

The



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Obituary

Sadly, I have to announce

Mr G Rai passed away in

March 2020.

Our thoughts are with his family at
this sad time.

Monday 04 May

Mandy from

‘Appointment Buddy’

Cancelled

Monday 08 June

Julie Painter Senior Clinical Nurse
Specialist And Cannock Rheumatology
Nurse Manager.

Coffee Mornings

Unfortunately, due to the ongoing
severity of the Coronavirus,

New Government guidelines are
confining the most vulnerable people to
their homes for 12 weeks. High risk
members will have received their letter
with personal guidance about self-
isolating and social distancing by now.
Bearing this in mind, I have no
alternative but to cancel our May coffee
morning.

**Please adhere to the instructions you
have been given and to Government
Guidelines.**

Until we resume our coffee mornings, I
shall be keeping in touch with you all by
sending a short newsletter each month.

IMPORTANT NOTICES

CORONAVIRUS

I have been asked by the Rheumatology
Unit both New Cross and Cannock
Hospital to distribute the following
information: -

The video is available on the trust
website, as is the PDF advice Patients
can search for ‘the rheumatology centre
Cannock Wolverhampton) or find the
link here:

<https://www.royalwolverhampton.nhs.u>

[k/services/service-directory-a-z/the-rheumatology-centre-cannock-wolverhampton/covid-19-advice-for-rheumatology-patients/](https://www.nhs.uk/services/service-directory-a-z/the-rheumatology-centre-cannock-wolverhampton/covid-19-advice-for-rheumatology-patients/)

it can be shared through social media using the link <https://ispri.ng/vxKqD> - you can share this via text/ WhatsApp. Remember that if you use a smartphone it will use your data. We are making some minor changes to our scores to reflect the BSR advice. The government advice on the very vulnerable has been published, and we have included some guidance here.

After speaking with Dr Raizada, I can confirm the Rheumatology Unit has written to high risk patients to self-isolate. Other patients need to self-distance and follow government guidelines.

The RA unit has been operating telephone consultations, however as of week beginning **Monday 06 April all appointment will be cancelled.**

The unit will operate an emergency rheumatology service only, this is because several members of staff are being re-deployed. The advice line is still operating at the moment.

I am sure everyone understands this and appreciates what is being done, both on the news and behind the scenes.

I have extended our thanks to the NHS staff and front-line workers.

The WRSB are endeavouring to help the NHS in any way we can. All staff have to change out of their uniforms at the end of each shift and take them home to wash, they are appealing for 'draw string bags' fit for this purpose. Any bags donated will be collected from Pat Jones's home in Codsall and delivered to New Cross. We understand to get bags to Pat may be difficult, so, the WRSB have purchased 110 draw string bags.

A pack of 22 bags for £20. If any of you would like to send or pledge a donation for when we resume our meetings, we would be able to help even more. Please send donations to Kath Sankey, 98 Dilloways Lane, Willenhall, WV13 3HJ.

Ring Kath or Jan to make a pledge.
Kath – 01902 654554
Jan – 01902 835248

Appointments Buddy

I have contacted Mandy who was due to come and talk to us at our May coffee morning; Mandy has confirmed that they will still be offering certain services to vulnerable people, appropriate PPE will always be used.

Shopping: ring if you are need of shopping to be delivered to your door.

Pets: Appointment Buddy's will walk them for you. One or more times a day if required.

Appointments: Should it be necessary to attend an appointment on medical

grounds; they will take and return you to your home.

Tel; 07778145597

Shopping

Please remember if you that are vulnerable and unable to go out and are experiencing difficulties getting food supplies, I am in contact with authorised groups that will contact you for your list of essential items, shop for you and deliver to your door. I need your permission to pass on your name and address.

If you have no-one to shop for you and must isolate for 12 weeks, you can also register on the GOV.UK site for the vulnerable. If you do not have a computer anyone can register you, with your permission of course, they will need your full name and address, date of birth and you NHS Number and telephone number. If you have no-one to register you, contact me with the above information and I will happily register you.

Jan – 01902 835248 / 07904 503 806

CASH and SHOPPING

If you need cash to pay someone who is shopping for you, Banks are signing up to a system that allows family or a trusted friend to collect cash from the POST OFFICE. Phone your Bank they will issue a voucher, by email, text or by post. Your trusted person then goes to the Post Office to withdraw the cash and put it through your letterbox. You can also write a cheque in the usual

way. Print the name of the person cashing it on the back of the cheque and sign by the side of their name. They will need their own ID to cash the cheque for you. Do not give your card or Bank details to strangers.

Our very own ‘Ring and Ride’ advisor Reg Jones, has asked me to please advise everyone that all day trips organised by the Ring and Ride are cancelled until further notice.

I have enclosed a quiz sheet for you, I hope it will help pass a little time during isolation.

As I am sending a monthly Newsletter, I shall post the answers next time.

Stay Safe Everyone

Jan Simpson
Chairperson / Editor

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.

FUN QUIZ SHEET FOR MAY 2020

Spring is in the Air

See if you can find 11 Spring flowers in this word search, I have used all directions, Horizontal, Vertical, diagonal, even backwards

C	U	P	N	Y	T	F	J	L	L	S	T	Z	C
S	C	F	N	T	S	C	R	O	C	U	S	E	P
J	H	G	T	H	I	B	I	S	C	U	S	O	C
L	L	I	L	L	I	E	S	V	G	C	P	K	A
C	H	E	R	K	H	B	L	O	S	P	O	M	R
D	A	I	O	P	J	T	R	M	Y	T	A	T	N
H	T	U	S	G	E	R	A	N	I	U	M	U	A
I	B	S	E	I	S	I	A	D	Y	L	B	E	T
E	A	T	U	L	N	F	S	L	B	I	C	S	I
P	O	L	I	D	O	F	F	A	D	P	R	O	O
C	H	E	R	R	Y	B	L	O	S	S	O	M	N

**CROCUS, DAFFOLDIL,
TULIP, LILIES, ROSE, POPPY,
CHERRY BLOSSOM,
GERANIUM, DAISIES,
CARNATIONS, HIBISCUS.**

MAY SUDUKO

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

FUN FACTS

The first crossword puzzle was created by Arthur Wynne and was published in The New York World in December of 1913.

National Crossword Day is on Dec. 21, commemorating the very first crossword puzzle.

The largest crossword ever created had 28,000 clues and 91,000 squares.

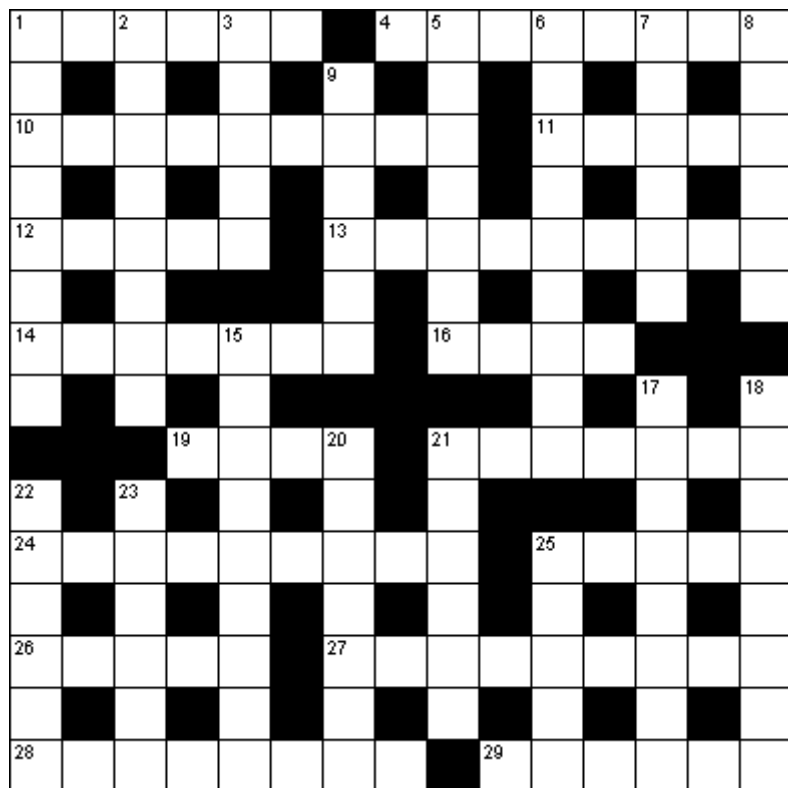
Don't worry folk's, May's crossword is not that big!!

Across

- 1 Calf bone (6)
- 4 Forbid (8)
- 10 Witch (9)
- 11 More pleasant (5)
- 12 Absurd (5)
- 13 Having no known name (9)
- 14 Skill (7)
- 16 A swinging barrier (4)
- 19 Sponge (4)
- 21 Prevent commerce (7)
- 24 Spectators (9)
- 25 Farewell (5)
- 26 Martial arts expert (5)
- 27 Senior administrator (9)
- 28 Thrilling (8)
- 29 Least (6)

Down

- 1 Celebration (8)
- 2 Savage (8)
- 3 Vassal (5)
- 5 Answer (7)
- 6 Hive (9)
- 7 Summon (6)
- 8 Flail (6)
- 9 Bequest (6)
- 15 A travelling labour (9)



- 17 Ruse (8)
- 18 Papers (8)
- 20 Not western (7)
- 21 Results (6)
- 22 Emotional pang (6)
- 23 Cultural (6)
- 25 Bad treatment (5)