



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Monday 06 July

Hansa with a short session of
Armchair Yoga

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-) **General Information**

Coffee Mornings.
Monday 06 April
Frailty and Exercise
Aaysia Fazal
CANCELLED

Monday 04 May
Mandy from
‘Appointment Buddy’
Need taking or accompanying to an
appointment?

Monday 08 June
Julie Painter
Senior Clinical Nurse Specialist
And Cannock Rheumatology Nurse
Manager

IMPORTANT NOTICES

CORONAVIRUS

Coffee Mornings

Unfortunately, due to the ongoing severity of the Coronavirus, and of course taking advice from our President Dr Sabrina Raizada I am cancelling our April coffee morning.

Quite rightly Dr Raizada has said that given some members are immunosuppressed and should avoid group settings. I shall endeavour to keep in touch with you all.

NHS guidelines are that soap and water is by far the best preventative, as coronavirus is a virus, not a bacteria. Soap contains lipids and so washes away the ‘lipids’ from your hands, thus washing away the ‘lipid layer’ contained in the virus.

Gel (containing 60% alcohol) can be used if soap and water is not available, it's better than nothing.

Who remembers '*Coughs and sneezes spread diseases, please use your handkerchief's*' my mom always taught us this little ditty.

There is no need for panic buying however it would be advisable to make sure you have plenty of medication, up to date inhalers, paracetamol, cough medicine. Drink plenty, so maybe stock up on your favourite drink, (rather than toilet paper!). You do not need to go to

hospital unless you have trouble breathing or have a high fever over 39C.

Hospitals are trying to keep beds for people who need oxygen/breathing treatment/iv fluids. If you are worried about your symptoms ring 111 for advice. Please be aware do not take Ibuprofen for virus symptoms, however, if you take this to help with another health condition please discuss any changes with your GP.

I understand that if you are at particular high risk of becoming seriously ill with coronavirus, you will be contacted and given specific advice about what to do.

At this time there are lots of good-hearted people offering help.

Unfortunately, others may be opportunists. If strangers knock your door offering to go shopping for you, please be on your guard. If you have no family or friends able to help you, Please contact me as I am in touch

with reputable organisations that can assist with the needs of vulnerable people.

You can also ring if you just need to chat, especially if you live alone.

Contact details are at the top of this newsletter.

I have added traffic light warning at the end of this Newsletter. I hope it helps you understand a bit more about staying safe.

Wednesday 29 April

Unfortunately, the trip to Wyevale Gardens and Shopping Centre, Evesham, has also been cancelled. We feel this is the sensible decision due to the confined proximity of being in a coach, and of course we have no control over other people visiting the centre or for the meal later. Naturally full refunds will be awarded. you can either request a cheque or we can hold deposit for future outings, the choice is yours.

Please contact Mary on **01902 685 683** for your refunds.

We shall of course arrange another outing once safe to do so.

Some of you may have read in the Express and Star that TT Tours (who we were originally booked with to go to Wyevale Garden Centre with) have announced they have gone into liquidation. Mary immediately

*contacted CCT and got out trip covered. Unfortunately, as I have said the day out is cancelled. However, I still feel this this may be a good time to remind everyone that **Credit Card Protection limits are for charges £100 up to £30,000 under 'section75' of Consumers Credit Act. Debit Cards however are not covered by 'section 75'. You need to check with your bank if you are covered by a 'Chargeback' agreement which Visa, Mastercard, Maestro and American Express have signed up to, which usually has no minimum spend. Please remember, it is your responsibility to find out the terms and condition from your bank on your individual accounts.***

Monday 03 February

We welcomed our friend Roger Cheshire. Roger explained about how the Industrial Revolution and the introduction of steam impacted on the smaller wood carver. Larger factories were built to make furniture much quicker. This meant the single carvers working from home turned to carving bowls, platters and goblets. Roger then demonstrated how a goblet would be turned and carved on a small lathe in their own home. It was very interesting to see how the goblets were produced. Roger passed around goblets he had made. Some

plain, others patterned. One was painted in front of us and the gloss effect was surprisingly interesting. As usual Roger and his wife bought along some beautiful items to sell which he had made at home. At the end of the morning Roger kindly donated a goblet for our raffle at the next coffee morning.

Monday 02 March

Compton Care

Today Maz and Harjinder came along to update us on the changes which have results in 'Compton Hospice' changing its name and becoming 'Compton Care' We all think of the dreaded Cancer, and research has shown that the word 'Hospice' meant people thought of it as a place where people went to die and so many were reluctant and fearful in accessing the care and services, fearing it meant they only had days or weeks to live.

So, as of 11 April 2018 the name was changed to Compton Care.

However, the location is the same.

4 Compton Road West,

Wolverhampton, WV3 9DH.

Tel; 01902 774590.

Compton Care partners with people to embrace life with a complex or incurable condition.

They help you to come to terms with your condition and that it should not limit your ability to enjoy life. Staff

will work closely with you to create a care package tailored to your needs and wishes.

The services available include Community Care to help you come to terms and live your life on your terms. Counselling could be for you or family and friend that are coming to terms with your diagnosis. Day Therapies, again for patient, family and friends to help you to get through the day, have a cuppa and chat. Inpatient Care for when you need extra help. Art Therapy for all ages. Social Work offers Spiritual Care and Emotional Care along-side your clinical care. Supportive Care, Support for Family and Friends, Support and Activities for Children and young People.

Physiotherapy is available on site.

The Lymphoedema Care Unit at Compton Care is one of the largest in the UK and of course Bereavement Services.

Compton Care still have their Hospice Charity Shop on site and others around the Black Country to accept donations of clothing, furniture and other items you do not want or need. Everyone can shop there for a variety of quality goods.

Compton Care Charity shops raise over £1 million every year.

Don't forget you can visit the Coffee shop on site, for a choice of home-made hot/cold meals, snacks, cakes or simply a nice coffee and a chat.

Maz has supplied me with a list of services she spoke about. Members of the team will come out to speak to groups or families if you feel one is suitable to you.

- Compton Care Overview - An informal talk on the services provided by Compton Care. This will include the work at Compton Hall and the work we do within the local community. This is an opportunity for people to ask questions about the care we provide and how they can access it.
- Playlist for Life – We can help people to build their own playlist. We can play music detective with you to help you build your own playlist. Your 'playlist for life' is all the songs or pieces of music that make up the soundtrack of your life. The tunes that give you that 'flashback-feeling' whenever you hear them; that take you back, to another time, person or place.
- Conversations for Life – A simple way to explore and talk about your wishes and preferences for the best care possible. With the help of some interactive tools, people can talk about what is important and what matters to them should they be unable to communicate this for themselves.
- Life Cafés – Life Cafés are gatherings where people do a series of creative activities together that are designed to stimulate conversations about, well, life: the meaning of it, the end of it, and care. The whole session typically lasts

a couple of hours, and the activities are chosen by facilitators from a kit that's about the size of a large board game.

- Digital Legacy - A digital legacy session helps individuals to make plans for the items they own and for those they care about in the physical world. When using the internet and connected devices, it is also important that plans are made for the items that people own and for those they care about in the digital world. This session has been developed by the Digital Legacy Association.

- Dementia Friends Awareness Session
– A member of the team can run a Dementia Friends Awareness session with your group so that you are all become Dementia Friends and can help people in your community living with Dementia. During this friendly and interactive Session, we help to increase understanding of dementia, and think about the small things that people can do to make a difference to people affected by dementia in the community.

www.comptoncare.org.uk

tel; 0330 323 250

02 March

Also, we welcomed Anne Hamilton, Anne was beginning a research project for her Psychology MSc at Coventry University.

The University Ethics approved Anne's study project and so Anne needed our help and contributions to complete her questionnaire on Chronic Pain. The study Anne is researching is to assess factors that influence chronic pain experiences and living with pain daily. The aim is to improve understanding and treatment.

Anne saw our website and contacted me to ask if she could use our group as part of her research. All information she gathers from the questionnaires will be strictly confidential. The results will be reported in a research paper and will be made available to participants on completion of the project.

As Chronic Pain is close to all of us, I am sure some of us won't mind helping any research that improves treatment. For anyone that did not have a chance to complete the form at our coffee morning, you can complete the online questionnaire by using this Link; https://Coventry.onlinesurveys.as.uk/factors-affecting-chronic-pain_online the password to use this link is. survey2020.

Anne very kindly supplied a lovely selection of biscuits for the morning and donated £20 for our group funds.

Vice President

As you all know Dr Paul Newton retired and as he was heavily involved with WRSG right from the start, he was made an Honorary Vice President.

However, as your committee we felt it was time we had an active Vice President and so I am pleased to announce that Dr Tochukwu Adizie accepted the position. Some of you may have already met Dr Adizie, for those of you that have not, he has kindly offered to drop in at one of our coffee mornings and will be sending us a small profile to introduce himself.

New Cross Advice line for RA patients.

I am pleased to be able to tell you that the Advice Line based at New Cross will be available, hopefully by the time you have this newsletter.

Nurses from both new Cross and Cannock Hospital will be managing the line. When you make your first call be prepared; You will be asked your *full name. * D.O.B, *NHS number, *contact number and of course your *reason for the call. You will be allocated a time slot for a call back with a Rheumatology Nurse Specialist within 24 to 48 hours. It is imperative that you are available to take the call in within your allocated time slot as the nurse will not be ringing more than once.

Daily Operational Hours.

09.00 – 12.00 and 13.00 – 15.30 pm

TEL; 01902 694053

Rheumatology User Group (RUG)

Some of you may recall I advised that following the 06 February meeting the next RUG meeting would be held at New Cross Hospital. However,

although I was unable to attend in February, I have received the minutes and it seems the next meeting will be held at Cannock Hospital for the third time running on the 18 June 2020.

The initial intention was to share the meetings between New Cross Hospital and Cannock Chase Hospital. Sadly, Wolverhampton Rheumatology patients have not supported RUG at Wolverhampton. However, Rheumatology Unit Users can still attend the future meetings at Cannock Chase Hospital if you wish.

Organ Donation

As of May 2020, unless you actively opt-out, it will be assumed you wish to donate organs for transplant to help save lives.

During our March coffee morning I was asked if RA patients on certain medications would be exempt from the new law.

The answer is ‘No.’

Medical conditions do not mean you would be excluded or should ‘opt-out’. It may be that an organ cannot be used, but others can.

The decision will be established at the time of your death. Full medical history from the family (past and present), medical notes and GP notes together with information your family provide, such as your travel and social

history will be collated. The information will be reviewed by transplant surgeons to decide which organs can safely be donated and transplanted.

Toll Roads

Were you aware of **Toll Roads Exemption?** As of February 2020, **disabled drivers and disabled** passengers whose vehicles are tax **exempt** under the **drivers and passengers with disabilities** tax relief scheme are **exempt** from **tolls** on each **toll road** in the state.



I would like to take this opportunity to thank Reg Jones for celebrating his 90th birthday with us during our February coffee morning and for donating £50 to our group funds.

Thank You Reg.

I have been advised that care homes have stopped all visitors for the time being, so if you have family or friends in care, give them a call, I'm sure they would love to hear from you.



Stay healthy everyone!
I shall keep you all advised about when our coffee morning resume.

Jan Simpson WRSB
Chairperson/Secretary

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

If you do not wish to receive this newsletter / or email, please contact our group secretary. You may cancel your consent at any time.

TRAFFIC LIGHTS INSTRUCTIONS SIMPLIFIED.

CORONAVIRUS COVID-19

Social Distancing

AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Just some of those who are vulnerable that these measures could help:

Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.