



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Coffee Morning

Monday 06th March 2107

We are mixing things up a little with

Benefits of wearing copper;

Tombola table; plus

WRSB Quiz; (our thanks go to

Sheila Fardoe for questions & answers).

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.

WV6 0DD

If you have any queries regarding the coffee mornings please ring -

Jan Simpson

Home; 01902 835 248

Mobile: 07904 503 806 (Monday –Friday)

Or email: jansimpson03@yahoo.co.uk

Forthcoming Coffee Mornings 2017

03 April 2017

Dave's Fashion Show

By Dave Peyton

08 May 2017

We have a Lawyer, Mr Chapple
Coming along to talk to us about

'Power of Attorney'

10 30pm for 12.30pm

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

We have already got off to a good start for 2017. Having had two successful coffee mornings I would like to thank our members for their support and hope we can keep our fantastic attendance up in the coming months.

I know many of you will be wondering why I am playing at being editor for this month's Newsletter. So I put your minds at rest; Liz is quite well, I am standing to give Liz a break to deal with unexpected family commitments.

09 January 2017

Our first Coffee Morning of 2017, we welcomed Lesley Fellows from NHS Wolverhampton CCG. Lesley explained all about Wolverhampton Integrated **End of Life Care Strategy**.

The new End of Life Strategy will mean the population of Wolverhampton, can now expect ;

1. Earlier identification of patients approaching end of life, therefore, identifying the caring needs earlier.
2. Improving both the patient and the carer's experience and offering more choice
3. Advance care planning, using the new folder
4. Personalised tailor made care
5. Electronic shared care records, making communication between the health and Social care team easier
6. Developing community support and services for patients approaching end of life



The LifeBook is a free booklet for you to capture important and useful information about your life. It can be used to detail things like who insures your car to where you keep the TV licence.

Sometimes it is easy to lose important documents and information, so, we developed the LifeBook to help you find exactly what you need without searching.

The LifeBook is available in a booklet or we can email a copy for you to store on your computer

How do I order a copy of LifeBook?

[Complete the online request form](#) -

Call 0345 685 1061, quoting ALL 721

06 February 2017

Today we got Active with Deb Sahota from Wolverhampton Council.

Deb put us through our paces, very gently I have to say. We all know the benefits of exercise and movement. Although sometimes painful, it pays to move our joints as much as possible. Deb demonstrated some gentle exercises we can all manage, sitting in our own home. Here are a few for you to try;

To start sit with your hands in your lap, take deep breaths in and out slowly, continue while exercising;

* Bend arms bringing them slowly to your chest making a fist on the way; slowly lower your arms to your knees, opening your fingers as wide as you can as you go down, close into a fist again as you raise your arms slowly back to your chest; repeat this approx. 6 times.

* Let your arms fall to your side, slowly roll your shoulders, one at a time 3-4 times. Then both together, 3-4 times;

* Gently lift your knee until your foot has left the floor, point toes and move your foot in a circular movement about 6 turns; repeat with other leg;

* Play a pretend piano whilst swinging arms slowly from side to side, up and down.

As always, only do what you feel comfortable with.

Benefits of exercise:-

Improve cardiovascular system

Burn calories helps reduce weight

Improve posture and balance

Improve coordination and flexibility

Improve bone density
Reduce depression stress and anxiety
Enhance a feeling of wellbeing
Social make new friends.
Deb does group sessions, or 1-1 sessions
If you would like more information about gentle exercise at home or classes in your area, please contact; Deb Sahota; 07415075800
debsahota@hotmail.co.uk

Partner News from Wolverhampton
Clinical Commissioning Group (WCCG)
Pat Roberts has forwarded this
information to keep us all updated

During the last few months I have set up meetings with the other local Lay Members from surrounding CCG's. This has proved a useful forum to exchange ideas and examine what problems patient's from other areas are experiencing and how best we can inform our Governing Body's to ensure the patient voice is heard. The meeting have been about the Better Health and Care Sustainability and Transformation Plans (STP),

Better Health and Care (STP)

We believe that, through working together, we can build on our strengths, achieving great things for local people in a way that we could not do on our own as individual health and care organisations.

The aims are to:

- Improve the health and wellbeing of local people
- Improve the quality of local health and care services

Deliver financial stability and efficiencies throughout the local health care system

Stay Well in Wolverhampton this winter

We understand it's not always easy to know how to get help when you're not well. There are a lot of different ways to access healthcare which can be confusing, especially when you're feeling under the weather. This year we are encouraging you to Stay Well with a few easy steps, to show you how to manage your health and get the most out of your local NHS services in Wolverhampton.

Keep warm, look after your health and seek help early if your illness gets worse.

Heating your home to at least 18 degrees C can help. Seek help as soon as you feel unwell –Stock up on food and medicines so you don't have to go out when it's cold and icy.

Can you treat your illness yourself? If not, can your pharmacist help?

Coughs and cold and other minor illnesses will generally get better on their own. Keep a well-stocked medicine cabinet so that if you do feel ill, you can try treating yourself before going to see a doctor. Your pharmacist can also advise you on a range of minor illnesses and ailments, and it's quicker and easier to pop into your local pharmacist than it is making an appointment to see a doctor.

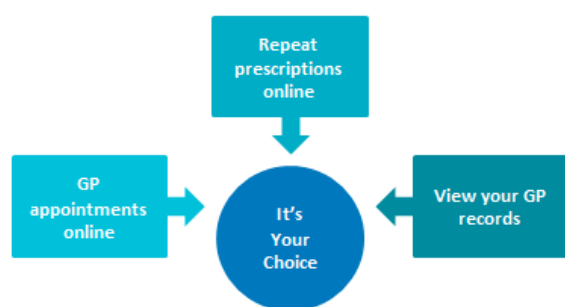
Make an appointment with your GP

If you can't treat your illness yourself, then your GP can help. Practice nurses are also able to treat and advise on many conditions and will often be able to see you more quickly.

Think you need to see someone urgently but it's not life threatening? Call NHS 111.

You'll speak to a highly trained call adviser who will assess your condition and, if necessary transfer you to a clinician for a second opinion. They can give you the healthcare advice you need or direct you to the local service that can help you best. **Only call 999 if it's a real medical emergency**, such as choking, severe blood loss, or the patient is unconscious.

Patient Online



If you wish to, you can now use the internet to book appointments with a GP, request repeat prescriptions for any medications you take regularly and look at your medical record online. You can also still use the telephone or call in to the surgery for any of these services as well. **It's your choice.**

Being able to see your record online might help you to manage your medical conditions. It also means that you can even access it from anywhere in the world should you require medical treatment on holiday. If you decide not to join or wish to withdraw, your practice staff will continue to treat you in the same way as before. This decision will not affect the quality of your care.

You will be given login details by your GP Practice, so you will need to think of a password which is unique to you.

Patient Choice

Did you know that in many cases you have the legal right to choose where you have your NHS treatment? The NHS is offering more and more options to enable you to make choices that best suit your circumstances, giving you greater control of your care and hopefully better results.

If your GP needs to refer you for a physical or mental health condition then in most cases you have the legal right to choose the hospital or service you'd like to go to. This will include many private hospitals as long as they provide services to the NHS and it doesn't cost the NHS any more than a referral to a traditional NHS hospital. You can also choose a clinical team led by a consultant or named healthcare professional, as long as that team provides the treatment you require.

You can book your appointment via the [NHS e-Referral service](#). You can book while you are at the GP surgery, or online using the shortlist of hospitals or services provided in your Appointment Request letter. The shortlist is selected by your GP so make sure you tell them about your preferences during the appointment.

To agree the shortlist, you and your GP can compare information about hospitals or consultants on this website, including quality outcomes, waiting times, parking and travel. Check NHS choices to ensure you can make an informed decision before booking.

You have the legal right to ask for your appointment to be moved to a different provider if you are likely to wait longer than the maximum waiting time specified for your treatment. The hospital or Clinical Commissioning Group (CCG) will have to investigate and offer you a range of suitable alternative hospitals or clinics that would be able to see you sooner. Read the [guide to waiting times](#) for more information.

Please note I have chosen sections of information I think you may find interesting. If anyone would like a full copy of Pat's Newsletter or you wish to contact Pat with questions or details of experiences you would like to share;

Please contact;

Jan Simpson.

01902 835248 / 07904 506 806;

jansimpson03@yahoo.co.uk

We have arranged for Healthwatch to come along to our June Coffee Morning, this will be confirmed in our next Newsletter. Danny has kindly sent us a link to their winter newsletter to keep us informed.

Healthwatch Wolverhampton's winter 2016/17 newsletter

Dear All,

This is a quick update to let you know that the Healthwatch Wolverhampton winter 2016/17 newsletter has been published. This newsletter will inform you of: the range of volunteering opportunities we have on offer, our new Experience Exchange website, our upcoming engagement activities, the Antibiotic Guardian campaign, and much more. It is available for download on our website; [you can click here to go straight to the download page.](#)

Kind regards,

Danny Cope

Communication, Information and Signposting
Officer
Healthwatch Wolverhampton
Freephone: 0800 470 1944

During our January Coffee Morning some members expressed that they had days when they were feeling lonely and would like to make more friends; our valued member Doris gave us information of a club she and her husband have joined.

Wolverhampton Friendship Centre 050

**Membership Secretary; Jenny Mc Clay.
Tel.No: 01902 752093**

Membership is £10.00 per year to include Membership Magazine.

Activities

Holidays; Day Trips; Sequence, Square and line dancing; choir; Keep fit; Ti Chi; Zumba; Yoga; Art (Beginners and more advanced) Camcorder Club; Quiz; Indoor Bowls; Woodwork and restoration; Snooker; Ten Pin Bowls; Scrabble; Pub Lunches; Christmas Dinner.

Classes held at various venues in Wolverhampton;-

- * Goodyear Pavilions;**
 - * Bradmore Community Centre;**
 - * Community Centre The Lunt;**
 - * EEC Club Showell Road;**
 - * Fordhouses and Oxley Centre.**
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Jan Simpson

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