



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 157

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OBITUARY

It is with sadness that I have to report that Terry Judd has passed away after a long illness. Our thoughts are with Kath and family at this sad time.

COFFEE MORNINGS

Monday 05 October 2020

Once again I am sorry to say that we are still unable to hold our coffee mornings, especially as we are a vulnerable group we need to take extra care of members.

AGM

I am sure you will all understand why we were unable to hold our usual Annual General Meeting.

Besides the restrictions about how many can meet in one place Wolverhampton has returned to 'lockdown'. I have prepared the Chairpersons report in the usual way to keep you all updated together with the treasurer's report and a piece from Dr Raizada and Dr Adizie. All we are missing is the buffet, sorry!

ANNUAL GENERAL MEETING WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP 20019/2020

1) The committee members listed below are willing to stand for re-election.

Jan Simpson

Chairperson / Newsletter Editor/

Secretary

Tony Sankey - Vice Chair

Kath Sankey - Treasurer
Dereck Allen - Social Representative
Mary Allen - Outings Officer
Pat Jones - Patient & Rheumatology Rep
Bhagwant Sachdeva - Member
Recruitment Officer
Iqbal Lally -Member Recruitment Officer /
Stats

I would appreciate if at least two members could contact me to propose and second the re-election of the above committee members

2) Chairpersons report – 2019/2020

Welcome to everyone reading this report. I believe this is the first time since the group began that we have not been able to hold our Annual General Meeting. This year 2020 has been a trial to say the least, Coronavirus has not only prevented us holding our AGM but we have not been able to hold our monthly coffee mornings since March. Most of us were shielding and in complete lockdown, when we were finally told we could go out once a day, the good old British weather returned, keeping us home. On top of everything else, we have had to forgo days out and our annual Strawberry Tea. As I write this report, I am not sure if are going to be able to meet again this year, due to social distancing and the limited size of group meetings. We would be classed as a crowd!! I am sure you will understand, we have a duty of care to everyone and so we must wait until it is absolutely

safe to resume our activities. I shall of course continue to keep you all advised of our situation each month.

So, moving along to my Chairperson's annual report to cover the period 2019/2020 for the Wolverhampton Rheumatology Support Group. (WRSG).

The following report will cover all the events that have taken place over the past year. We have had another busy year for the WRSG, the primary objective of our group is to support members, which we have continued to do, Albeit, in a different way. WRSG has continued to recruit member, even during the lockdown period. Our current membership stands at 151. Sadly, we have lost some elderly and poorly members, who will of course be missed. However, I think this is a good figure given that we are a self- funded charity run by volunteers. Our group has survived since 1994 without any assistance from local or central government. I hope you agree this is a great achievement and our continued excellent membership is something we should all be proud of. I would like to take this opportunity to thank you all for your loyalty. As Chairperson, this year has provided me with a new challenge. I had not anticipated Coronavirus, in truth no-one had. Together with the committee we had invited speakers to all of our planned coffee mornings.

It has been a very trying and sad time to have to contact them to cancel when they had so willingly agreed to attend. I have to say they were all very understanding and happy to say they will come to speak at our meetings once we resume. As you know, I have attempted to produce a monthly Newsletter to keep you all advised of the ongoing situation and to supply interesting information, plus a few quizzes to hopefully pass some time. I shall continue to keep in touch until we can all get together again. However, I would like to thank the committee for their support and to all of you that have contacted me with supportive comments, so thank you everyone, your support is appreciated.

Engagement with our members

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

- Coffee Mornings
- Outings
- Bi-monthly Newsletter / monthly Newsletter
- Website: www.wrsg.org.uk
- Buddy Scheme/help line
- Rheumatology Centre Cannock & Wolverhampton
- Rheumatology User Group RUG Cannock Hospital
- Wolverhampton Information Network (Wolverhampton City Council)

Coffee Mornings.

We continued our coffee mornings as normal in October November and our Annual Christmas meal in December 2019. We started 2020 with optimism, January, February and March we saw numbers were promising to be stable and healthy. Then, tragedy struck in the name of coronavirus, we have not been able to meet since, but have had new members join even so. The committee work very hard to invite a diversity of speakers, we try to address health issues that pertain to arthritis and to provide some social entertainment, it is unfortunate we have had to cancel, but on the bright side, as I said earlier, all of the speakers have agreed to attend when we can make suitable arrangements.

September 2019

September last year, you may recall that Tony and I paid tribute to Liz Walker. To lift the mood we followed this with a short picture quiz. We also had our AGM in September and invited Dr Raizada and Louise Preston as speakers. We also had three very special guests, Sarah and Kate, Liz's two daughters along with her grand-daughter Isobel. They came along to present our group with a cheque of £1010.00, after the cheque was presented a further £75 was sent. So, all together we received £1075.00 in memory of Liz

October 2019

At our October coffee morning we attempted to engage with Arden, Harmonising Patients treatment. They had asked if they could come along to discuss plans the CCG had for stopping injections and infusions for Rheumatoid Arthritis. Those of you that attended will recall that at the end of the morning we felt quite sorry for 'Mal'. She had not been prepared for the questions or comments. She was under the impression all she had to do was bring questionnaire's for members to complete under her direction. She hadn't even been given enough of those. Poor girl had not expected our group to be so pro-active and ask questions. Mal was unable to answer our questions. She did feed back to her supervisor, who in turn rang me and took notes on our feeling about the subject, with a promise to take our questions and comments to the CCG and send me a written report. I am still waiting! . I am still waiting, however one step forward is, I have been invited to their virtual meetings during lockdown.

November 2019

As usual we had our November coffee morning with a Christmas gift fair and a variety of gift tables. Our own WRSG table did very well making a record total of sales. We had Body shop items, Wood carving scarves, jewellery, soap and bath items to name a few. It is very sad that I have not

been able to invite people to November 2020.

December 2019

Our traditional Christmas lunch with 73 including guests attending. Linden House provided a beautiful meal with, as ever, a very attentive serving staff. We sang along and some even had a dance to the lovely Tony. Whilst recalling our Christmas meal, I would like to say a big 'Thank You' to Trish. Every year Tricia wraps our gifts from Santa's, she supplies the sweets and comes up with lovely ideas on how to present them for Santa and his helper to hand out. Thank you, Trish.

January 2020

On our first coffee morning in 2020, we began our year with a talk from Jamie Mackail, from Natwest. Jamie was advising how to look after any money we may have in a bank account. He told us to watch out for scams and gave tips on how to decide if it was a true or a scam. Listen out for 'attitude', if in doubt hang up and call your bank yourself. It was a useful talk to start the year.

February 2020

In February, our friend Roger visited and gave us a lovely demonstration on wood carving and painting some items. As usual Roger and his wife bought along a variety of his hand made

product to sell. It was as always a very interesting morning for us all.

March 2020

We welcomed Maz and our friend Harjinder, they came along to tell us all about Compton Care. You may recall the name change from Compton Hospice was to remove any pre-conception that they only dealt with end of life cancer patients. We learned this was far from true, Compton Care offer varied support to people and families who are living with life changing illness.

We had a morning of skin care, this is a serious subject, especially to the more mature skin, however it was made fun and interesting by Tracy. I am sure you all had a smile at her model's, thank you Kath and Derek for being good sports.

April 2020

We were looking forward to a visit from a CCG member, arranged by Aayrsa. However, all was not lost as during lockdown I have been invited to 'Zoom' meetings about local news on coronavirus updates. I hope this connection continues after this virus finally leaves us or at least is under control.

May 2020

This should have been an introduction about 'Appointment Buddy' a scheme

to transport people to and from appointments and more.

June 2020

Julie Painter was coming along to introduce herself and give us all the news about the RA Unit at New Cross and Cannock.

July 2020

We were going to have a demonstration and take part in Armchair Yoga, something that could help us all keep our joints moving.

August 2020

Holiday break

We always take a break in August to recharge our batteries, although the committee do not stop for long. We are still preparing for coffee mornings and outings for 2021, once it is safe for us all to be out and about again.

We have not been able to hold our normal committee meetings, however we have kept in touch, by phone, emails and texts, so would like to thank the committee for their support throughout the year. We are all volunteers but we are always thinking of the WRSG and our members, a lot of our time is devoted to making our group a success.

I have been conversing with New Cross and Cannock Hospital for updates and information about the virus and the effects it has had on appointments. I hope you have

benefited from the news, and links that have been provided.

I have been attended 'virtual' meetings in a bid to keep you all updated and gain insight to changes the government have made during this very trying time. I have tried to simplify the guidance given, as it is not always clear about what we can do and who can do it, or, how many can join in. As yet, we cannot 'crowd' into Linden House to meet so our Christmas meal is very much in doubt, as we usually have an attendance of between 70 to 80 members. Plus, entertainment, is also questionable. If we are able to dine, we may have to resort to the committee doing a song and dance routine !!!
(That is a joke of course)

Outings

Following our AGM last year

- **November 2019** - Members enjoyed a mini cruise to Nottingham with a meal and drinks on board.
- **January 2020** - Once again our annual trip to Birmingham Hippodrome, to spend the afternoon with.
- **April** – Our day out was cancelled
- **July 2020** - Unfortunately, we had to cancel our annual Strawberry Tea.

This Virus has a lot to answer for.

Newsletter.

Our group newsletter is a very important way of communicating to all our members. This year especially. We started off as usual by reporting what had gone on at our coffee mornings, we do this especially for members who have been unable to attend in person.

As you are all aware our newsletter is normally published bi-monthly and advertises forthcoming events with a brief report of what our visiting speakers have had to say, plus any other news that may be of interest to our members. With contact numbers etc where applicable: Since Coronavirus has hit us, I have produced a Newsletter each month. I have done my best to report updates about the virus and other news that has come about because of lockdown, such as MOT's, vehicle Tax, Blue badge renewals etc, I hope the information I have passed on has been useful and the quizzes passed some time.

WRSG Website.

www.wrsg.org.uk as you are aware our group web site is managed by Martin Peake, he continues to update our website and makes sure our licences are up to date, Martin is also a volunteer. Many of our new members are generated from our web site. It tells

them where to send their enquiries about the group and also tells them there is an online membership forms if they prefer. I very often ask Martin to change or update something and am so grateful to Martin for his continued support. He never complains.

Wolverhampton Information Network (WIN)

Kuldip Khela from the City Council (WCC) continues to support our group and came to update members on the changes to the corporate website. I believe the WIN site is an enormous help to not only members but to the community, actually Kuldip was saying the site has 'hits' from loads of places outside the City boundaries to find out what is available for them or family members. Kuldip also updates our WRSG page on WIN and he, like Martin never complains about how many times I contact him with updates. Kuldip also support the MYA course and comes along to each course we run as a guest speaker.

Buddy Scheme/Help Line

The buddy scheme for all new members is still a success. Having someone to communicate with initially is reassuring. Buddies are members of the committee and work closely to the guidelines of the WRSG. Although initially the buddy scheme is for the first four weeks, your committee is always happy to help. It does us good

to have someone to chat to about how we feel.

Engagement with the Rheumatology Centre.

The WRSG has always been supported by the Rheumatology Unit, as you are aware Dr Sabrina Raizada is our President. We also need to welcome Dr Adizie, earlier in the year he has kindly agreed to be our Vice -president. We continue to communicate with staff at both New Cross and Cannock Hospital. During the pandemic we have been given information about how services in the Rheumatology Unit have been affected.

Engagement with the Rheumatology User group RUG

Usually I keep you upto date with the RUG and have often asked for members to join in and come along to meetings. Unfortunately, I have no updates foe you, because obviously they have also had to cancel meeting so far this year.

Donations to the Group;

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

Pat Cordingly – book of stamps. Chris Groves - £5. Rob Marris, Anne Hamilton- £30 + biscuits, Tricia for donating Santa's Gifts. From our Christmas sales morning we had the

following donations - Natasha, body shop- £35, jewellery - owl necklace to raffle for fund raising, Soap stall - large cup melts - for fund raising. Our own WRSG stall raised £103.50.

I would also like to thank everyone that made a donation to our appeal to supply washable bags to the dedicated Covid -19 ward at New Cross. Our group donated over two hundred bags for staff to take uniforms home for washing. We also donated sachets of coffee, there was a multitude of various of flavours. I hadn't realized there were so many. In addition to the coffee, we donated face and hand cream. We purchased the coffee from Morrison's, who, when I told them why I was ordering so many boxes they kindly donated a variety of biscuits for the staff to enjoy with their drinks. The face and hand cream was ordered from Avon, this resulted in my personal representative donating over 30 tubes of cream to our cause.

All in all, a very big thank you is in order to everyone who got involved in our 'NHS Appeal'.

Conclusion

2020 has been a very different year for the WRSG, but still rewarding despite the changes we have had to make due to Coronavirus. I am confident that our group will remain strong. I would like to take this opportunity to thank

everyone for your continuing support. I would also like to say a special thank you to our hard-working committee:

Tony Sankey (Vice chair) Kath Sankey (Treasurer) Pat Jones (Patient Representative) Dereck Allen (Social Representative) Mary Allen (Outings) Bhagwant Sachdeva (Recruitment) Iqbal Lally (raffle) and also statistics for our coffee mornings.

Also, thank you to Dr Sabrina Raizada for being our President and Dr Tochuwku Adizie our Vice President.

Thank you, I hope the remaining months of 2020 pass with everyone 'virus free' and that I will have the honour of standing in front of you all September 2021 to make annual report in the usual manner.

Jan Simpson

**(WRSG Chairperson / Secretary)
September 2020**

3)Treasurers Report

ANNUAL ACCOUNTS 01SEPTEMBER 2019– 31 AUGUST 2020

			Opening Balance 01 Sept 2019 £11176.38
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INCOME	AMOUNT	TOTAL	BALANCE
Subs	£434.00		
Donations	£1538.00		
Grants	0.00		
Fund Raising/outings	£4016.02		£11176.38 b/forward £7234.88
Education (MYA)	£1246.86	£7234.88	£18411.26
EXPENDITURE	AMOUNT	TOTAL	CLOSING BALANCE
Postage	£554.60		31 AUGUST 2020
Stationary	£129.33		
AGM	£375.00		
Fund raising/Outings	£1819.02		
Printing	£330.00		
Expenses	£2658.30		
MYA	£00.00		
			£18411.26
		£5866.25	-£5866.25
			£12545.25

4) Guest Speakers

Dr Raizaida, WRSB President

Dear All

It is with regret that we are unable to have the AGM face to face as we normally do. These are unprecedented times and I hope you are all keeping safe. At the time of writing this the number of cases of Covid 19 are on the increase again and Wolverhampton is entering a local lockdown.

Unfortunately we currently have a huge waiting list in Rheumatology at NewX. We are doing our best to work through this in a safe manner. New patient referrals are being seen in order of clinical urgency. There are also large

waiting lists for our existing patients as several clinicians were redeployed during the first wave of Covid 19. All consultant are currently working through these. All initial contacts are being made via telephone but we are seeing patients face to face dependent on clinical need. We are doing this in a clinically safe manner. Our help line is currently manned Monday to Friday by a health care assistant who will take a message from you. Our clinical nurse specialists are working hard to get back to you in a timely manner. Blood monitoring is available via drop in centres but appointments are now required for these. All radiology tests are now by appointment only too. We plan to work in these ways for the short term but I will let you know of any changes that occur due to this global pandemic.

Best Wishes
Sabrina Raizada

Dr T Adizie, - WRSB Vice President

'My name is Tochi Adizie. I am one of the rheumatology consultants at Wolverhampton new cross. I took up my post in October 2017. The majority of my training was in the West Midlands but I did work for a year in Southend gaining extra experience with patients with vasculitis. As well as

arthritis, I have a particular interest in complex autoimmune disease such as SLE, Scleroderma and vasculitis. It's a real privilege to be deputy clinical representative to the WRSG and I look forward to working, alongside Dr Raizada, with your organisation for many years to come.'

Many Thanks
Tochi

Many Thanks to Dr Raizada and Dr Adizie for supporting our group and bringing the AGM to an end.

I shall continue to deliver a monthly newsletter until we are able to resume our coffee mornings.

I have included the answers to our September quizzes, however as this is a long Newsletter I have not added any new quizzes I shall, however work on some more quizzes for November.

Stay Safe Everyone

Jan Simpson
Chairperson / Editor

September 2020 Sudoku Answers

5	3	4	6	7	8	9	1	2
6	7	3	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3

4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	9	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

September Trivia

A)Where is the world largest railway station located?

Grand central terminal, Park Avenue New York.

B)FFC stands for what?

Film Finance Corporation

C) Ocean depth measured by which instrument?

Fathometer

D) Official gemstone of Wednesday is what?

Amethyst

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