



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **Obituary**

#### **Mrs Gwen Turton**

It is with sadness that I have to inform you of the death of Gwen Turton, Gwen passed away in January 2018. We will miss Gwen, she had been a loyal member of the WRSB. Often knitting scarves to help raise funds.

### **Dates for Your Diary**

#### **Coffee Morning**

**Monday 14 May 2018**

#### **Estate Planning**

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

#### **Coffee Morning**

**Monday 11 June 2018**

#### **Support Services**

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

**Coffee Morning**  
**Monday 02 July 2018**

**Telecare**  
10 00 till 12 00  
Doors open 9 50

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

*We do not usually advertise more than 3 months of coffee mornings, however I just want to say that we have a flower arranging demonstration on 03 September and the arrangements will be available for you to purchase on the day, if one takes your fancy.*

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**Outings**

Mary Allen has arranged 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.  
01902 685683

**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. The cost of this day out is £15

**Pick up times are;**

**Bilston – 08.45**

**Faulkland Street – 09.00**

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**Strawberry Tea**

**Thursday 19<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. WV8 1QQ

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

*Please note the date of 18 July in our March Newsletter was an error, the correct day and date is as above.*

## **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 05 March 2019**

#### **Woodturning**

Roger Cheshire and his wife Irene came along with a grand display of Roger's wood turning.

Roger told us about the art of woodturning, prior to machinery, dates back thousands of years. Using a round block of wood and string. Two men pulled the string back and forth, stretcher poles and chair legs were their main concern. Many years later it was developed into a one- man job by throwing a rope round a tree, man soon started to make bowls, plates and even

spoons. Nothing was wasted, even the shavings went on to fires. Sadly, the art soon died out as over the years all that could be made was spindles for stair cases.

Thankfully it came back as a hobby for the average man, probably working from his garden shed or garage. Using a small lathe (12000 revs) Roger demonstrated how a square chair leg could be turned into a round chair leg, he also put grooves to make patterns in the leg. Roger told us how different countries had different chair leg shapes. It is hard to believe or understand how years ago all this was done by hand. Years ago a piece of leather would be used to 'burn' either side of the pattern, today, Roger uses a piano wire.

Roger's favourite wood is 'Yew'. He stresses how important your health is, so he always uses a full head mask to prevent him inhaling the dust and has an extractor fan fitted in his garage.

Should you be interested in taking up the hobby of woodturning please contact;

[blackcountrywoodturners.co.uk](http://blackcountrywoodturners.co.uk)

The club meets on the 3<sup>rd</sup> Thursday of the month;

Room F1 at the Dudley College, The Broadway,



## Monday 09 April

### Laughing Yoga

It was lovely to see so many of our members having a good old laugh with Merrie Maggie. Let's face it, you can't help yourself, Maggie has such a contagious laugh and the ability to get you wanting to join in, even if you were sure you were not going too. Well you know what Louis Armstrong Sang 'When you smilin', when you smilin. The whole world smiles with you. Yes when you laughin' oh when you laughin'. The sun comes shinin through.

So, what can I say, all get laughing for Llandudno day out and our Strawberry Tea afternoon.

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### 'Managing Your Arthritis'



### Manage Your Arthritis (MYA)

#### Do you have Arthritis?

Book yourself a place on this free six weeks course, we are planning to run the course at Linden House in October.

### Lignocaine Infusions for Fibromyalgia Syndrome

It has come to the attention Wolverhampton Rheumatology Support Groups (WRSG) via one of our members that the treatment of Lignocaine Infusions for Fibromyalgia Syndrome has been stopped. We are further advised this decision has been taken by the Rheumatology Consultants at the Rheumatology Centre, Royal Wolverhampton Trust (RWT).

WRSG will obtain up to date information as to why this decision has been made and will publish our finding in our WRSG Newsletter when available.

We would like to hear from you if you are affected by this decision.

Liz Walker (Chairperson WRSG)

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**Jan Simpson**  
(Vice-Chairperson WRSG)

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

