



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Editor: Jan Simpson

Email: [info.wrsg@mail.com](mailto:info.wrsg@mail.com)

### **EDITOR:**

Jan Simpson

Tele: 01902 835248

Email; [info.wrsg@mail.com](mailto:info.wrsg@mail.com)  
[jansimpson03@yahoo.co.uk](mailto:jansimpson03@yahoo.co.uk)

Web: [www.wrsg.org.uk](http://www.wrsg.org.uk)

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### **COFFEE MORNINGS**

**Monday 02 November 2020**

Once again I am sorry to say that we are unable to hold our November Christmas sale coffee morning. Also I am also cancelling our December Annual Christmas meal.

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### **AGM**

Following the AGM notes in the October Newsletter, I would also like to thank everyone that took the time to

contact me regarding the re-election of the committee.

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### **Coronavirus Update**

The Government has announced Wolverhampton is tier 2, 'High Alert' due to the rising numbers of cases in the City.

Some say the instructions are confusing, so I will attempt to make them clearer for you.

As from 22 September 2020, you must not allow people you don't live with or who are not part of your bubble into your homes, this includes pubs, restaurants and other indoor venue. You must not visit people you do not live with or who are not part of your bubble in their homes or garden, either in Wolverhampton or elsewhere. This applies everywhere in the country not just in area where local restriction apply.

Only essential visits, such as from carers, are allowed. You may continue to meet family and friend outdoors as long as there are no more than 6 people.

A Support Bubble is where a household of ONE person joins another household for support /company, you may stay overnight. People in your bubble are allowed to visit you and you are all able to visit public places together as long as you are social distancing from everyone else. A bubble is not two or more households meeting up with that one person. Once you have decided which household is your 'bubble' you cannot change to another household just when you feel like it.

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### **Membership Renewals**

This has been an unusual year for the WRSB, we have done our best to keep in touch with you all, so I would like to add a reminder to members that the annual renewal were due in September, if this is an oversight you are not too late to renew your membership you have until the end of December 2020.

### **Hands, Face and space.**

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### **Live Vaccine**

I have been asked to remind members who are on biological drugs for Rheumatoid Arthritis, that if your dog is due a vaccine or booster for kennel Cough, it is a 'live' vaccine and so could cause you some issues. If you are not sure about your medication it is advisable to ring the New Cross help line for advice prior to taking your dog to the vets.

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### **Able Community Care**

I have been contacted by Able Care, they can provide a live in care package in your own home as an alternative to maybe going into a residential home. In case anyone is interested, I have looked at their website and can see that the prices average £15 to £20 per hour. They state an average care package at £17.50 per hour for 56 hours per week equals £980.

[www.ablecommunitycare.com](http://www.ablecommunitycare.com)

email; [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com)

Telephone; 01603 764567

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### **Ring and Ride**

Ring and Ride are operating Monday to Saturday, 08.30 to 15.30; No Sunday Service. The office are now taking registrations; Ring 01902 425788.

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### **Stay Safe Everyone**

Jan Simpson  
Chairperson / Editor

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

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