



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 130

November 2016

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Coffee Morning

Monday 7th November 2016

Christmas Gift Fare

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 Joyce Knibbs

Mobile: 07539949723 (Monday –Friday)

Or

email:jansimpson03@yahoo.co.uk

Coffee Morning

St John's Church in the Square

WV2 4AT Wolverhampton

Friday 28th October 2016

11 00am - 13 00pm

In aid of the

**Wolverhampton Rheumatology Support
Group (Please Support)**

Tea/coffee and homemade cakes and more

WRSB Christmas Lunch

Monday 5th December 2016

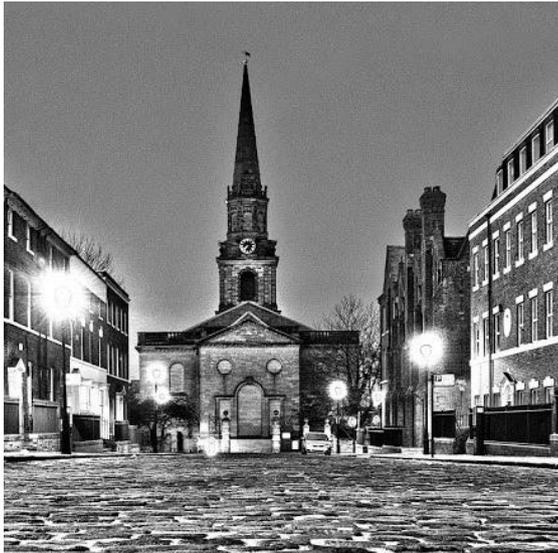
12 30pm for 100pm

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

**Your invitation and menu selection is enclosed
with this Newsletter**



St John's in the Square

You are warmly welcomed to St John's Church in the square for a coffee morning in aid of our WRSG group. Friday 28th October 2016. 11am till 1 00pm.

St John's in the square, Wolverhampton is a lofty church of the late 18th Century with an imposing spire sited just within the central precinct of Wolverhampton.

St John's is a bright church and houses a Rhenus Organ dating back to 1684 originally sold to Christ Church Cathedral, Dublin and then sold onwards to St John's in 1762. There have been many rebuilds and restorations over time. I mention the Organ because if we are lucky the organist may be available on the 28th October to play whilst we are there.

I look forward to seeing as many members as possible.

Membership Renewal (WRSG)

Our annual WRSG membership renewal fee is now due. Single membership £5 Family membership £8 Members joining since January 2016 do not need to renew their membership. Cheques payable to WRSG. Please send cheques to Kath Sankey, 78 Dilloways Road, Willenhall, WV11 3HJ

Outings

Littlecote House

23rd November 2016 Christmas Festive Outing

Please note that for members who have booked to go to Littlecote House, Coach times for departure and pick up points will be given out at the next coffee morning.

MINUTES OF ANNUAL GENERAL MEETING WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP HELD AT LINDEN HOUSE ON THE 19 SEPTEMBER 2016 AT 13.00

PRESENT **GUEST SPEAKERS**

Dr J Dixey (President)
Mary Harding (Director Carvers Marathon)

Liz Walker (in the Chair)
Jan Simpson
Kath Sankey
Sheila Fardoe
Pat Jones
Bhagwant Sachdeva
Balbir Rai

1. **APPOLOGIES;** Joyce & Brian Knibbs, Mary & Derrick Allen, Dr J Bateman, Dr T Sheeran, Dr P Newton, Rob Marris, Jeremy Vanes and Martin Peake.

Liz Walker;

Chairperson, opened the meeting by welcoming members, and Guests speakers, thanking everyone for their continued support of the group.

2 Minutes of AGM September 2013;

Liz advised the minutes for the AGM September 2015 had been agreed as a true record, proposed by Mary Allen and seconded by Kath Sankey.

3 Matters arising from the minutes;

There were no matters arising from the AGM Minutes 2015.

4. Re Election of Committee 2016 – 2017

Committee members listed have agreed to be re-Elected for a further 12 months

Liz Walker Chairperson /Newsletter Editor
Kath Sankey Treasurer
Sheila Fardoe Fund Raiser/Social Representative
Pat Jones Equipment Officer/Pt Representative
Bhagwant Sachdeva Recruitment Rep
Balbir Rai Recruitment Representative / statistics
Jan Simpson Secretary
Mary Allen Outings for the Group

This was proposed by Reg Jones and seconded by Betty Richards.

Please note Joyce Knibbs, Vice Chair and Coffee mornings / Information Sessions has chosen not to be re-elected. This news will be addressed in the Chairperson's report.

5.

Full copy of Chair persons' report;
WOLVERHAMPTON RHEUMATOLOGY
SUPPORT GROUP (WRSG)
CHAIRPERSON REPORT 2016

It is with much pleasure that I give you the 2015/6 Chairpersons report which is the twenty first AGM report for our group the Wolverhampton Rheumatology Support Group (WRSG).

What a year we have had, 2015/2016 has seen the group move forward in so many exciting ways. Our

group is stronger than ever, when a group like ours survives for 22years with increasing membership every year now totalling over 170 loyal members we have much to be proud of.

The following report will cover all events over the past twelve months, representing the hard work of our volunteer committee and highlighting how as a group we continue to achieve our charity objective, which is to support our members all of whom have Arthritis.

We have had several forms of engagement with our members and behalf of our members.

- Coffee Mornings:
- Holidays:
- Outings:
- Newsletter:
- Website:
- Education and Information:
- Buddy Scheme/Help Line:
- Engagement and reporting back from Wolverhampton Clinical Commissioning Group (CCG)
- Engagement with the Rheumatology Centre Cannock Hospital and New Cross:
- Carver Wolverhampton Marathon.

Coffee Mornings

We meet on the first Monday of every Month, venue permitting. The following list demonstrates the diversity of speakers that attend.

September 2015 Wolverhampton Information Network (WIN) Kuldip Khela

October 2015 Hearing and Aids available (Iona Fletcher/Karen)

November 2015 Various Christmas Gifs Stalls

December 2015 Christmas Lunch with the Ashmore Park Choir

January 2016 Orthopaedic Community Assessment Service (Ceri Sedgley)

February 2016 Oils and Aromatherapy (Mary Shipway)

March 2016 Revenue and Benefits (Lisa Bates)

April 2016 Pain Management Team (Mandit, Louise and Andrew)

May 2016 Home Safety/Personal Safety (Lisa Parmar/Jim Smith)

June 2016 Boot's No7 (Nicola/Jade)

July 2016 Dentistry and Arthritis (Caroline Bestwick)

September 2016 Trading Standards/ Bogus Callers (Suzanne Hill)

I would like to take the opportunity to thank Joyce Knibbs our Vice Chairperson for all of her hard work in organising our coffee mornings. Joyce always manages to diversify with very interesting speakers that inform our members with issues regarding their health and safety, and also organises very enjoyable social events. The coffee mornings really are the hub of the group where members can meet and enjoy the companionship of friendships formed by attending coffee mornings. Sharing and Caring is of course our motto and members are able to discuss individual problems, learn a lot from each other and feel supported at a time when they need it most.

It is with sadness that I have to report of Joyce Knibbs decision to retire from our committee. Joyce has been a committee member since 1998. Before joining the WRSG she raised money for the Rheumatology and Orthopaedic wards at New Cross, purchasing Ripple beds, and equipment.

Joyce became the WRSG's fund raiser, outings and holiday organiser. Her achievements are staggering, taking members on holiday in this country and abroad. Her outings included trips all over the length and breadth of the country.

In recent years Joyce has been responsible for organising our coffee mornings and speakers for information sessions. Her final organised holiday was in Paignton last October 2015, members enjoyed this holiday very much including a trip to the theatre, a comedy which had members in tears of laughter. Joyce is a legend and will be missed by us all on the committee, she is however remaining a member and you will still see her at our coffee mornings. "It's time to put your feet up Joyce, enjoy your retirement and on behalf of our members a huge thank you from all of us for your dedication to the WRSG, you have made a lot of people happy".

Thank you also to Balbir Rai and Bhagwant Sachdeva for recording attendance at coffee mornings, Sheila Fardoe for running the raffle and Brian, Tony and Derrick for serving drinks and looking after our members.

Outings

We have enjoyed five wonderful days' out, thanks to Mary Allen's hard work with organising the type of outing that will suit our group. Several members have commented how safe they feel with Mary when they come on our outings. This is a very important point when our group have to consider the safeguarding issues for vulnerable adults.

November 2015 - Day Out to Warner's Alvaston Hall for Christmas Lunch Pantomime.

January 2016 - Pantomime Aladdin (Birmingham Hippodrome)

April 2016 - Trentham Gardens

June 2016 - Llandudno

July 2016 Strawberry Tea (Gunstone Hall)

Newsletters

The Newsletter is published bi-monthly and is an important form of engagement for all of our members. Over the period of 11 monthly coffee mornings we have had a total of 530 members attending events. Although we have on average 48 attending our coffee mornings many of our members are unable to attend due to their disability.

The Newsletter keeps members up to date of forthcoming events, coffee mornings and outings as well as sharing reports from visiting speakers so that members who are unable to attend the coffee mornings can benefit from issues that will assist them in coping with their Arthritis.

September 2015

Jan Simpson, Joyce Knibbs and I attended a '**Clued Up**' event regarding the Care Act 2014. We reported back in the Newsletter about the key principles of the Care Act which are:

- Peoples Wellbeing.
- To put Carers on the same footing as the people they care for.

- New focus on preventing delaying needs for care and support.
- For carers to receive direct payment.
- Assessment.
- Personal Budgets and direct payment.
- Transition from Children to Adult Services.

Wolverhampton Information Network (WIN) Free online information directory (Wolverhampton City Council)

Kuldip Khela submitted a report on the WIN network for the Newsletter that he presented to our group at the September 2015 coffee morning.

The WIN is a free online information search directory.

The service is run by Wolverhampton City Council's Library Services and was officially launched in March 2015. The site can be viewed by typing into your search engine: www.wolvesnet.info

The WIN was designed in close partnership with a range of local stakeholders; representatives from local voluntary and community sector, sector providers and those who use the council services including carers. The web site is available 24hrs a day and 7 days per week and is designed to give Service users more choice and enable them to live their lives much more independently.

Our members have found it very useful. The WRSB has its own page which is regularly updated with details of our group. New membership has been accessed through the WIN site.

September 2015 through to August 2016

I reported on the following issues:

- Trading Standards (Latest Scams)
- Rheumatology Centre New Cross Telephone Advice Line
- Council Tax Disabled Band reduction
- New Consultant Rheumatologist for the Rheumatology Centre
- Mary Shipway and the benefits of Aromatherapy for Rheumatology patients
- Wolverhampton Police: Preventing Crime
- Walking for Health
- Sister Ruth Harper Retirement

May 2016

The May 2016 Newsletter included:

- A personal profile from Doctor Sabrina Raizada (nee Kapoor) appointed as a Consultant Rheumatologist at the Royal Wolverhampton NHS Trust in April 2015.

- A personal profile from Doctor James Bateman appointed as a Consultant Rheumatologist to the Royal Wolverhampton NHS Trust in March 2015.
- WRSB Meeting with the staff of the Rheumatology Centre January 2016. Myself, Joyce Knibbs and Jan Simpson were invited to meet the staff to update them on the work of the WRSB past, present and the future. The meeting was very successful. We discussed online application for membership to the WRSB. Also the possibility of designing a self-management course for patients with any type of Arthritis.
- (OCAS) Orthopaedic Clinical Assessment Service. Ceri Sedgley, Advanced Practice Physiotherapist (APP) visited our group in January 2016, and submitted a report for the May newsletter.

OCAS is a part of the Trauma & Orthopaedic Directorate at the Royal Wolverhampton Hospital Trust (RWHT). The OCAS service provided by APP's provide Clinical Assessment for adults with non-emergency musculoskeletal problems, who have not responded to initial conservative treatment.

Quite a few of our members have benefited from this service and also informed their own GP's of the service with subsequent referral.

July 2016 - Doctor Tom Sheeran (Consultant Rheumatologist)

Doctor Sheeran is the Clinical Lead for the Rheumatology Centre (New Cross and Cannock Hospital). He provided a personal profile outlining his strong interest in Transition Research and his involvement in active clinical trials at Cannock Hospital. Doctor Sheeran is also heavily involved in research in the West Midland. He also runs combined clinics at New Cross for patients with complex overlapping disease in Rheumatology.

WRSB Web Site

The WRSB web site enables a most effective form of recruitment for new members. Martin Peake who is responsible for running our web site, updates the site every month with the Newsletter and upcoming events. Martin has also uploaded our WRSB application form. Many thanks to Martin who continues to be one of our very valuable volunteers.

Education Development - 'Managing Your Arthritis' (Self-Management Programme)

In March 2016, I put a proposal to the Chief Executive (CEO) of WRHT for the WRSO together with members of the Rheumatology User Group (RUG) Cannock Hospital to plan and develop a course for our members 'Managing Your Arthritis'

The rationale for this 6-week programme in self-management is based upon the lack of available course for our members in the West Midlands, the challenges of current priorities for clinicians to provide patients with self-management support and the duty of Health providers to provide self-care and self-management support to help people to better manage their health and prevent illness.

David Laughton (CEO) for the RWHT agreed to fund us with £3000 to plan and develop the course, he also agreed for the trusts medical illustration department to publish the course handbook, and other publications. The course will be accredited by the RWHT Educational Academy. The planning team include professional members of staff from the Rheumatology Centre, New Cross and Cannock and members of the WRSO and RUG.

It is hoped that the course will be available in the spring of 2017 to our WRSO members and patients in Wolverhampton and also for Arthritis Care members and patients in Cannock.

May I take this opportunity to thank everyone who is contributing to the planning of this course, it is a huge commitment but the outcome for all patients will be so rewarding.

Buddy Scheme and Telephone Help Line

The buddy scheme has been operating since 2010. We have recruited 22 new members this year and every new member is nominated a buddy. As with previous years this scheme has proved very rewarding, with new members having the friendship of the buddy at coffee mornings and also as a telephone contact.

The help line is also still operating as a first contact for new members and also for existing members with problems or queries. On average I receive five calls per week.

Engagement with the Wolverhampton Clinical Commissioning Group (CCG)

Pat Jones and I represent the WRSO at the Patient Participation Group (PPG) meetings quarterly. We are informed and feedback to our members of all health issues and planning in Wolverhampton.

- Joint Commissioning for Primary Care
- Patient representative for the Procurement process of Musculoskeletal Services for Wolverhampton. (Liz Walker)
- Health Watch
- E prescriptions
- Accident and Emergency Services
- Patient Access to personal records (GP)
- Models of care for the future GP practices.
- Rapid Response Teams

Engagement with the Rheumatology User Group (RUG) Cannock

Over the past twelve months our involvement with the RUG members has strengthened the relationship with Rheumatology patient groups for New Cross and Cannock. This is an important issue for both New Cross and Cannock which are now one Rheumatology Centre. WRSO members and my own personal experience of services offered at Cannock Hospital have been extremely positive. It is becoming far easier now to accept the concept of one Rheumatology Centre. Negative feedback regarding travel and losing identity for both Departments is fast diminishing.

We are regarded as having the best Rheumatology Centre in the whole of the West Midlands with highly regarded research initiatives. We are so lucky to have this service.

Donations for the WRSO

The WRSO were beneficiaries of deceased former member Mr William Pitt.

The sum of £10,000 will enable the WRSO to provide many more services for our members including part funding towards the provision of the 'Managing Your Arthritis' course.

This year we received £275.80 from our members,

- £64.80 St Michaels and all Angels church
- £55 Viv Worrall Walking Group
- £51 Scarves, jewellery and Slippers Phyllis Vaughan and Gwen Turton
- £25 Ann Evans
- £25 Terry Mackriell
- £25 Ashmore Park
- £20 Christine Groves and P Holt
- £20 Anonymous member

Carvers Wolverhampton Marathon 2016

2016 was the Carver Wolverhampton Marathon's 19th year of major sponsorship. The WRSO are extremely privileged to have been chosen as one of the three charities to receive funding from the event. Compton

Hospice and the Haven were the other chosen charities as well as the Mayor's charity.

This prestigious event took place on Sunday 4th September 2016. The WRSG held two stalls in West Park to promote our group and also to raise monies from a tombola event. Jan Simpson, Kath and Tony Sankey, Irene Janos and myself manned the stalls and had a wonderful but very tiring day. £85.50 was raised on the tombola stall.

We had one runner in the 10K race Conah Walker who raised £167.66 and Bagwhant Sachdeva and Balbir Rai who completed the 3K walk in the park and together raised £170. We also raised £35.00 on name the teddy and in total on the day we raised £420.

Thank you also to all of the 21 WRSG volunteers who marshalled the marathon route. Without all of the volunteers on the day and those behind the scene organising the event the marathon wouldn't have been possible.

I will report the amount of funding from the actual marathon fund later in the year, but I can say with confidence that the funding will be of great benefit to the group and our ongoing activities.

In conclusion I would like to thank all of our committee members for their hard work over the past twelve months. In particular Jan Simpson our secretary who works so hard for the group and also supports me with all of the new initiatives that we are striving so hard for. Finally, a huge thank you to you our loyal members, without you we would not exist, you make it all worthwhile.

**Liz Walker (Chairperson WRSG)
September 2016**

6. Nominations; Liz requested nominations for the post of a Coffee Morning / Information Officer on the forms that had been handed out at AGM.

Nomination forms will also be sent out with the Oct /Nov Newsletter.

All nominations are requested no later than 08 November 2016.

7. Treasurers Report; Tony gave everyone a copy of the treasurer's report on behalf of Kath Sankey;

**ANNUAL ACCOUNTS 01 SEPTEMBER 2015 – 31
AUGUST 2016**

| | | | Opening Balance 01 September 2016 £6855.20 |
|----------------------|---------------|--------------|---|
| INCOME | AMOUNT | TOTAL | BALANCE |
| Subs | 734.00 | | |
| Donations | 10275.80 | | |
| Grants | 0.00 | | £ 6855.20 b/forward |
| Fund Raising/outings | 4552.20 | 15562.00 | £15562.00 |
| Sundries | 0.00 | | £22417.20 |
| EXPENDITURE | AMOUNT | TOTAL | CLOSING BALANCE |
| Postage | 459.63 | | 31 AUGUST 2016 |
| Stationary | 150.74 | | |
| Link Line | 0.00 | | |
| AGM | 375.00 | | |
| Fund raising/Outings | 2841.86 | | |
| Sundries | 0.00 | | |
| Expenses | 3960.18 | | |
| Travel | 33.40 | | |
| Printing/Photo Copy | 596.50 | | |
| Education (MYA) | 181.94 | 8599.25 | £13817.95 |

Kath Sankey (Treasurer WRSG)

8. Dr Josh Dixey; Vice President and Rheumatology Consultant;

Dr Dixey began by thanking us for inviting him to our AGM.

What a Wonderful turnout, it is an honour to be President of such a successful Support Group. Congratulations on the fundraising, you have done really well. As for the work on the MYA course, thank you to Liz and Jan, they are being modest, they have put a lot of work into it.

A National picture of the National Health Services is always in the news, there is a funding squeeze. New Cross is overspent this year and needs to make cuts. I

feel very sorry for the Junior Doctors caught in the middle of this argument. Let's hope it gets settled quickly.

Rheumatoid Arthritis moves forward, there is more treatments available for patients. October 2014 New Cross and Cannock Hospital amalgamated, it has been 2 years, it would have nice for things to have progressed a little quicker. However a new day unit and Rheumatoid Arthritis unit opened in October 2015.

There is no question about Rheumatology being cut back, moved or closed at Wolverhampton, the unit here will remain, we may move into a new building but not from the New Cross site. As you know Ruth Harper retired after 18 years as a Rheumatoid Arthritis Clinical Nurse, we worked closely together for many years, she will be missed. However, two new Clinical Nurses have joined us, Emma and Vikki. We may have more join in the near future.

Dr Al-Allaf has been away from us for a few months, but we are hoping he may be back with us at the end of January 2017.

You all know about the New Cross help line, it has been struggling to cope due to the awful lot of calls received. I think, and hope, you will notice an improvement, as recently we have had volunteers helping to answer the phone.

Future development in our field are moving along, we may possibly have new consultant within the next 12 months but with the climate as it is this cannot be guaranteed.

It is wonderful to have the WRSG support. You have a strong voice within the hospital, you are a very impressive group giving valuable support. WRSG has a phenomenal record to have over 170 members is really very good indeed.

I would also like to say Dr James Bateman is very impressive and a great asset to Rheumatology, I am sorry he could not be here today.

9. Mary Harding – Guest Speaker Wolverhampton City Carver's Marathon Organiser

I am so pleased to be here; Rheumatoid Arthritis is close to my heart. Years ago my mom had RA with no support group like this one. I was delighted when WRSG was chosen as a charity to benefit from Carver's Marathon this year.

I have a background of 30 years of throwing, shot put, hammer throwing and more, however I have given up competing, but am still heavily involved with sport.

I am President of Bilston & Wolverhampton Athletics Club, so these days I am involved in encouraging others to take up a sport. Of course I am still fundraising.

In 1998 the late Roy Carver invited me to be involved in organising the Carver's Marathon. I accepted his invite and have been doing it for 19 years, for the past five years I have been chairperson.

Roy's express wish was for the Marathon to continue and support local charities. So that is exactly what we do. I have not taken any time off so since the 2016 marathon, come January 2017 we shall be well on the way to organising our 20th year

WRSG put a lot of hard work into giving support to members, so it was lovely you were chosen. The sum awarded to the chosen charities will be announced on Monday 05 December 2106, in the Mayor's Parlour when the cheques will be presented. It would be lovely hear what the group do with the money.

As I have said Rheumatology Support is close to my heart, the last time your group benefited from the Marathon was in 2007. I do not choose beneficiaries, so I was extra delighted when the vote for WRSG was unanimous.

Mary left a few copies of the marathon history, please contact Jan Simpson if you would like a copy.

10. Health Watch;

Liz explained to members present that she had been approached by Health Watch to come along to a coffee morning to talk about 'End of Life'. Liz said she was aware this was a sensitive subject and so would like member's opinions and to say if they would want this subject talked about at a coffee morning or not? Everyone present said they would not be offended by a talk on this subject and agreed it would be an acceptable subject for an information session.

Liz opened to the floor and asked if anyone would like speak;

Reg Jones advised that he had recently attended a Pensioners Committee Meeting in Birmingham and learned that the Government are planning to cut or even stop Attendance Allowance. Reg said the advice given at the meeting was for everyone in receipt of this benefit to write to their MP objecting to any cuts or the benefit being stopped.

WRSG were not aware of this, so will make enquiries and keep members advised accordingly.

Close of Meeting