So we can stamp the top line for you during coffee mornings.

Unfortunately, the members who send cheques via post, please write our full group name on the payment line. The bank have advised they will not accept WRSB even if we stamp at the side of the letters.

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On a happier note our trip to Trentham Gardens on Wednesday 27 March was, as usual a great success. Feedback received was good and everyone enjoyed the meal and day out.

## More for our Sudoku fans?

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contain all of the digits from 1 to 9.

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

Answers on last page



## Monday 01 April

Today we welcomed Tracy to talk and show us how to care for our skin.

Tracy explained the importance of caring and cleansing our skin, she kindly put samples on every table for members to try and feel the effect they had on our skin.

We also have to thank our two guinea pigs, sorry I mean volunteers, Kath and Derick, they allowed Tracy to demonstrate facial care, very effective, as you can see.

All turned out well, both Kath and Dereck have lovely soft skin at the end of the morning.

## 13 MAY

### Healthwatch

Today Tracy Creswell Manager of Wolverhampton Healthwatch together with a colleague Andrada. For new members Tracy explained that Healthwatch is an independent organisation. They listen to you and get your views out to where it matters.

Groups, care home providers, the community, GP's hospital and more. Healthwatch go into these area's un-announced, to make an independent report, good or bad. If you have and issues or complaints regarding NHS,

Healthwatch will work along side you to help you get it dealt with.

For an example if you are having problems getting GP's appointments. Or if your surgery are not keeping you updated with what is going on within your surgery such as doctors leaving or joining the practice please let Healthwatch know. Healthwatch are also happy for you to tell them good news about the NHS. All information will be dealt with confidently. All they need is the name of the surgery. If you wish you can pass the information to Jan Simpson who will pass details to Tracy on your behalf.  
Tracy....0800 470 1944  
[tracy.cresswell@healthwatchwolverhampton.co.uk](mailto:tracy.cresswell@healthwatchwolverhampton.co.uk)

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### **RHEUMATOLOGY HELP LINE**

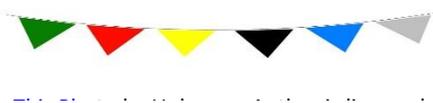
I have spoken to Sister Barbara Douglas about the New Cross Hospital help line. Unfortunately, Barbara says they are still having issues with the CCG. It seems the commissioners could not see that it would be making money. A new proposal is being submitted, proving it does have a promising business plan. Patient stories are being used to show how its saves visits to the unit and to Accident and Emergency Unit, thus actually saving RWT money.

When eventually up and running the advisor on the line will take details from you and will give you the time

and the name of the person who will call you back. Everyone will be called back before 18.00 on the same day. Until the New Cross Help Line is set up, Sister Barbara Douglas suggests you could ring Cannock, you may not get an immediate answer to your question, but it would save a tiring trip to A+E.

The Number for Cannock is;  
**01543 576 453**

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However, we do have cause to celebrate.

New Cross Rheumatology Day Unit has been short listed as 'Patients Choice'.

Sister Barbara and staff are going to the awards event on the 07 June 2019.

Whatever the final outcome is, staff are thrilled to have been nominated and would like to thank all the patients that voted for them.



## FUTURE DATES FOR YOUR DIARY.

As you are aware Mary is always working behind the scenes to organise outings for our members. Mary has already secured seats for the Pantomime.

**Thursday 23 January 2020**

to see **SNOW WHITE**

Starring; Gok Wan, Stephanie Beacham, Gary Wilmot, John Partridge and Danielle Hope.

Depending on numbers we are hoping to keep the price at £25, the same as 2019.

Mary is already taking names for this and deposits.

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At the moment, the committee are looking at more outing for members. Mary is trying to get information for a show at the Hippodrome.

### **CIRCUS 1903.**

This is stunning show with daring acrobatics, life like elephants and much more. It is designed to take the Hippodrome back to its roots as a circus 120 years ago. None of us will remember this of course, we will take their word for it, the Hippodrome has never let us down.

We are hoping this will be on

**Friday 01 November 2019.**

Please let us know as soon as possible if you are interested in this as we do need your support for these events to go ahead.

Sudoku Answers;

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

Jan Simpson  
Chairperson / Editor

*The views expressed in this newsletter are taken in good faith and are not necessarily endorsed by the editor.*

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