



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 168

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COFFEE MORNINGS

WOW!! What a successful September coffee morning we had. It was so good to see so many of you venturing back to our meetings. Fantastic in fact, 40 members was an excellent

attendance, one of the best we have ever had.

Our next coffee morning is

Monday 04 October,

10.00 – 12.00, Linden House.

We are looking forward to you all attending again to welcome Fred Woods.

Fred is coming to tell us about his own battle with Arthritis and what he has done to make his life easier. He hopes what he has to say will help members.

Hog Roast

It has been decided that the Pig Roast will be on;

Wednesday 13 October,

1.30 till 4.00. at Gunstone Hall, Whithouse Lane Codsall, WV8 1 QQ.

May I take this opportunity to apologise to Peter for incorrectly naming his late wife when I announced the group

had an inheritance, I said the late Mr Robinson was a very good friend of Peter and Silvia Boneham. I should have said Peter and Carol Boneham. An inexcusable error for which I apologise most sincerely.

CORONAVIRUS UPDATE

A very short update this month, as last things have improved so much, I don't need to give a long list of do's and don'ts.

Many of us will have had or been offered a 'booster jab'. You will be contacted you do not need to ring your GP about this. Remember, those of you that have an annual flu jab should have a two-day interval between the flu jab and the booster jab. Once again, this is your choice! All I will say on the subject is you can still have Covid even after having the jabs. The symptoms may be less severe in most cases, but this is not a guarantee that you will not be very poorly. The booster will offer even more protection.

Only you know how you feel about this, no one can tell you what you should do.

With 'choice' in mind I will add a little quote-

Things to Always Remember.

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different.
4. Until you heal it, it will hold you hostage.
5. Over thinking will lead to sadness.
6. Sustainable happiness is found within.
7. Your mentality shapes your reality.
8. The present moment is all we ever have.
9. If you can't be kind, at least don't be unkind.

ANNUAL GENERAL MEETING WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP 2020/2021

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
Derek Allen	Social
Representative	
Mary Allen	Outings Officer

members and unfortunately, they decided to leave us, some for just a short time and re-joined September 2021, so thank you and welcome back. We remain hopeful, as confidence builds some more may decide to come back to us. Everyone is welcome. Being your chairperson, this year has continued to provide me with new challenges. However, I am looking forward to inviting speakers to our monthly coffee mornings for 2022. It's all very exciting, and Mary is already looking to arrange some lovely days out.

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 usually have several forms of engagement with and on behalf of our members, I am sure these will all soon resume.

- Coffee Mornings
- Outings
- Bi-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.

September 2021

This year we enjoyed a 'Welcome Back' coffee morning and treated our members to a free morning, tea, coffee, biscuits, and raffle. The morning was very easy going, giving everyone the opportunity to mix and chat with friends, something that has been restricted for so long.

Outings

Sadly, we have not been able to have any outings, however we are hopeful of an exciting 2022.

Newsletter.

Our group newsletter has always been a very important way of communicating to all our members. I have been sending one each month, however, now we can resume monthly coffee mornings I shall revert to our usual bi-monthly Newsletters. With a report about our speakers. This is our way of keeping members who are unable to join us updated with what is going on.

WRSG Website.

www.wrsg.org.uk as usual I would like to mention Martin Peake, he manages our web site and has kept our web page up to date each month. Martin continues to make sure our licences are up to date; he is also a volunteer whom I would like to thank. New members are generated from our web site. It gives them all the information where to enquire about the group and tells them there is an online membership forms if

they prefer. I have kept Martin busy this past 18 months sending monthly newsletters to him. I am so grateful to Martin for his continued support. He never complains.

Wolverhampton Information Network (WIN) The same can be said of our friend

Kuldip Khela from the City Council (WCC) he also continues to support our group and updates our page on the corporate website. The WIN site is an enormous help to not only members but to the communities far and wide even outside the City Boundaries.

Buddy Scheme/Help Line

The buddy scheme for all new members still exists. We have not had many new members for a while, but your committee is always happy to speak to member at any time. Having someone to communicate with initially is reassuring. Buddies are members of the committee and work closely to the guidelines of the WRSG. Each new member is given the details of their Buddy in their welcome letter.

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 and Dr Adizie 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. I have very often contacted Dr Raizada and Dr Adizie for advice and answers to members questions, they have always been very prompt and helpful when responding to all manner of queries and supplying information, thank you to both of you.

Donations to the Group;

I would like to say thank you to everyone who made donations to the group. We have been very fortunate this past year. Our group has been named as beneficiaries of the late Mr Peter Robinson and received a large sum with which we are intending to treat members and buy some items to benefit everyone. We are also treating members to a free Christmas Meal this Year. Many members have also donated to the group funds, so thank you all. We are always very grateful of everyone's kind donations.

Conclusion

2020/21 have been another difficult year for so many of us and has impacted on the WRSG. However, we are now looking forward to our usual monthly coffee mornings and outings in the coming months. Our September coffee morning was exceptionally well

attended. I am confident that our group is remaining 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 statistics for our coffee mornings.

Also, thank you to Dr Sabrina Raizada for being our President and Dr Tochuwku Adizie our Vice President for always being there for me to contact throughout the pandemic for advice.

Finally, I want to thank all our members for their continued loyalty to our group. You are what makes our group successful, thank you. I hope the remaining months of 2021 give us a good start with more exciting things to come. I am more confident for 2022 and I am sure I will have the honour of presenting the Annual General Report at Linden House on 19 September 2022 in the usual manner.

Jan Simpson
WRSG Chairperson
September 2021

AUGUST 2021 SUDOKU ANSWERS

INCOME	AMOUNT	TOTAL	BALANCE
			Opening Balance 01 Sept 2020 £12,545.01
Subs	£449.00		
Donations	£11,075.00		
Grants	0.00		
Fund Raising/outings	£145.00	£11,699.00	£12,545.01 b/forward £11,669.00
Education (MYA)	0.00	0.00	£24,214.01
EXPENDITURE	AMOUNT	TOTAL	CLOSING BALANCE
Postage	£506.82		31 AUGUST 2021
Stationary	£279.66		
AGM	£0.00		
Fund raising/Outings	£30		
Printing	£0.00		
Expenses	£66.53		
MYA	£00.00		
			£24,214.01
		£883.01	-£883.01
			£23,331.00

3)Treasurers Report

ANNUAL ACCOUNTS 01 SEPTEMBER 2020– 31 AUGUST 2021