



WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Our coffee mornings are very successful with usually 50 members attending and we sincerely hope that this will continue.

Please make a note in your diaries of forthcoming coffee mornings which are not always held on the first Monday of the month due to bank holidays etc.

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Dates for your Diary

As you know I usually send out invitations enclosed with the Newsletter for our coffee mornings.

To avoid extra costs for the WRSO with printing we have decided not to carry on with this practice, therefore notification of coffee mornings will only be advertised in the main Newsletter

Coffee Mornings

Monday 11th May 2015

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.

WV6 0DD

(Musculoskeletal Services Review)

Sharon Sidhu

W-ton Clinical Commissioning Group

If you have any queries regarding the coffee morning please ring Joyce Knibbs

Mobile: 07539949723 (Monday –Friday)

Or

email:jansimpson03@yahoo.co.uk

OUTINGS

Coffee Morning

Monday 8 June 2015

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.

WV6 0DD

(Sister Barbara Douglas)

Clinical Nurse Manager

Rheumatology Services

New Cross and Cannock Hospitals

If you have any queries regarding this coffee morning please ring Joyce Knibbs

Mobile: 07539949723 (Monday-Friday)

Or

E mail: jansimpson03@yahoo.co.uk

Coffee Morning

Monday 6th July 2015

10 30am – 12 30pm

Doors open 10 20am

(Tiggy Fashion Show)

House of Fraser

If you have any queries regarding this coffee morning please ring Joyce Knibbs

Mobile: 07539949723 (Monday – Friday)

Email: jansimpson03@yahoo.co.uk

**Tiggy Fashions will have sales on the day.
(Cash basis only)**

Thursday 16th July 2015

**WRSG 21st Birthday Strawberry tea at
Gunstone Hall, Whitehouse Lane, Codsall.
WV8 1QQ**

Thursday 19th November 2015

(Christmas Lunch Trip)

Warner's Leisure Hotels

Alvaston Hall Cheshire

Join us for a Christmas treat at Alvaston Hall. This day outing includes:

Mulled Wine Reception

3 Course Christmas Meal

Annual festive Pantomime

Spend the rest of the day enjoying the Hotel's facilities walk or shop or just relax in the lounge areas.

£38 per person

Please make enquiries about any of these events to:

Mary Allen tele: 01902 354369

I would just like to say thank you to Mary for her wonderful organisational skills; in particular one member stated how safe she felt on our trips with Mary. I'm sure you would agree that our members are well looked after on our outings and this is so important because we are all vulnerable
Thank you Mary.

NEWS ROUND UP

Rheumatology Department Nurse (Telephone Help Line) New Cross Hospital

The new service is now called **Advice Line** and is manned by Nurses on a rota system. This new answering machine telephone advice line will be operated between 10am and 4pm Monday to Friday. Patients will need to leave their name, hospital number, telephone number and the reason for calling using the 5 options below.

- 1) Appointments
- 2) Flare up/depo request
- 3) Biologics
- 4) Medication query
- 5) Other

Telephone 01902 695491

Bake a Cake Competition

The March WRSG coffee morning was a great success with members really getting into the spirit of the cake competition. Unfortunately I wasn't able to attend due to Hospital Appointments but Jan and Joyce were thrilled with the cake entries. £38 was raised with the sake of cakes for the WRSG. Thank you to everyone who took part in the competition.

1ST PRIZE

SHIELA SHORT



2ND PRIZE

KATH SANKEY



3rd PRIZE

CHRIS SHRODZINSKY





**Thank you to Tracy from Waitrose
who judged the cake Competition**

various foster care and life in children's homes in the 1950's.

Peter's book is now on sale at £5.99 every book sold to members of our group £2 will be donated to the WRSG.

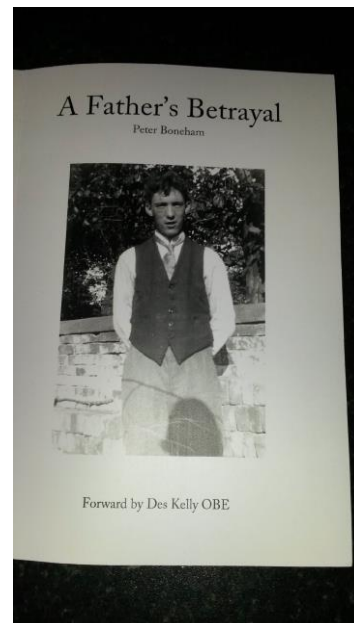
Peter is also donating his sales to cancer research. I have read the book and could not put it down until I had finished. It is a very poignant story and extremely well written.

**Please contact Liz Walker 01902 563751
Or email lizwalker_wrsg@hotmail.com
If you would like to purchase a book.**

A Father's Betrayal By Peter Boneham

Many of our members will remember Carol Boneham who commissioned the WRSG in 1994. Peter is Carol's husband and who continues to support the WRSG in many ways since Carol's death.

Peter has written a book entitled '**A Father's Betrayal**'. The book tells the remarkable story of Peter's early life and five brothers. The six brothers (including twins) who were all born within a five year period during the Second World War. They were all separated as children, experiencing



Coffee Morning
Friday 26th June 2015
11am till 1pm

St Johns Church in the Square
St Johns Square
Wolverhampton WV2 4AT



The WRSG have been nominated again by the friends of St Johns Church in the Square Wolverhampton as their charity to hold a coffee morning on Friday 26 June 2015 11am till 1pm.

Entry fee £2 we hope as many members as possible will be able to attend. Coffee, tea and home made cakes will be served. Proceeds will be donated to the WRSG. Disabled access is at the rear of the church through the rear chapel. Parking shouldn't be a problem.

We look forward to seeing you at this event.
Thank you to Ann Evans for her hard work.

ONE VOICE

(For Disabled People)

One voice would like to invite you to take part in 'Digital Life' It is free informal training for disabled people and people affected by long term illness and impairment.

The training sessions will focus on disabled people's needs, rather than the technology it is an informal training project equipping people with skills to cope better, with the trials and tribulations of using on line services.

A disabled person's life may be improved by knowing more about how to use a portable device, like an iPad, tablet, smart phone or your old computer. One Voice hope in Wolverhampton to tackle the problems people encounter using on line services and help them to use the equipment that can be both frustrating and empowering.

There are helpful debt and money management tools as well as social media; that we know raise many concerns over privacy, but can be a brilliant way to communicate. Importantly Council and Government services are moving towards moving to digital by default, meaning that services will only be available online.

2pm – 4pm every Thursday
Starts 16th April 2015
Lighthouse Café
Chubb Buildings
Wolverhampton.
Contact One Voice 01902 810016

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.

Please join in with a walk that suits you, which you can enjoy at your own pace but with the added benefit of being in the company of other walkers and trained walk leaders.

Both Bhagwant Sachdeva and Balbir Rai (WRSG Committee members) are trained walk leaders and I am sure that they would happily answer any queries that you may have.

Balbir Rai Tele: 01902 340778
Bhagwant Sachdeva Tele: 01902 758756

How much walking should we do?

You need to walk for at least 30 minutes on five or more days per 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 warm and gives you a slightly faster heart beat – but remember, build up gradually.

To find out more about the free health walks – summer timetable 1 April – 30 September 2015 call:

01902 444246 or
Freephone: 0800 073 4242

Walking for Health leaflets are available at WRSG coffee mornings.

National Rheumatoid Arthritis Society

The **voice** of people affected by **rheumatoid arthritis** in the **UK**



Gill Weedon

NRAS External Projects and Groups' Supervisor



Gill Weedon gave a presentation to our group on behalf of the **National Rheumatoid Arthritis Society (NRAS)** At our April coffee morning. Our members found the presentation very interesting.

The NRAS are the only patient led charity which specifically supports people living with Rheumatoid Arthritis and all inflammatory Arthritis.

The NRAS aim is:

Working for a better life for people living with Rheumatoid Arthritis.

- To provide information, support and advocacy
- To raise awareness
- To campaign
- Encourage better disease self-management
- NRAS provides a one – stop shop for people with RA
-

The NRAS are the only patient led charity which specifically supports people living with Rheumatoid Arthritis, their families, carers and the Health Professionals who care for them.

The NRAS offer a helpline, membership, volunteer network, publications, website, and campaigning.

The NRAS have piloted Health Care Professional training on relationships the aim being to enable professionals to be able to talk more openly to their patients about sex and relationships.

The NRAS are working with Brighton and Hove integrated Care Service and will be providing patient support as a key area of musculoskeletal services. Part of this is a new RA patient programme offered to people who are newly diagnosed, volunteers will be trained to deliver these programmes. The programme will be launched this year.

Thank you to Gill Weedon for her presentation at our WRSG coffee morning.

Note from the Editor.

I was very impressed with the work the NRAS are doing for people with Rheumatoid Arthritis.

The Wolverhampton Rheumatology Support Group however support all patients with any type of Arthritis and have very similar aims to the NRAS the only difference being that we are a local group supporting people in Wolverhampton.

**Consultation on the Redesign of Muscle, Bone and Joint Services
'Have your say'
Consultation from:
16th March to Friday 6th June 201**

The Musculoskeletal services in Wolverhampton are currently being reviewed by the Wolverhampton Clinical Commissioning Group (CCG). I have been involved in the engagement process of this review. Early feedback from patients has been that they want access to specialists in one place with the technology and support services needed; better information and education for patients; improved communication across health professionals; access to alternative therapies and group therapy; clear and informative treatment plans; and better accessibility.

The consultation process has started and I am pleased to report that Sharon Sidhu from the CCG will be presenting the review and consultation document to our WRSG group at the next coffee morning May 11th 2015.

It is important that as many members as possible attend this coffee morning to have your say on the redesign of the muscle, bone and joint services.

Disabled Parking in W-ton City Centre

Our members are concerned regarding contradictory information about disabled parking and taxi pick up points and bus lanes/routes in the City Centre whilst road works are being undertaken

Jan Simpson our WRSG secretary has written to the Highways Department for clarification. We have had a response with assurance that Queens Square is unaffected, Market Street is now one way north bound, Queen Street is one way east bound and Princess Street is closed to all traffic except essential service vehicles.

Disabled parking has been reviewed as part of the scheme and there is blue badge parking spaces in Market Street, Queens Street and Princess Street. In addition there are drop of zones designed to allow drivers to pick up passengers in this zone so there should be plenty of facilities for our members.

We have also been invited to meet with the Highways department to discuss the issues we have raised.

Watch this space I will report back to you when we have more information regarding the road works/changes to the city Centre.

Wolverhampton Rugby Club

Under 18 Colts National Finals

Forgive me; I just can't help but tell you how proud I am again of our mighty Colts. A very proud Grandmother (my grandson Robert) reporting that once again our boys are in the National Rugby Finals for under 18's (Colts).

Last year the boys were National Champions for the under 17's winning with pride and such an accolade for Wolverhampton Rugby Club.

This year they have fought with tremendous motivation and talent to again reach the finals. We are so proud of them and wish them well for the game which is being played at Bedford on May 4th 2015 against Tunbridge Wells.

I will let you know the results in the next Newsletter.



Thank you all for continuing to support the WRSG I look forward to seeing you at our next coffee morning. Liz walker (Chairperson)

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