



WRSRG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Coffee Morning

Monday 16th May 2016

10 30am- 12 30pm
(Doors open 10 20am)

Linden House
211 Tettenhall Rd,
Wolverhampton WV6 0DD

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Dates for your Diary

Please note the dates of the coffee mornings differ from the first Monday of the Month for May and June 2016 due to Bank Holidays and room bookings for Linden House.

Coffee Morning

Monday 13th June 2016

10 30am- 12 30pm
(Doors Open 10 20am)

Linden House
211 Tettenhall Rd,
Wolverhampton WV6 0DD

Boots No 7

If you have any queries regarding these coffee mornings please ring:

Joyce Knibbs 07539949723

Or

Email [jan Simpson](mailto:jan.simpson@btinternet.com) (Secretary)
Jansimpson03@yahoo.co.uk

Outings

Llandudno Day Trip (Thursday 23rd June 2016)

Enjoy a day at the sea side with the
WRSG at Llandudno.

(Queen of the Welsh Resorts)

Llandudno is the perfect resort for
our members with easy access to the
promenade and town centre for
individuals with mobility issues.



(Mary Allen will be taking names and
collecting £15 for the coach travel to
Llandudno at the May 16th coffee
morning)

Strawberry Cream Tea (Thursday 14th July 2016)

**Gunstone Hall
Whitehouse Lane
Codsall WV8 1QQ**



An afternoon for WRSG members
to relax and be waited upon with a
strawberry cream tea to celebrate the
WRSG's 22nd birthday courtesy of
Pat and Les Jones who open up their
beautiful home and gardens to our
members.

(Names are still been taken for this event.
Please contact Mary Allen if you would
like to come along. **01902 685683** There is
no charge for this event but you might
need to bring your own garden chair!)

Littlecote House (Wednesday 23rd November 2016)



Enjoy a day out with the WRSG to
celebrate Christmas at Littlecote House a
Large Elizabethan Country House in
Wiltshire. You will have a complimentary
drink on arrival, three course meal,
Christmas market and a Christmas show.

Mary Allen will be taking names for this outing.
£44 95 per person which includes the coach fare.

News up Date

I am delighted to introduce two newer appointed Rheumatology Consultants to our members.

Dr Sabrina Raizada

Dr Sabrina Raizada (nee Kapoor) was appointed as a Consultant Rheumatologist at The Royal Wolverhampton NHS Trust in April 2015. She works at both the New Cross and Cannock site. As an undergraduate she studied at Birmingham Medical School and was awarded an MBChB and BMedSc in 2001. Following clinical training in Birmingham as a junior doctor, she undertook specialist training in Rheumatology.

Her clinical and research interests are early inflammatory arthritis and she leads and has set up the early arthritis service at RWT. Her main areas of research interest remain in the field of early inflammatory arthritis and she is involved in research at a trust, regional and national level, reviews papers for international journals and is published in a variety of national and international journals.

She teaches medical students from Birmingham University and is a clinical and educational supervisor. She is the department lead for postgraduate education in Rheumatology in the North West and West Midlands Deanery between 2006 and 2015. She successfully completed her PhD in the field of metabolomics.

Dr Sabrina Raizada MSc, PhD
Consultant Rheumatologist
Royal Wolverhampton NHS Trust

Dr James Bateman

Dr James Bateman was appointed as a Consultant Rheumatologist to the Royal Wolverhampton NHS Trust in March 2015. He works at both New Cross and Cannock Hospital Rheumatology departments.

His specialist clinical interests are in Rheumatoid Arthritis, General Rheumatology, inflammatory Conditions and Vasculitis. He underwent training in the West Midland region, taking time out to complete Masters and PhD programmes. He has an active interest in Health professional Education in Rheumatology. He is a member of the British Society of Rheumatology and the Royal College of Physicians.

His recent and important publications are in Virtual Patients to teach Musculoskeletal Medicine.



Dr James Bateman

Meeting with the Staff of Rheumatology New Cross Hospital (January 2016)

We would like to thank Ian Connell, Occupational Therapist, for inviting WRSG to their staff meeting on Tuesday 26 January to tell them more about our group. Liz, Jan and Joyce attended and met with staff involved in the care

/ treatment of Rheumatology Patients. Liz presented an overview of the WRSg, past, present and plans for the future. Our future plans were met with a great deal of enthusiasm. Dr Dixey was extremely interested in our plans to develop our own educational course, which we hope will replace the Challenging Arthritis Course. We recruited Ian Connell and Louise Preston to our sub- committee to help make this particular vision become a reality.

All in all, the meeting proved a success in promoting our group. We were asked for more membership forms and if possible a form that could be accessed on-line, to make it easier for staff to access and hand out to patients. Dr Dixey praised our group saying how well we were supported by members, and agreed New Cross would continue to support our group and refer patients to join us. He also said he thought both parties should meet more regularly throughout the year.

Since the meeting Jan has produced an on-line membership form for WRSg and sent out to the Rheumatology department, Louise Preston, our WRSg Web site and the Wolverhampton Information Network (WIN)

Managing Your Arthritis
(A self- management programme)

It is with great pleasure that I can now report to you the progress of the proposed new educational course for our members. As you can see the suggested title of the course is:

‘Managing your Arthritis’

Historically the WRSg have always purchased Challenging Arthritis Course from the National Charity ‘Arthritis Care’

Unfortunately we are unable to do this as the course is no longer available in the West Midlands.

We have the expertise within the WRSg to develop our own course and plans for the development of the new course are rapidly taking shape. We are also very fortunate to have support from the professionals in Rheumatology for developing the course content. Financial assistance is pledged from the Chief Executive of the Royal Wolverhampton NHS Trust (RWHT) David Loughton. Evaluation and Accreditation of the course is being facilitated by Louise Nickell (Head of Education and Training) RWHT. Assistance with publishing Handbooks is being facilitated by Medical Illustrations RWHT.

The course will be available to our members hopefully by mid -November and will consist of six sessions of two and a half hours (with a refreshment break). The main aim of the course will be to facilitate course members in developing the knowledge and skills to manage their Arthritis more effectively.

Course content will include learning more about your Arthritis, Drug updates, Diet, Exercise, Coping Strategies to deal with potential: Pain, Anxiety, Depression, Fatigue, Stress, and Mobility Problems, Alternative Therapy, Resources: Benefits and Sign Posting, Assistance with the Full Activities of Daily Living, Energy Conservation and Joint protection and Working with your Professionals.

I will keep everyone informed of our progress, it is indeed a very exciting development. May I thank all contributors for their expertise and time with the development of the ‘Managing your Arthritis’ course.

(Liz Walker)

Liz will be taking names of members who are interested in attending this course.

Trentham Gardens 14th April 2016

A full coach of WRSG members enjoyed a Lovely day out at Trentham Gardens. The weather was very kind to us cloudy but with nice periods of sunshine.



A few of our members embarking from the coach.



Kath and Sheila about to set off on a race around Trentham Gardens, to see who could get to the coffee house first!!

Ceri Sedgley, an Advanced Physiotherapist Practitioner came along to our January 2016 coffee morning to talk to our members about OCAS which is an Orthopaedic Clinical Assessment Service, base at West Park. Ceri has kindly sent the following report of her session.

OCAS – Orthopaedic Clinical Assessment Service

Following a warm welcome by Wolverhampton Rheumatology Group the information below provides a summary of the OCAS service and its role in the management of patients with musculoskeletal conditions in Wolverhampton.

OCAS is part of the Trauma & Orthopaedic Directorate at Royal Wolverhampton Hospital Trust (RWHT). The OCAS service provides a Clinical Assessment Service for adults with non-emergency musculoskeletal problems, who have not responded to initial conservative management. The service is provided by a team of Advanced Practice Physiotherapists (APPs) located at West Park Hospital. APPs use their advanced clinical reasoning skills to ensure that every referral follows the right treatment pathway in a timely manner with the aim to restore, maintain and improve a person's function and movement and therefore maximise their quality of life. APPs also provide a source of expert advice on conservative management to physiotherapists, GPs and the wider multi professional team and contribute to the development of care and pathways that benefit patient experiences and optimise patient outcomes.

The aims of OCAS are to;

- ☐ Effectively manage patients, referred from Wolverhampton GPs and physiotherapists (with the consent of the

GP), along agreed MSK Pathways within Primary Care

- ☐ Provide expert clinical assessment, management guidance and clinical leadership within a comprehensive community service which helps reduce or prevent long term disability
- ☐ Provide timely access to conservative management
- ☐ Teach patients how to manage their musculo-skeletal condition to be as independent as possible
- ☐ Identify those patients who need orthopaedic referrals for specialist assessment or intervention.

OCAS appointments involve;

- ☐ A detailed neuro-musculoskeletal assessment
- ☐ Where indicated, referral for diagnostic interventions to inform the patient's management
- ☐ An individualised management plan which includes advice and information on self-management and treatment options
- ☐ Onward referral where indicated including direct referral to Orthopaedics in a timely manner and identification of patients requiring further specialist input such as pain clinic, rheumatology, neurology and working with the GP to arrange this
- ☐ Conservative management including;
 - referral to physiotherapy,
 - podiatry, weight management, healthy lifestyles
 - practical advice to help with everyday activities

- advice on joint protection techniques and energy conservation
- advice on appropriate support groups and lifestyle approaches
- Promotion of self-care and self-management through empowering patients with relevant information and advice

Ceri Sedgley MCSP Advanced Practice Physiotherapist

Thank you Ceri for your very interesting report.

Breaking News



Carvers Wolverhampton City Marathon 2016

I am delighted to report that after 7 years the Wolverhampton Rheumatology Support Group have once again been chosen for sponsorship by the Carvers Wolverhampton Marathon Committee for the 2016 Wolverhampton Marathon. The event will be held on Sunday 4th September 2016.

Charities that will benefit from the event are the WRSG, The Haven in Wolverhampton and Compton Hospice as well as the Mayor's chosen charities.

The success of this event rely upon sponsorship and many Companies and Associations in

Wolverhampton give their support together with the loyal members of the Marathon Organising Committee to what is indeed a major City event.

The WRSG will play their part in the event by providing at least 25 Marshalls. If you or members of your family are willing to be Marshalls could you please contact me Liz Walker 01902 563751 or email Lizwalker_wrsg@hotmail.com

Also the WRSG will be having a stall in West Park on the day to promote our group and again if there are any willing volunteers to help man the stall on the day we would be very grateful.

Online entry forms are now available for the following events:

- Marathon
- Half Marathon
- Banks's 10K
- Children's Mini Marathon
- Cousins 20K Cycle and Wheelchair event
- Callprint 3K Walk

The WRSG will be printing their own sponsorship forms for anyone wishing to enter and choose us as their charity. Again contact either myself or Jan Simpson for details. Jan Simpson 01902 835248 or email jansimpson03@yahoo.co.uk

For online entry forms use:
www.carvers.co.uk/marathonentry.co.uk

Preventing crime, protecting the public and helping those in need.

Wolverhampton Police - Appeal to identify thugs who attacked a disabled man in Wolverhampton. Detectives have released CCTV images of two men suspected of befriending and then assaulting a disabled man in Wolverhampton.

The 20-year-old was befriended by the pair at a takeaway on Broad Street at around 2.30am on Friday 9 April. They offered to walk with the man and lured him towards a subway on Wulfruna Street where they attacked him. They pushed him to the ground and kicked and punched him before stealing his mobile phone and some cash. The victim, who is partially sighted and suffers from cerebral palsy, managed to get to a nearby public pay phone where he dialled 999. He went to hospital and was discharged after being treated for his injuries and now police have released CCTV images of two suspects.

DC Simon Williams, from Wolverhampton CID, said: "This was a callous attack on a vulnerable man and I am appealing to anyone who recognises the pair to come forward.

"The man is obviously traumatised by his ordeal, he had been enjoying a night out in Wolverhampton when he was befriended by these cruel and cowardly thugs.

"The images are really clear and I am sure that someone knows who these two are. I would like to appeal to the men in the images to do the right thing and come forward. It is only a matter of time before we come knocking at their door."

Anyone with information is urged to call West Midlands Police on 101. Alternatively people can leave information by calling Crime stoppers the independent charity on 0800 555 111. Lauren Evans 57879 Engagement & Consultation Officer

West Midlands Police

Bilston Street Police Station
Partnerships Department
Wolverhampton LPU
WV1 3AA

Tel; 101 ext 871 3282 01902 481384

CCTV Images



A Poem - to make you smile. (Barbara Pickering)

I'm living.....
Just a line to say I'm living,
that I'm not among the dead.
Though I'm getting more forgetful
and mixed up in the head.

I've got used to my arthritis
To my dentures I'm resigned
I can cope with my bifocals,
But - oh how I miss my mind.

Sometimes I can't remember
When I'm standing by the stairs,
If I'm going up for something;
Or have just come down from there.

Now did I put some food away,
And before the fridge so often
My mind is full of doubt;
Or come to take some out?

If it's not my turn to write dear
I hope you won't get sore.
I may think I have written
and don't want to be a bore.

So remember I do miss you
And wished that you lived near
But now it's time to mail this
and say 'Good bye my dear'.

I'm standing beside the mail box
and my face - it sure is red.
Instead of posting this to you
I've opened it instead...
(Ashok Sethi)

It is not all true but most of it is!
Barbara xx

**I look forward to seeing you all at our
next coffee morning. Tigi Fashion Show
(House of Fraser)**

**Monday 16th May 2016, (Please note the
coffee morning is not on the first Monday
of the month)**

Liz Walker

**The views expressed in this Newsletter are not
necessarily endorsed by the Editor.**

