



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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#### **Dates for Your Diary**

**Coffee Morning**  
**Monday 2<sup>nd</sup> July 2018**

**Telecare, Care line Service**

10 00 till 12 00  
(Doors open 9 50)

Linden House  
211 Tettenhall Road  
Wolverhampton WV6 0DD

**Coffee Morning**  
**Monday 3<sup>rd</sup> September 2018**

**Flower Arranging**

10 00 till 12 00  
(Doors open 9 50)

Linden House  
211 Tettenhall Road  
Wolverhampton WV6 0DD

**Please note there will not be a coffee morning for the month of August**

Any queries regarding our Coffee Mornings please ring either Jan or Liz)

Enquiries to  
Jan Simpson 01902 835248  
Liz Walker 01902 563751

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**Outings**

## **Strawberry Tea**

**Thursday 19<sup>th</sup> July 2018**

**1 30pm till 4pm**

Pat and Les Jones have again very kindly offered to host our annual strawberry tea at their lovely home Gunstone Hall, Codsall. WV8 1QQ

*The afternoon party is free to our members. If you are able to take your own chair we will be grateful.*



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**Wolverhampton Christmas Race Meeting.  
Wolverhampton Race Course.**

**Wednesday November 28<sup>th</sup> 2018**

An extra special treat for our Christmas Outing this year. Ladies get your big hats out! The cost is £49 99 and includes entrance fee to the Horizon Restaurant which overlooks the race course. A three course meal and a race ticket. Bets are taken at your table, no need to move!

Mary will require numbers for those who are interested and a £20 deposit for the event.

## **Pantomime**

**Peter Pan Birmingham Hippodrome**

**Tuesday 22<sup>nd</sup> January 2019**

Mary has booked our annual trip to the Pantomime early this year to secure good seats in the stalls. There are also four wheelchair spaces if required for our members. More details will follow later in the year.

## **WRSG**

**Annual General Meeting**

**Linden House  
211 Tettenhall Road  
Wolverhampton  
WV6 0DD**

**Monday 17<sup>th</sup> September 2018  
1pm till 3pm**

We appreciate your support for our AGM and hope to see you with us this year. We will be having visiting speakers and a light buffet. More announcements in the next Newsletter.

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**WRSG Privacy Policy**

*Please take the time to read the following WRSg Privacy Policy. The policy explains how we store your personal data.*

*The policy can also be found on our web site [www.wrsg.org.uk](http://www.wrsg.org.uk)*

*You do not need to do anything unless you decide that you do not want us to store your personal data.*

## **PRIVACY POLICY**

Wolverhampton Rheumatology Support Group are committed to protecting and respecting your privacy.

This policy explains when and why we collect personal information from members and people showing an interest in our support group. How it is stored and who it may be shared with.

We may change and update this policy from time to time, so please check our website to ensure you are happy with the changes. Should you have any question about our Privacy Policy please contact us via our website [www.wrsg.org.uk](http://www.wrsg.org.uk)

Alternatively, you may contact a us by ringing any number listed on our website and or newsletter.

### **WHO WE ARE**

Wolverhampton Rheumatology Support Group is a group which offers support and friendship to anyone with any form of Arthritis, we also offer support to family, friends and carers. The group is run by volunteers.

### **HOW WE COLLECT INFORMATION?**

We collect information when you request information about our group and or when you become a member.

### **WHAT TYPE OF INFORMATION DO WE COLLECT?**

Personal information we collect may contain your name and address, email and a contact telephone number along with your date of birth. We may also collect information regarding your health condition for safety reasons, as per Health and Safety Requirements.

### **HOW IS YOUR INFORMATION USED?**

The information we collect is to enable us to post our Newsletter to you. Our membership renewal and if necessary to inform of times and dates of group outings, if the details have not been published in the newsletter. Only committee members have access to your details. We may use your contact details to provide you with information if we think it may be of interest to you.

### **Email/text/Phone/Post**

We will only communicate by email, text, post and telephone if you have explicitly provided your prior consent.

You may withdraw your consent at any time by contacting the group secretary.

### **HOW LONG IS THE INFORMATION KEPT FOR?**

Your information will only be kept for as long as you are a group member. It may also be kept for a maximum of five years, if you have indicated you wish to take a break from the group.

We may review our retention period from time to time.

### **WHO HAS ACCESS TO YOUR INFORMATION?**

Group committee members have access to your personal information. We do not share any personal information with third party organisations.

### **LAWFUL PROCESSING**

Data law requires us to have one or more lawful reason to process your personal information.

We consider the following to be relevant grounds:

#### **Specific Consent**

Where you have provided specific consent to us to use or pass on your personal information in a certain way, such as to send you email, text and/or telephone. Alternatively, you may also consent to have your details sent to a guest speaker in order for them to visit or speak to you in your own home.

**Legal obligation** Where necessary so that we can comply with a legal or regulatory obligation, for example where we are ordered by a court or regulatory authority like the Charity Commission.

#### **Vital interests**

Where it is necessary to protect life or health (for example in the case of medical emergency whilst you are in our care at one of our events.) or a safeguarding issue which requires us to share your known medical information with the emergency services.

#### **Legitimate interests**

Where it is reasonably necessary to achieve our groups legitimate interest, and as long as what the information is used for is fair and does not impact your rights.

We consider our legitimate interests to be running Wolverhampton Rheumatology

*If you have any queries please contact either Liz or Jan.*

*Liz 01902 563751*

*Jan 01902 835248.*

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### **News Feed**

#### **Dr Sabrina Raizada President WRSG**

I am delighted to inform you that Dr Sabrina Raizada (Consultant Rheumatologist) has agreed to become our WRSG President following Dr Josh Dixey's move to his new post in Oswestry. We look forward to working with her and to maintain our close links with the Rheumatology Centre, Wolverhampton and Cannock.

Below is Dr Raizada's profile.

#### **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

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**‘Managing Your Arthritis’**

**Thursday’s  
11<sup>th</sup> October till 15<sup>th</sup> November 2018**

**1 30pm till 4 30pm**

**Linden House  
211 Tettenhall Road  
Wolverhampton  
WV6 0DD**



**Do you have Arthritis?**

Book yourself a place on this free six week course, three hours per week. The course is to give you as much information about your Arthritis regarding the disease process, therapies and self-management skills, and ways in which you can manage your Arthritis more effectively.

The course is accredited by the Royal Wolverhampton Trust (Education Academy) and carries Continuing Professional Credits.

Please contact either Liz Walker or Jan Simpson for your place.

Liz Walker 01902 563751  
Jan Simpson 01902 835248

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**Coffee Morning 14<sup>th</sup> May 2018**

## **Estate Planning**

### **Elite Wills and Trusts**

Today we welcomed Carol and Cheryl from Elite Wills & Trusts to advise Estate Planning.

This advice could apply to you if you already have a will or if not. If you leave £50,000 or more, your assets will be put into probate, this £50,000 includes your property, so it is not difficult to be over that limit. Solicitors will collate all your assets, property and savings. This could take up to 18 months / 2 years, they will then take their fee of 4 or 5% plus VAT of the gross estate. If the estate is over £650,000 inheritance tax needs to be paid before the remaining assets are released. If you own your property jointly, a mini probate on the first death will be carried out.

Your property cannot be sold whilst the name of the deceased remains on the papers, you will need to remove their name to prevent 2 probates being carried out before any sale can be entered into.

If there is no will, probate will be dealt with 'Intestate', probate will deal with any unpaid bills then trace next of kin /s to inherit the estate.

We all need to protect our home and family from losing any inheritance due to care home fees.

If a couple own 100% of their home, the property will automatically go to the other name on the deeds. To protect the assets of your property, you need to **own half each**, which is different than joint ownership, and state the other spouse /partner is a **'tenants in common with life interest trust,'** giving the remaining spouse the right to live in the home as long as needed. You both state what your wishes are regarding your half

after you have both died. The state cannot take anything of what you have given someone the right to live in, until after their death

There is also **Family Settlement Trust**. If the property is owned by this Family Trust there will be no probate on the house, only solicitor fees.

Inheritance will only follow 'Blood Line' in-laws would not inherit by default. For example; if you leave a share to a daughter / son and they have died, their share will automatically go to their children, not their spouse.

Family Settlement Trust would mitigate Care home fees. The property could never be sold whilst you are still alive – the state would pay care home fees. Family could rent the house to put towards a better care home, or one of your choice. However, the property remains yours if a spouse dies and you want to sell and move to another property you can do so.

Cheryl also told us about

Funerals costs and the cost of pre-paid Funeral plans – in short Pay now, die later. Today's prices cost an average of £3000.00 with no following car, £3500.00 with 1 car to follow. Costs of funeral plans can be spread over a period of 3 years with no interest.

Another piece of advice given, which surprised many people – If you have a will, it must be kept perfectly flat – no creases or folds, or this could result in the will being thrown out should it be contested.

If you would like more information or advice on any of these subjects, Wills, Funeral plans, Power of Attorney, Mental Incapacity if you already have a will or not, Cheryl is more than happy to discuss these things with you, in your own home. – Call Cheryl on 07872 626 831 You are under no obligation and it will only cost you the price of a phone call.

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**Wolverhampton Information  
Network  
(WIN)**

Many of you will remember Kuldip Khela (Digital Inclusion Officer) Wolverhampton City Council. Kuldip gave a presentation of the WIN network to our members last year.

There have been a number of changes to the WIN and more changes to come. I can't stress how important this valuable service is in terms of information and sign posting for our members.

Kuldip has asked if any of our members would be interested in participating in tester sessions to help improve Digital services and web sites.

Details will follow but I am informed that it would possibly be a workshop in the future, more details will follow.

If there is an expression of interest please contact:

Kuldip Singh Khela (Digital Inclusion Officer) Wolverhampton City Council.  
01902 555413

Email:

[Kuldip.Khela@wolverhampton.gov.uk](mailto:Kuldip.Khela@wolverhampton.gov.uk)

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**Rheumatology User Group  
(RUG)**

The RUG group have been active at Cannock Rheumatology Centre for a number of years. The group is attended by patients (users of Rheumatology services) and Clinical Specialists. (Rheumatology Consultants, Clinical Nurse Specialist and Rheumatology Therapists.)

The purpose of the group is for patients (users) to have a say about the services that are provided.

It is proposed that now that Wolverhampton Rheumatology and Cannock Rheumatology are now one centre that we should engage and participate with patients (users) who attend the Wolverhampton centre.

I am hoping that some of our WRSG members will come forward to join the group. Conditionally you need to be a patient of a Rheumatology Consultant in Wolverhampton.

The group meet three monthly and the next meeting will be in Wolverhampton (date to be arranged)

If you are interested and willing to spare the time to attend our meetings which you will find very informative, please contact me by email.

[lizwalker\\_wrsg@hotmail.com](mailto:lizwalker_wrsg@hotmail.com)

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## **Lignocaine Infusions Fibromyalgia Syndrome**

In the last Newsletter we mentioned lignocaine infusions treatment were being withdrawn for patients with a Fibromyalgia condition.

WRSG were advised by our members and the issue was raised on their behalf at the last RUG meeting held in Cannock.

We were advised that the decision was made by the Rheumatology Consultants to discontinue this treatment. The members will be receiving communication directly from the Consultants.

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### **The Barn Swallow**



A barn swallow soars above on a summer afternoon. A bird of a kind  
Soaring so high; commanding the sky in  
ways that dazzle the mind  
Swooping down over water to drink,  
feeding on winged insects in flight  
A bird of great independence. At  
summer's end, it will be out of sight

Continually flying in the sky. At  
summer's end, it will be out of sight  
(Edward Ibeh 2018)

*Just a reminder of the magic of summer, I sit  
in my garden and watch the swallows every  
evening. 'I'm not sure if they are barn  
swallows or house martins or swifts. What I  
do know is these amazing birds fly all the way  
from Africa. At summers end they will return.*

*Enjoy your summer.*

### **Liz Walker (Chairperson WRSG)**

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

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