



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 138

March 2018

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### **Obituary**

#### **Mrs Kathleen Mason**

It is with sadness that I have to inform you of the death of Kath Mason on Wednesday January 10<sup>th</sup> 2018.

We will miss Kath, she had been a loyal member of the WRSB for many years and always loved our outings and holidays.

### **Dates for Your Diary**

#### **Coffee Morning**

**Monday 5<sup>th</sup> March 2018**

#### **Woodturning Demonstration**

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

#### **Coffee Morning**

**Monday 9<sup>th</sup> April 2018**

#### **Laughing Yoga**

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

**Coffee Morning**

01902 685683

**Monday 14<sup>th</sup> May 2018**  
**Estate Planning**

10 00 till 12 00  
Doors open 9 50

**Trentham Gardens**

**Monday 16<sup>th</sup> April 2018**

The charge for this outing is provisional  
£10 or £11. Mary will confirm this at  
Our next coffee morning.

Linden House' 211 Tettenhall Road  
Wolverhampton WV6 0DD

(Please note if you need any further information  
regarding any of the Coffee Mornings please  
ring either Jan or Liz)

Enquiries to Jan Simpson 01902 835248  
Liz Walker 01902 563751

*Additionally, please note that the coffee  
mornings for April and May are held on the  
second Monday of the month due to Bank  
Holidays.*

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### **Outings**

Mary Allen will be arranging more  
outings for our members this year.  
Remember to add the following dates in  
your diary.

If you have any queries at all, please  
contact Mary Allen.

## **Llandudno**

**Monday 18<sup>th</sup> June 2018**

Llandudno is a coastal town in North Wales. It's known for North Shore Beach and 19<sup>th</sup> century Llandudno Pier, with shops and a games arcade. Northwest of town, the cliffs of Great Orme headland jut into the sea. A 1902 tramway has an upper and lower section, and travels to the headland.

The cost of this outing to be confirmed.



## **Strawberry Tea**

**Thursday 18<sup>th</sup> July 2018**

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

The afternoon party is free to our members. Mary will be taking numbers for this outing.

## **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.

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## **News Feed**

**Monday 08 January 2018**

### **Connect Health**

Our January coffee morning was very interesting and very well attended. We invited representatives from Connect Health who are the largest specialist providers of musculoskeletal (MSK) services in the UK.

You will remember following the consultation with service users, the general public and stakeholders Connect won the contract to supply MSK services for the Royal Wolverhampton Trust (RWT) and commenced in April 2017.

Andrew Oliver (Operational Manager) and Peter Evans (Senior Physiotherapist) from Connect Health came along to talk to our members about the new service and how it will affect our members.

Andrew and Peter explained that Connect Health MSK services in Wolverhampton is a single point of access assessment and treatment service for adults over the age of 18yrs who are registered with a Wolverhampton GP.

The service provides assessment and treatment in the community for orthopaedic and Rheumatological conditions and will include pain management, physiotherapy and orthotics.

Andrew advised all their staff are highly trained, and deliver a high level service. They provide MSK physiotherapists whose practice is governed by critical evidence based practice (CAT) and physiotherapists with extra training for ongoing care. They can arrange 'MRI' scans and administer steroid injections. However, we were told that repeat injections should ideally be 6 months apart.

Andrew gave us a lot of statistics which were impressive but also added that Connect Health are still in their early days with RWT with services still being developed.

Andrew says their figures show that 98% of referrals are triaged within 2 days. 89% for physiotherapy on its own. If only 1 box is ticked on the referral form by your GP, they cannot deal with other problems you may have. Therefore, it is important that your GP ticks all the boxes you need to be triaged for. Should you have needed physiotherapy prior to Connect Health you would have waited for an average of 5 months, Connect Health's average waiting time is 9 to 10 days. There is no limit as to how many physiotherapy sessions you have.

Connect Health can forward you on for a review with a consultant. They have recently acquired the services of a GP with special Interests in inflammatory arthritis ie: Rheumatoid Arthritis (RA), Dr Louise Warburton and will be recruiting a nurse and physiotherapist to join the service.

New patients with suspected Inflammatory Arthritis would be immediately referred to a specialist consultant in Rheumatology. An early diagnosis is important, you would be seen by an in-house consultant within 14 days. Flare ups in patients are still dealt with the same way.

Rapid referral is essential but Connect Health cannot do anything about your GP not referring you quickly enough.

There was a lively debate amongst our members. Many questions were asked about ongoing care for patients who are under the care of the Rheumatology Centre. Assurance was given that nothing will change for these patients.

There was also a debate as to whether it is appropriate that Inflammatory Arthritis should be under secondary care. The alternative was that Rheumatology should be under Primary care. The assumption from this debate is that care should be given in the community. There was much disagreement from some of our members.

Members generally were in agreement that it is easier to get a referral for MSK from your GP and also easier to access services in the community.

Connect health operate clinics at:

West Park Hospital  
Phoenix Health Centre  
Coalway Road Surgery  
Keates Grove Surgery  
Bilston Health Centre  
Penn Manor Medical Centre

I would like to thank Andrew and Peter for taking the time to visit our group. Generally, members were reassured with the information they were given. It is early

days for Connect Health, at the moment there are no reviews on the internet other than the Family and Friends test. 79% of 134 patients were satisfied with the service and would recommend the service to others.

We will be inviting Andrew and Peter to talk to our group again in the future.

### **Monday 05 February 2018 - Quilting**

**Susan Turner**, one of our members came along with a friend Josie Daly to tell us about Susan's hobby of quilting. Susan has been quilting for 20 years, she brought along a grand selection of her work. Susan explained that she likes to start by thinking about a design, she then traces this, only when she is happy with the design does she start looking for the right fabric. Amazingly Susan hand stitches the majority of her work straight onto the fabric. Only occasionally for patchwork quilts does she use a sewing machine.

In the circle of quilting, Susan is known as 'Purple Sue', it can easily be seen why, 'purple' features in a lot of her work. Naturally when only a few of Susan's quilt had been seen, members asked if she ever sold them or took on commissioned work. Susan says she puts her heart and soul into each quilt and cannot bear to part with them, so, the answer is 'No' she does not do either. It is her hobby, so much work and time goes into each one, even the smaller quilts takes months to complete.

Sue sat to do some quilting for our members so that we could see her at work, she says she hopes she has inspired someone to take up quilting. Apparently the secret is to only do a little at a time, sew for short spells, every day if possible. Oh and thimbles are a must!

Susan does a lot of her own designs and displays them in quilting shows, they all have to have labels stating the name of who has done the quilting and the year it was done. They can all be hand washed too. Susan has won a few prizes, often first prize, which is understandable when you see her quilting, Sue is certainly a winner to us.

**Thank you so much Susan for coming along I am so sorry I missed this particular coffee morning.**

**Liz Walker**

**The images below are a selection of Susan's amazing work**



*(Thank you also to Jan Simpson for taking notes and photographs of Susan's work)*

## **‘Managing Your Arthritis’**



## **Do you have Arthritis?**

Book yourself a place on this free 6-week course

I am happy to report the success of the first ‘Managing Your Arthritis’ course which was held in Wolverhampton (Linden House) in October/November last year.

So much hard work was devoted to designing this bespoke course for our members. I would like to thank my colleagues, Jan Simpson, Pat Jones, Chris Groves and Sally Watt for their

Support throughout the process of planning and delivery. In particular I would also like to thank our Professional Clinicians from the Rheumatology Centre, the Royal Wolverhampton Hospital Trust (RWHT) and Wolverhampton City Council (WCC) who came along and delivered taught sessions to course members. And I would also like to thank David Loughton (Chief Executive RWHT) for funding and continuing funding from the Rheumatology Centre and our Wolverhampton Rheumatology Support group (WRSG)

Overall the course evaluated very well

And course members felt they had achieved the objectives of the course and that the course aims were met.

Myself and Jan Simpson will be reporting back to David Loughton and Louse Nickell (Head of Educational Academy RWHT) We are hoping to secure further funding to continue running the course.



We are running our second course at Cannock Hospital commencing Thursday 19<sup>th</sup> April 2018. The course will run for six weeks three hours per week.

The next course for Wolverhampton will be held September/October 2018 at Linden House, 211 Tettenhall Road, Wolverhampton WV6 0DD. If you would like to book a place on the Wolverhampton course, or would like more details.

Please contact: Liz Walker (Course Director) 01902 563751  
Jan Simpson (Course Administrator) 01902 835248



### **Course members November 2018 Dr Josh Dixey (Consultant Rheumatologist)**

Sadly, we will be losing Dr Josh Dixey in the spring. Josh as you know is the WRSG President and has been extremely supportive to everything our group achieves.

Josh is moving to Telford to work and will be slowly working towards his retirement.

I would like to thank Josh for all of his support to the WRSG and to wish him well in his Pastures new.

Josh would like to attend one of our WRSG coffee mornings to say goodbye to our members. I will let you know when this is arranged.

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I look forward to seeing you at our next coffee morning March 5<sup>th</sup> 2018

**Liz Walker (Chairperson WRSG)**

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