



WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 113

NOVEMBER 2013

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Membership Renewal Reminder

WRSO membership renewal fees were due for 2013/2014 on the 1st June 2013.

Because we are a non-profit making group we are keeping the fees at the same level for members £5 for single membership and £8 for family membership.

New members who have joined the group since January 2013 will not have to renew their membership.

Cheques made payable to the **WRSO** and forward to our Treasurer.

Mrs Kath Sankey
78 Dilloways Lane
Willenhall
West Midlands
WV13 3H

Dates for your Diary

Linden House

I would like to remind members that the doors to Linden house on our coffee mornings will not be open until 10 20am. Unfortunately the staff are so busy that they will not be able to allow access before this time.

May I also remind members to return their invitations for the coffee mornings or email or telephone Joyce Knibbs. It is a requirement that we give numbers to Linden house before the event.

Coffee Morning

Monday November 4th 2013

10 30am-12 30pm

(Doors Open 10 20am)

Linden House
211, Tettenhall Road, Wolverhampton.
WV6 0DD

(Christmas Gifts)

**Please reply to Joyce Knibbs by post, or
Telephone 07539949723 (Mon Friday)**

Joyce Knibbs 623 Cannock Road, Fallings
Park, Wolverhampton WV10 8PH

E mail: joyceknibbs@gmail.com

**Invitations are enclosed with this
Newsletter**

Christmas Meal

Three course Christmas Lunch

Monday 2nd 2013

12 30pm for 1pm

Linden House
211, Tettenhall Road, Wolverhampton.
WV6 0DD

Please reply to Joyce Knibbs post
Telephone or E mail
joyceknibbs@gmail.com

Joyce Knibbs 623 Cannock Road, Fallings
Park, Wolverhampton WV10 8PH

Mobile: 07539949723 (Mon – Fri)

**The WRSB are subsidising the cost of the
meal for members.**

**Members £10 00
Non Members £13 75**

**Invitations and menu enclosed with this
Newsletter**

Entertainment with Mathew Richards

Forthcoming Coffee Mornings

(2014)

January 6th 2014 Bring and Buy Sale

OUTINGS

Unfortunately the outing to the Symphony Hall is for the Christmas Concert is cancelled. The Symphony Hall have let us down with reserved Disabled seating.

Joyce has however organised a trip to the Birmingham Hippodrome to the Pantomime Sleeping Beauty (mattinee) for Thursday 9th January 2014.

Tickets are based on two for one and Joyce has a few seats still available please contact Joyce using the details above.

Bodelwyddan Castle, North Wales

Turkey and Tinsel Holiday Bodelwyddan Castle 9th – 13th December 2013. Joyce will be giving details of coach leaving times in November.

Coffee Morning in aid of the WRSG

St Johns in the Square Church

Friday 22nd November 2



St Johns in the Square, have chosen the WRSG as their charity for November and will be holding a coffee morning for us from 11am until

1pm on Friday 22nd November 2013. £2 entrance fee.

We hope as many of you as possible will support this event, there will be coffee/tea and homemade cakes. There will also be some plants on sale.

Look forward to seeing you there
St Johns Square
Wolverhampton
WV2 1DT

ANNUAL GENERAL MEETING

Chairperson Annual Report WRSG

2012/2013

Liz Walker (Chairperson)

The WRSG Annual General Meeting is the ideal forum for us all to reflect upon our last year as a support group for all of our members. I have much pleasure in presenting the Chairperson report for the group and to confirm once again of our continuing success in achieving the original objective of the group which is to support member of Wolverhampton and surrounding district who have Arthritis.

It is now twenty years since the WRSG was first founded with Carol Boneham as Chairperson and Dr Paul Newton (Consultant Rheumatologist) as President. I do believe that Dr Newton is the longest serving member of the group. The changes that have taken place over these past twenty years in the management and treatment of Arthritis are profound changing the face of Rheumatology inpatient and outpatient profiles significantly.

However, despite the progress in the treatment and management of Arthritis the multifaceted effects of Arthritis upon the individual sadly remain the same, by this I mean life changing

effects such as pain, depression, anxiety, problems with mobility and loss of self-worth. This is why the WRSg's initial objectives remain so important and that the group work closely with Health, Social and Voluntary Services to provide support to our members and to assist them throughout their journey of coping with the effects of Arthritis.

Objective: To support our members.

Our membership numbers this past year have reached 183 which is an all-time record for membership. We continue to support our members with various forms of engagement. Our coffee mornings held on the first Monday of every month are very successful with over a third of our membership attending here at Linden House.

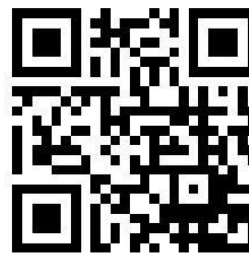
Personal one to one interaction is obviously the best way to engage with our membership but for a significant proportion of our members; attending the coffee mornings is impossible. For the past 2 years we have operated the Buddy Scheme and all new members are nominated a buddy to relate to. The scheme is very successful allowing the individual member to interact on a one to one basis with their buddy who can be either a member of the committee or a nominated member. The scheme is constantly reviewed and we will certainly continue over the next year hopefully with more volunteers from our membership acting as buddies. The scheme operates a strict policy with guidelines for buddies.

The WRSg Newsletter continues to be the universal method of engaging with our membership. The Newsletter is published every two months.

Pat Jones and I continue to operate the WRSg Help Line from our homes. The use of the Help Line is considerably reduced however following the introduction of the buddy scheme.

The WRSg Web Site operated by Martin Peake (www.wrsg.org.uk) reaches a wider audience and features all of the WRSg Newsletters, details of coffee mornings, holidays and trips. The web site also has links to other useful web sites. We are attracting more and more membership from this engagement. Martin's latest contribution is the WRSg QR code scanner which can be downloaded with the smart phone or other suitable device and will take you directly into the WRSg Web site. My thanks to Martin for his valuable time and expertise.

WRSg QR Code



<http://www.wrsg.org.uk>

The latest development this year is the inclusion of the WRSg in the Patient Partnership Group for the Wolverhampton City Clinical Commissioning Group. Pat Jones (Committee Member) represents the WRSg and Rheumatology and will give feedback to the WRSg of the activities of the group. Our membership views and experiences of Health Services in Wolverhampton are extremely important and Pat Jones is very happy to represent our members in this Patient and Public Engagement Forum.

Objective: 'To facilitate Education and Information –Challenging Arthritis Course

Our application for funding from the Midcounties Co-operative Community Foundation was approved in 2012. A grant of £1500 enabled us to purchase a Challenging Arthritis Course from Arthritis Care UK. The course was held at Linden House and 14 of our members attended in June /July 2012 for 6 weeks.

The course provided support, understanding and interaction with fellow members all of whom have experienced similar problems of life and coping with Arthritis. The course enables members to develop a greater understanding of their condition and teaches valuable coping strategies for dealing with the negative aspects of the disease such as pain, anxiety, loss of mobility, depression and self-worth.

Our thanks go to Julie Hibbs and her colleague Sally Watts who managed the course, we have had very positive feedback from members who attended the course and the benefits members gained from having a greater understanding of their Arthritis and how to self-manage their condition more effectively.

I am currently looking to apply for a further grant to repeat the course during this next financial year. I am totally committed to the concept of self-management and will hopefully continue with this theme for our next year using the coffee morning forums and other initiatives to promote self-management skills.

Information Sessions

What a successful year we have had. During the past year we have organised several professional information sessions as part of our

coffee mornings to inform our members about issues relating to their Arthritis.

July 2012 Pat Gutteridge (WPCT)

Pat gave a very interesting talk followed by an article in the WRSNG Newsletter on Arthritis and Dental Health.

September 2012 Debbie Mitton (Senior Clinical Nurse Specialist Rheumatology)

Debbie Mitton's information session included the changes over the years in the treatment and management of Rheumatoid Arthritis.

October 2012 Mary Shipway

A welcomed return with Mary giving a talk on Reiki (Natural Therapy) followed by an article for the WRSNG Newsletter.

February 2013

Liz Walker (Arthritis Work Shop The Pain Cycle)

The Pain Management Workshop was held at our WRSNG coffee morning 4th February 2013 at Linden House. The justification for holding such a work shop was a direct response to our member's experiences and feedback from the last workshop held in 2012 where the question was asked 'What does Arthritis Mean to You?'

The member's responses have been well documented in previous Newsletters and included Pain and Discomfort as the top response. It was therefore felt appropriate to hold a second workshop on Pain Management.

Fifty one members attended the workshop and we worked in six groups. We also had the pleasure of welcoming seven Student Nurses from Wolverhampton University who spent the day with us as part of their Community Nursing Experience.

The Students experience was a pleasure to observe with each Student taking part in the workshop and gaining valuable insight and knowledge of Arthritis and how our members cope on a day to day basis.

March 2013 Tina Lloyd (Gentle Exercise for the over 50's)

The members so enjoyed this session Tina was so inspiring and had everyone taking part at our March Coffee Morning. My thanks go to Carrie John (Director of Community Relations Sunrise Senior Living) for sponsoring this event.

May 2013 Mary Stott (Senior Sister Wolverhampton Eye Infirmary)

Mary gave a very interesting talk on Arthritis, Dry Eye Syndrome and Sjogrens Syndrome. Mary reinforced all of this useful information in an article for the WRSB Newsletter.

July 2013

Julie Hibbs (Arthritis Care UK)

Following on from the February 2013 Workshop on the Pain Cycle Julie very kindly gave a session of coping with Pain and Fatigue. The work shop was very well received by our members and Julie finished her talk with a relaxation session.

Objective: Caring is Sharing Social Network

Our monthly coffee mornings held here at Linden House on the first Monday of every month are continuing in their popularity. Thanks to Joyce Knibbs our Vice Chairperson who is responsible for booking guest speakers and liaising with Linden House we are able to facilitate for all our members interests.

Our Christmas meal held in December 2012 was a huge success with 82 members enjoying a first class meal. As usual we had our very own Father Christmas (Tony Sankey) and his willing helper (Brian Knibbs) Thanks also to Nicky Fardoe for entertaining our members with her Clarinet.

Thanks to Viv Worrall who was responsible for the WRSB outings, our social calendar this year included trips to:

Weston Super Mare in July 2012.

Trentham Gardens Shopping Village and Garden centre in October 2012

Southport in June 2013

Essington Fruit Farm August 2013

Viv has also organised a trip for our members to The Houses of Parliament in September 2013.

Viv also represented our WRSB members in July last year to assess the suitability of the Marco Polo Cruise ship at Tilbury Docks. After two nights on the ship the outcome was that the ship would not suit our members due to poor access etc.

Viv is retiring from the WRSB Committee this year I am sure that all of our members would like to say a huge thank to Viv for her hard work and the pleasure she has given to so many members during her time on the Committee. Thank you so much Viv.

Joyce Knibbs organised a Turkey and Tinsel Holiday in November 2012 at Bembridge Coast Hotel, Isle of White. A very jolly time was had by everyone, the free bar from 12 till 12 helped!!

Joyce is organising further Christmas festivities for this year including another Turkey and Tinsel Holiday at Bodellwyddan Castle and our

annual Christmas Meal here at Linden House all in December.

Grants and Donations

What a hugely successful year we have had, Kath Sankey and I have enjoyed working with Karen Argyle from the Birmingham and Black Country Community Foundation to secure funding for the WRSB.

Mid Counties Co-operative £1500 to fund the Challenging Arthritis Course

Sports Relief £1000 to fund coffee mornings, rent to Linden House and Speakers.

Coventry Building Society £1014 to fund the WRSB Newsletter publication and postage costs.

Price Waterhouse Cooper £500 to continue to fund the coffee mornings (rental for Linden House)

George and Vera Bryan Family Fund £850 to purchase a new Lap Top, Printer and supporting software for the WRSB to assist in the publication of the Newsletter and Administration.

Comic Relief £1040 which enabled us to purchase two Tai Chi Courses. The first course held in April at Linden House featured Master Tary Yipp from the Deyin Taijiquan Institute (GB).

The course was hugely successful with all 21 members benefiting from the planned exercise.

The benefits of the course are:

- Improve your immune system
- Improve your body alignment & balance control

- Effectively prevent heart disease, and strengthen the heart.
- Improve your concentration and memory
- Improve your suppleness and joint flexibility
- Increase muscle tone & stamina
- Build up your positive thinking and find your inner smile

The next course is due to be held in October 2013. Kath Sankey and I will also apply for further funding from Comic Relief to hopefully continue with tai Chi for next year.

In conclusion

We have had another very busy and successful year, may I take this opportunity to say thank you to everyone who has contributed their time and expertise to the WRSB without you it wouldn't be possible. Thank you to our President Dr Paul Newton and Vice President Dr Josh Dixey for their continuing support, and to our professional speakers for their valuable input.

Thank you to the WRSB Committee who have worked tirelessly this past year and also to Tony Sankey and Brian Knibbs who are so supportive. Also to Ann Pengally and Mary Allen our member buddies.

And finally to you our members, thank you for supporting us, your motivation, friendship and commitment to the WRSB are the reason for our success.

**Liz Walker (Chairperson
WRSB)
September 2013**

**A Full Copy of the AGM
Minutes held
9th September 2013 are available**

WRSG

Trip to Westminster Houses of Parliament September 19th 2013



Here is our group enjoying a wonderful day in London. Viv Worrall who organised the trip is the proud owner of the umbrella! (Just so we could see her)

Many thanks to Viv for a lovely day out. The weather was perfect, the tour of the Houses of Parliament most interesting and our tour of London with commentary from our coach driver was first class.

The X-tra factor



Isobel (Liz's granddaughter) with X factor Jo Whelan

I just had to share this with you all, many of you know Isobel my youngest granddaughter. Isobel works hard for the WRSG every Newsletter edition ready for distribution she takes on the bulk of the work, folding, stamps, address labels, she knows you all by name.

This picture was taken with X factor contestant Jo Whelan who sends his good wishes to our WRSG members.

Thank you Jo so sorry you didn't get to the live finals. But you did Wolverhampton proud.

Best Wishes to all our members, I look forward to seeing you at the next coffee morning.

Liz Walker (Chairperson WRSG)

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