



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 126

March 2016

Editor: Liz Walker, Tel: 01902 563751

Email: lizwalker_wrsg@hotmail.com

EDITOR:

Liz Walker

Tele: 01902 563751

Email: lizwalker_wrsg@hotmail.com

Web: www.wrsg.org.uk

Or Email Jan Simpson (Secretary)

jansimpson03@yahoo.co.uk

CONTENT

- **Dates for your Diary**
- **Outings**
- **News Update**

Dates for your Diary

Coffee Morning

Monday 7th March 2016

10 30am – 12 30pm
(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.
WV6 0DD

Benefits Services

(Lisa Bates Wolverhampton City Council)

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

Joyce Knibbs

Mobile: 0753994923 (Monday till Friday)

Coffee Morning

Monday 4th April 2016

10 30am – 12 30pm
(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.
WV6 0DD

Pain Management (Royal Hospital Trust)

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

Joyce Knibbs

Mobile: 07539949723 (Monday –Friday)

Or

Email Jan Simpson (Secretary)
jansimpson03@yahoo.co.uk

Outings

Trentham Gardens 14th April 2016



Council Tax Disabled Benefit

Enjoy a great day out with the WRSG at Trentham Gardens. Your time is your own to take Leisurely walks in the award winning gardens and plenty of shopping in the Trentham Shopping Village. Or if you just prefer peace and quiet there are so many places for you to just sit and take in the beautiful surroundings.

There are cafés and restaurants for you to have lunch before we take our leave at about 3pm.

The coach will be leaving at the following pick up points.

Falklands Street Coach Park 10am

Bilston Pick Up 10 15am

The cost for the day will be approximately £10. Mary Allen will be collecting this amount at the March Coffee Morning.

Enquiries to Mary Allen Telephone

01902 685683

When I received my 2016 Council Tax notification I actually read some of the small print in the leaflet that accompanied the notification

I learnt that if you have to make changes to your home to accommodate your disability you can actually apply to have a reduction to your tax banding.

I applied and within a very short time received a visit from the City Council Revenue and Benefit Officer Lisa Bates. The visit was very comfortable and not at all intrusive, Lisa had a look around the changes made to my ground floor to accommodate living downstairs.

I was successful in my application for a Council Tax reduction. My reason for sharing this with our Members is to raise your awareness of what is available for disabled people.

Lisa Bates has agreed to attend our next coffee morning Monday March 7th 2016 to talk to members about the scheme the following information has been submitted for your attention.

Council Tax Disabled Band Reduction

If you are disabled or live in a property occupied by a disabled person you may be entitled to a reduction in your Council Tax.

To qualify the property must be the sole or main residence of a person who is permanently and substantially disabled and have one of the following features.

- A) A room which is not a kitchen, bathroom or toilet, which predominately used by the disabled person because of their disability.

(Please note this does not apply to a downstairs bedroom used by a disabled person

- B) A second bathroom (not a downstairs toilet) or kitchen installed in the property for the disabled persons use.
- C) Sufficient floor space to permit the use of a wheelchair, which is required by the disabled person resident.

For further information and to obtain an application form please contact Wolverhampton City Council Revenues & benefits on

01902 5511166

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

Royal Wolverhampton Hospital Trust Rheumatology Department Update

As you are aware the Rheumatology departments at New Cross Hospital and Cannock Chase Hospital are a united service.

Dr Tom Sheeran

(Consultant Rheumatologist) is Clinical Lead for Rheumatology, Cannock and Wolverhampton Hospitals Royal Wolverhampton Trust.

Dr Sheeran has kindly agreed to write a short profile for our next Newsletter.

We also have 4 new Consultants at New Cross.

Dr Rizada
Dr Sapkota
Dr Bateman

Dr Hirsch

I am hopeful that we will be able to invite the new members of Rheumatology to also write short profiles of themselves to introduce them to our members.

I am eager to hear from our members about their experiences with travelling to Cannock Hospital for treatment/surgery or outpatient appointments. I have personally travelled to Cannock Hospital on several occasions and fortunately found disabled parking on each occasion. I do however have a blue badge and I am wondering how easy it is for members that do not have a blue badge.

My care at Cannock Hospital as at New Cross Hospital has been excellent, it has been a real pleasure to meet the staff at Cannock Hospital.

Mary Shipway Aromatherapy Lecture

Dear W.R.S.G Members

It was lovely to see you all again and to meet some new members! For a cold February morning it was well attended!

This session was all about Aromatherapy and its benefits for Rheumatology patients. We discussed everything from how the industry gets the essential oils to the benefits gained from each individual oil.

Many questions were asked and answered, but for a quick resume, always have a treatment from a qualified aroma therapist, (a professional therapist will always have their qualifications on show). If money is short, seek out your local college who are always looking for "bodies" to practice on at greatly reduced rates, at this time of the year, under the tutor's watchful eye!

Always declare all of your medication and you're medical conditions (especially where on your body it affects the most). Prior to massage.

For inhalation, there are some very good electric burners on the market, (boots the chemist sell them), and where you can burn oils without dilution of water, the bonus being it makes your home smell beautiful! Plus visitors also get the benefits! (Do warn visitors first, in case of allergies). Or you can burn the old fashioned way with a burner and candle, (the whiter the candle the safer it is and the longer it will burn! IKEA do good ones as do Sainsbury's.

When buying individual oils remember if it doesn't state "pure essential oil" on the bottle then it isn't (it's probably doctored in some way or it's just a fragrance). Boots and Holland and Barret both sell reputable oils, but if you want cheaper, but equally good, I use a company in Bristol at trade price which I can order for you if I can get a big enough order collectively, as they insist on a minimum of £100 now! This company also sells electric burners at significantly reduced price in comparison to Boots, any orders can be passed onto me via Joyce.

So for now, thank you for the welcome and for turning out on a cold winter's morning! I look forward to the Xmas gifts session where I will be wrapping some smelly gifts for you for sale! So if you've any particular gifts to request in this field don't hesitate to let me know!

Kindest regards Mary

I apologies for the short 4 page Newsletter on this occasion. Personal circumstances have prevailed.

I really look forward to seeing you at the next March Coffee Morning.

Kindest Wishes

Liz Walker (Chairperson WRSG)

