



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 136

November 2017

Editor: Liz Walker Tel: 01902 563751

Email: lizwalker_wrsg@hotmail.com

EDITOR:

Liz Walker

Tele: 01902 563751

Email:

lizwalker_wrsg@hotmail.com

Web: www.wrsg.org.uk

78 Dilloways Lane, Willenhall, West
Midlands. WV13 3HJ

Cheques made payable to the WRSB

(Please note that new members joining the
WRSB since January 2017 do not need to
renew their membership)

CONTENT

- **Dates for your diary**
- **WRSB 2017/2018 Subs**
- **Coffee Mornings**
- **Outings**
- **Minutes of the AGM**

Important Message

WRSB Membership Renewal

Membership fees for 2017/2018 are now
overdue.

£5 per single membership

£8 per family membership

There are no increases to our membership
fees for 2017/2018.

Please send your membership fees to
Kath Sankey:

Coffee Mornings

Monday 6th November 2017

Christmas Gift Fair

10 00 till 12 00

(Doors open 9 50)

Linden House

211 Tettenhall Road

Wolverhampton WV6 0DD

(Please come along to our Christmas
Gift fair we will be having a selection of
gift stalls for you to purchase some of
your Christmas gifts at reasonable
prices.)

**Coffee Morning
Monday 4th December 2017**

**WRSB Christmas Lunch
12 30pm for 1pm**

Linden House
211 Tettenhall Road
Wolverhampton
WV6 0DD

Please note that reservation for the WRSB Christmas Lunch must be made before 24th November 2017. Jan Simpson will be bringing some forms to the next coffee morning on Monday 6th November 2017 if you still wish to order your meal.

£12 for members

£15 for guests.

Enquiries to Jan Simpson 01902 835248

**Coffee Morning
Monday 8th January 2018**

**Connect Health
Andrew Oliver (Service manager)**

Musculoskeletal Services

(This coffee morning is a very important meeting with Andrew Oliver for Connect Health and the future of Musculoskeletal services for Wolverhampton and Cannock. If any members have already been referred to this service, we will be very interested to hear their views)

**Outings
Christmas Day Out
Wickstead Park**

Tuesday 21st November 2017

(Please note the coach for this outing will be leaving at the following times:

Falklands Street Coach Park 9 15am

Bilston 9 30am)

**Cinderella Pantomime
Birmingham Hippodrome
11th January 2018**

This outing is now full if anyone wishes to go on a waiting list Mary Allen will be taking names

£22 per person (including coach)

Mary Allen 01902 685683

**Minutes of the
Annual General Meeting
Monday 18th September 2017**

**MINUTES OF ANNUAL GENERAL
MEETING
WOLVERHAMPTON RHEUMATOLOGY
SUPPORT GROUP
HELD AT LINDEN HOUSE ON THE 18
SEPTEMBER 2017 AT 13.00**

PRESENT

GUEST SPEAKERS

Liz Walker (in the Chair)
Dr S Raizada
Jan Simpson
Rheumatology Consultant
Kath Sankey
Tracy Cresswell
Sheila Fardoe
Community Engagement/Volunteer Co-ordinator
Pat Jones
Balbir Rai
Mary Allen
Copies to; Dr J Dixey

Dr P Newton

APPOLOGIES; Dr J Dixey, Dr J Bateman, Dr T Sheeran, Bhagwant Sachdeva.

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

1. Minutes of AGM 19 September 2016; Liz advised the minutes for the AGM September 2016 had been agreed as a true record, proposed by Bhagwant Sachdeva and seconded by Balbir Rai.

2. Matters arising from the minutes; there were no matters arising from the AGM Minutes 2016.

3. 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/Patient Representative
Bhagwant Sachdeva
Recruitment Representative
Balbir Rai
Recruitment Representative / statistics
Jan Simpson
Vice Chair / Secretary
Mary Allen
Outings for the Group

This was proposed by Peter Boneham
and seconded by Brian Knibbs

**4. *Full copy of
Chair persons' report;***

**WOLVERHAMPTON RHEUMATOLOGY
SUPPORT GROUP (WRSG)
Chairperson Report 2017**

It is with much pleasure that I give you the 2016/2017 Chairpersons report which is the twenty second AGM for our group the Wolverhampton Rheumatology Support group. (WRSG).

The following report will cover all of the events that have taken place over the past year. Another busy year for the WRSG where we have continued to meet the primary objective of our group which is to support members all of whom have

Arthritis. In addition to this we have also achieved some very exciting initiatives. The group continue to recruit members and currently membership stands at 170 members. I am extremely proud of our track record; we have survived as a charity for over twenty-two years sustaining our own funding without any assistance from local or central government. There are so many charities that have fallen by the wayside but our group remains extremely strong due to the support and loyalty of our members and I would like to thank you all for your continuing support.

Engagement with our members

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

- Coffee Mornings
- Outings
- Newsletter
- Website: www.wrsq.org.uk
- Buddy Scheme/help line
- Wolverhampton Clinical Commissioning group (CCG)
- Health Watch
- Rheumatology Centre Cannock & Wolverhampton
- Rheumatology User Group RUG Cannock Hospital
- Wolverhampton Information Network (Wolverhampton City Council)

Coffee Mornings.

We meet on the first Monday of the month at Linden House. Approximately 45 to 55 members attend every month. The numbers are increasing all of the time which is very encouraging. We do try very hard to invite a diversity of speakers, not only to address issues that pertain to our arthritis but to provide some social entertainment as well.

September 2016

Suzanne Hill from Trading Standards gave a very interesting talk on your rights with respect to purchases that are fit for purpose. Suzanne also covered bogus callers at your door, and on the telephone and for us to be aware of how plausible these people are and how to avoid potential involvement.

October 2016 Oakhouse farm foods visited us to discuss their portfolio of meals for delivery to your home. Several of our members use Oakhouse and are pleased with the variety of meals and the quality of nutrition.

November 2016

As usual our November coffee morning hosted a Christmas gift fair with a variety of gift tables.

December 2016

Our traditional Christmas lunch with 171 members and guests attending. Linden House provided a beautiful meal with very attentive serving staff. It was unfortunate that our entertainment was cancelled at the last minute due to a bereavement but Mr Bott our host stepped in at the last minute and provided us with entertainment on the piano with carols.

January 2017

We started the New Year off with a very sensitive topic. Lesley Fellows from the Wolverhampton Clinical Commissioning Group (CCG) reported on the 'End of Life Strategy' for Wolverhampton. This topic was very well received by our members who welcomed the initiative.

February 2017

Light relief in February with Deborah Sahota from 'Exercise for Life' Deborah

conducted a class of gentle exercise with some Tai Chi. the members loved it.

March 2017

Another enjoyable coffee morning with a demonstration by Angie Bellingham of copper jewellery for Arthritis, a WRSG tombola and a fun quiz designed by Sheila Fardoe. We ended the morning with a short talk from Jit (CCG) on 'Keeping Well in winter' Jit also covered keeping warm, using your local pharmacist for advice, NHS 111 and Patient Online Access.

April 2017 Another visit from Trading Standards with Suzanne Hill and Heather Dunn advising members of Consumer rights, Scams and safe purchases.

May 2017

John Chapple a solicitor gave the most interesting talk on 'Power of Attorney' John used role play which made the whole presentation so much more entertaining. We all learned a lot and the topic gave us food for thought.

June 2017

Tracy Cresswell (Community Engagement/Volunteer Coordinator) for Health Watch Wolverhampton came along to our coffee morning to update us on Health and Social care issues in our City.

July 2017

Something different this month, a fashion show by Victoria fashions. A pleasant morning.

August 2017

Holiday break

I would just like to thank the committee for their ideas and contribution with the organisation of our coffee mornings. We do miss our Joyce Knibbs since she retired, Jan Simpson has stepped

into the breach with organising speakers etc: thank you Jan.

Outings

Mary Allen, despite her difficult year with health issues has organised our outings which have been very well received by our members. Thank you Mary for your continuing support

- November 23rd 2016
Littlecote Hall Wiltshire.

Forty-Nine members enjoyed a wonderful day at the Warner's Littlecote Hall. We were treated to a Christmas meal, carols in the great hall and a pantomime.

- 5th January 2017
Birmingham Hippodrome

Mary organised for a full coachload of members to the pantomime Dick Whittington in Birmingham. Very enjoyable.

- 24th May 2017-day trip to
Southport

A lovely sunny day out at the seaside (even though you couldn't see the sea the tide was so far out!) Despite this our members had such a good time, some lovely snap shots of the day. The trip was subsidised by the WRSG the cost only being £5.

- 18th July Strawberry Tea,
Gunstone Hall

Huge thanks to Pat and Les Jones for opening up their lovely home and gardens for our annual strawberry tea. Pat's friends and neighbours really looked after us well. Thank you to the committee for providing sandwiches and cakes, as well as the strawberries.

Newsletter

The newsletter continues to be our main vehicle of communication to all of our members. Although our coffee mornings are really well subscribed there are so many members who are unable to attend and the newsletter is so important to them.

The newsletter is published bi monthly and advertises forthcoming events, reports of visiting speakers and an overview of their presentations, contact numbers etc.:

Current affairs were covered for example: The Department of Work and Pensions, updates on Disability Living allowance and Personal Independent payments and how these may affect our members. Mobility car schemes etc.:

News from the Wolverhampton Clinical Commissioning group (CCG) includes updates on current plans for Health Care for Wolverhampton residents. 'Better Health Care Sustainability and Transformation Plans' (STP), working to provide regional specialities. We await more news on this front.

Patient Choice for increased options for NHS treatment through your GP

Changes to GP practices in the community with the formation of vertical models to the Royal Wolverhampton NHS Trust and other GP's practices merging to provide GP Hubs

Musculoskeletal Services

Following a robust procurement process, WCCG Governing Body approved the award of the Integrated MSK Service to Connect Physical Health Centres Ltd in November 2016. Connect Health commenced in April 2017.

The new service promises to deliver an integrated service model with the overall aim of providing a multi-disciplinary team approach for the non-surgical care of people with a musculoskeletal condition, which must ensure that high quality, safe and sustainable services are delivered for patients. It claims to:

- Access is via a single point of access through your GP
- Delivered locally, based within existing community settings
- Integrated using a 'one stop shop' model
- Consultant led with multidisciplinary teams to deliver care
- Promoting effective communication with other persons/organisations also involved with the patient, throughout the patient's journey

We invited Connect Health to come along to our September coffee morning, unfortunately Andrew Oliver (Service manager for Connect Health) apologised to us but was unable to attend. Andrew explained that they were in the process of acquiring the services of a Consultant Rheumatologist and that their rheumatology service was under internal review. As such Andrew thought it best to cancel his talk because he wouldn't be able to answer questions that members would be putting to him. Andrew will rearrange his session for us.

WRSG Website

www.wrsg.org.uk our web site is managed by Martin Peake a volunteer. Martin updates the site every two months with the Newsletter and forthcoming events. Online membership forms are also on the site and we do recruit from this. I am so grateful to Martin for his continued support.

Wolverhampton Information Network (WIN)

Kuldip Khela from the City Council (WCC) continues to support our group and the WRSG has a page on this network which we also update every two months. Again there are online membership forms on this site for recruitment to the WRSG.

Buddy Scheme/Help Line

The buddy scheme for all new members continues to be successful. Having someone to communicate with initially is reassuring. Buddies who are members of the committee work closely to the guidelines of the WRSG. Liz Walker, Pat Jones and Jan Simpson continue to offer the WRSG help line. Jan Simpson deals mainly with new member's applications.

Engagement with the WCCG and Health Watch have been covered earlier in this report.

Liz Walker and Pat Jones will continue to represent the WRSG at the CCG Citizens Forum and Patient Participation meetings.

Engagement with the Rheumatology Centre.

In November 2016 I was invited to represent the WRSG for the Peer review of the Rheumatology Centre by a Derbyshire Health Authority Rheumatology Department. It was an interesting experience and I was able to discuss how support groups like ours interact with the department.

On the 7th July 2017 myself, Jan Simpson and Joyce Knibbs were invited by Dr Raizada to give a presentation of the WRSG to a junior doctor's training day in the Wolverhampton Rheumatology

Department. The session evaluated well and I have had subsequent dialogue with one of the registrars that attended the day.

Engagement with the Rheumatology User Group RUG

RUG meet at Cannock hospital every four months. The group are represented by the clinicians and patient representation. I represent Wolverhampton and the WRSG. It is interesting to see how this group operate, the main agenda covers Rheumatology services offered by Cannock Hospital and how the service users can contribute with their views of the services. A proposal has been put forward for the group to extend and to include Wolverhampton Rheumatology Department. There will be ongoing planning to include representation from Wolverhampton.

Carer's Right day

On the 25th November 2016 we were invited to represent the WRSG at a Wolverhampton City Council (WCC) information day. Liz Walker, Jan Simpson, Kath and Tony Sankey, Balbir Rai and Bhagwant Sachdeva worked in shifts throughout the day talking mainly to carers about our group. There was a lot of interest. Jan made up information packs with information about the group and membership forms plus a small gift.

St Johns Church in the Square

Once again on the 25th November 2016 St Johns church hosted a coffee morning for the WRSG. Proceeds from the morning were gifted to our group. Many thanks to Anne Evans who organised the event.

Carvers Presentation of the Marathon Cheque.

We were invited to the Mayor's parlour on the 5th December for the presentation of a cheque to the WRSG for £6,250. Jan Simpson, Joyce Knibbs and myself had a very enjoyable time. The WRSG were one of four charities that the marathon committee supported last year, Compton Hospice, The Haven and the Mayor's charity also received the same amount of money. Thank you to everyone who gave their time on the marathon day to support us.

New Initiatives.

2016/2017 has been an extremely busy year. The concept of a 'Managing Your Arthritis' Course (MYA) has finally been realised. As you all know funding was secured for planning this course from the Royal Wolverhampton Hospital Trust following a proposal that I submitted to the chief executive. Planning has taken 18 months, Clinicians and patients formed a planning committee and as a result of a lot of hard work the course is now ready to be offered to the first cohort of 20 course members. The course is accredited by the Educational Academy RWHT. The course is free to members and the WRSG will be supporting the course financially. The course starts on the 13th October 2017 and will run for 6 weeks.

Donations

I would like to say thank you to everyone who have made donations to the group.

P. Callaghan £5 Dog Auction, £10 Mary Shipway £5, Phyllis Vaughn (Sale of slippers) £25, Chris Groves £5, Harjinder Kaur Rani £15, Rob Marris £5, Angie (Jewellery) £10 and finally Carvers £6250. A total of £6330

Conclusion

It has been another busy year for the WRSG, but very rewarding. I would like to take this opportunity to thank you, our members for your continuing support and a special thank you to our hard working committee:

Kath Sankey (Treasurer) Pat Jones (Patient Representative) Sheila Fardoe (Social Representative) Mary Allen (Outings) Balbir Rai and Bhagwant Sachdeva (Recruitment) and finally Jan Simpson (Secretary) who supports me so much.

I also need to say a huge thank you to our volunteers Tony Sankey, Brian Knibbs and Dereck Allen. I don't know how we would manage without you at our coffee mornings.

Thank you and I sincerely hope that the forthcoming year will be as successful as this one.

Liz Walker (Chairperson WRSG) September 2017

5. Treasurers Report; Tony read the treasurer's report on behalf of Kath Sankey;

ANNUAL ACCOUNTS 01
SEPTEMBER 2016 – 31 AUGUST 2017

			Opening Balance 01 September 2017 £13817.9
INCOME	AMOUNT	TOTAL	BALANCE
Subs	744.90		
Donations	6330.00		
Grants	0.00		

Fund Raising/outing	4859.44		£1381739 b/forward
Sundries	0.00		£ 12116.2
Education (MYA)	181.94	12116.28	£ 25934.2
EXPENDITURE	AMOUNT	TOTAL	CLOSING BALANCE
Postage	531.08		31 AUGUST 2017
Stationary	401.84		
Link Line	0.00		
AGM	294.00		
Fund raising/Outing	3388.65		
Sundries	0.00		
Expenses	2290.35		
Travel	88.35		
Printing/Photo Copy	614.00		
Education	00.00	7615.87	£18318.36

MYA Breakdown November 2016 to July 2017

Date	Cher	Trav	Park	Hosp	Statio	Mis	Total
	e		g	lity	ary		
07/16	815	£110	£3.4				£140
21/16	815			£18.0			£180
		£110	£3.4	£18.0			£320
02/17	833				£58.4		£588
17/17	834			£27.0			£270
23/17	835	£110	£3.4				£140
23/17	837				£36.2		£366
		£220	£6.8	£27.0	£94.7		£1554
03/17	840	£245	£9.4				£345
03/17	843			£13.4			£134
03/17	835				£36.9		£368
		£465	£160	£40.4	£1312		£2311

6. Dr Sabrina Raizada Rheumatology Consultant;

Dr Raizada began by introducing herself and thanking us for inviting her to speak at our AGM today. I came to work in the Rheumatology Unit at RWT some two and half years ago, just about the time Dr Newton retired and the merger with New Cross and Cannock Chase Hospital. The merger made Rheumatology one of the largest units in the West Midlands. Naturally due to the merger I travel between the two hospitals, however I am primarily at New Cross for about 4 days a week.

Dr Al-Allaf, who was on sabbatical has now decided to leave us, however we have Dr Adizle joining us very soon. We know have 10 Rheumatology Consultants over both sites. We have also recruited two specialist nurses who will be joining us shortly.

I am aware some of you have experienced problems with the rheumatology helpline, this has been looked into and I am sure you will be seeing a great improvement soon, as the helpline will be manned by admin staff, relieving the nurses to get on with their other duties and in turn being able to get back to you as quickly as they can.

Many people were concerned about the service when rheumatology lost the contract to Connect. Connect do not yet have a Rheumatology Consultant, so patients are still coming to New Cross and or Cannock. Staff move and work between the two sites, so this is why you may not be seeing the same faces around at each of your visits. Royal Wolverhampton Trust

remains strong. Patients receive the same care on both sites. Wi-Fi is now live in the new Occupational Therapy Unit. There is a superb set up for patients with **ankylosing spondylitis** at Cannock. New patients are seen as promptly as possible, enabling everyone access to all services. Your own GP should refer you to Connect, or direct to New Cross, or Cannock. Rheumatology has connections to physiotherapy.

Questions were asked by members at the AGM. *One member said that at the moment she is pleased with how her condition is being managed and is concerned that Connect taking over the contract will result in changes that may not keep her R A under the same control;*

Dr Raizada replied that nothing will change for patients already being seen in Wolverhampton or Cannock. They will continue to receive the same care.

Another asked if patients being seen within 3 weeks is good enough for people with inflammatory arthritis.

Dr Raizada replied that consultants would like to see everyone within 24 hours, however 3 weeks is a vast improvement of previous waiting times.

7. Tracy Cresswell guest Speaker, Healthwatch,

Thank you for inviting me to your AGM. I do recognise some of you from when I have previously spoken to your group. Healthwatch has been running since 2012/13, we are an independent body to be your voice, you can speak to us about your GP, Dentist, hospital, pharmacist etc, and we raise all views, good and bad in reports, on your behalf to the Clinical Commissioning Group (CCG). We cannot alter the outcome but we can

challenge it. If you have any issues, please get in touch.

We are always looking for volunteers. At the moment we have a chair position vacant for about 4 /5 days per month, and board members for 2 days a month. Full details are on our website.

We have busy compiling reports regarding the Urgent Care Centre, asking people why they were there, some were there because they could not get an appointment with their GP. Our report on this is being used to hopefully make improvements where needed. We visited care homes and have sat in to see exactly what goes on and how people are treated. We are compiling report on GP's access, to work out changes needed to improve the services.

After Tracy had spoken, she was approached by members who were interested in volunteering for the vacancies on the board.

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

Reg Jones advised that he had bought leaflet about the Ring and Ride services, days out etc. Reg also advised that he had learned that the Government plans to cut or even stop Attendance Allowance has been scrapped.

A Bouquet was presented to Liz as a token of appreciation for all her hard work on behalf of the group.

Close of Meeting