



## *WRSB Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 174

October 2022

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### **Coffee Mornings**

**Monday 03 October 2022**

**10.00 till 12.00,**

**Doors open 09.50**

Jo is coming along to give us another cooking and taster morning.

*At Linden House,  
112 Tettenhall Road  
Wolverhampton  
WV6 0DD*

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**Monday 07 November 2022**

**10.00 till 12.00**

**Doors open 09.50**

We have our Christmas Gifts morning along with our Christmas cards and paper stall.

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Gentle reminder to renew your subscription. Slips were in your August Newsletter. Please return to;

**Kath Sankey**

**78 Dilloways Lane**

**Willenhall**

**West Midlands, WV13 3HJ**

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Also, please find our Christmas meal menu enclosed in this Newsletter, please complete and return as instructed or bring it along to our November Coffee morning. I must have all order no later than 25<sup>th</sup> November.

No changes to your meal request can be made on the day.

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## **Monday 05 September**

On Monday we welcomed Lucy, who gave us some yoga moves to help improve our mobility and wellbeing. They were nice easy gentle movements we could all manage, standing or sitting, I do hope you have all kept up with some of these yoga moves if not all.

Lucy runs a class at Newhampton Arts Centre, Dunkley Street, Wolverhampton, WV1 4AN each Monday at 7.00 until 8.00. For more info call Lucy on 07530 496493

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### **Pre-Paid Funeral Plan**

I have once again been in touch with Rest Assured, as I had not received any communication regarding our funeral plan. I spoke to 'Bethany' who advised the plans are going through the legal process to be allocated to another company, the process is taking longer than anticipated.

However, the plans are completely safe and if necessary, plans will be fulfilled by Rest Assured in the meantime.

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## **Age Concern (Age UK)**

Please accept my apologies, I am advised I had put an incorrect telephone number, it should read;  
Tel; 01902 572060.

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1926 ----- 2022

We are all deeply saddened by the passing of Her Majesty The Queen.

Following the death of our Queen on Thursday 08 September 2022, we cancelled our AGM on the 19 September as Her Majesty's Funeral took place on the same day.

I am sure everyone understands and will accept the need to once again, receive a printed report.

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### **ANNUAL GENERAL MEETING WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP 2021/2022**

- 1) 2021 AGM Minutes; The minutes were approved as a true record by Doris Gravestock and seconded by Mick Gravestock.**
- 2) Matters arising from AGM Minutes 2021; No matters arising.**

**3) 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 shall be asking at our October coffee morning for two members to propose and second the re-election of the above committee members***

**4) Chairperson's report – 31 August 2021 – 01 September 2022**

My chairperson's annual report covers the period 31 August 2020 to 01

September 2021 for the

Wolverhampton Rheumatology Support Group. (WRSG).

We have achieved so much this past year, in addition to our coffee mornings, we have been able to enjoy other activities, which I will touch on later, both 2021 and 2022.

The primary objective of our group is to support members, and I hope you all feel we have continued to do this.

As of September 2022, our current membership stands at 120. We have always enjoyed a healthy membership, given the difficulties of the last two

years I think you will agree this figure is fantastic. We should all be proud especially as we are a self-funded charity run by volunteers. The fact our group continues to survive without any assistance from local or central government is another great achievement to be proud of. We remain hopeful that some members who did not re-new following the virus break, will come back and of course we always look towards recruiting new members. Everyone is welcome. I would like to take this opportunity to thank you all for your loyalty.

Being chairperson of the WRSG is an honour and continues to provide me with new challenges. I am always, along with your committee, looking for speakers to invite to our monthly coffee mornings whom we hope will keep you both interested and entertained. I am also always on the look out for articles for the bi-monthly Newsletter.

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
- Website: [www.wrsg.org.uk](http://www.wrsg.org.uk)
- Buddy Scheme/help line

- Rheumatology Centre  
Cannock & Wolverhampton
- Wolverhampton Information  
Network (Wolverhampton  
City Council)

### **Coffee Mornings.**

#### **October 2021**

We welcomed Fred Woods, with his home-made items to assist people with arthritis.

#### **November 2021**

We had a successful Christmas Gifts morning with a small variety of stalls. This was unfortunate because of the unknown surrounding the virus we didn't have much time to invite people.

#### **December 2021**

Well, this was a tremendous success, we enjoyed the company of 80 members and we were entertained by 'The Two Bobs' not forgetting of course, our very own celebrity Joe Johnson, who got up and treated us to a couple or more songs.

#### **January 2022**

Sadly, I was not well enough to join you all to start the year, but I was advised you all enjoyed the Quiz morning I had prepared.

#### **February 2022**

Joe Gittens came along and gave us an insight on some very interesting Chinese culture and of course Jo demonstrated her cooking skills and treated us to a taste of a couple of Chinese dishes.

#### **March 2022**

Marie came along and explained all about 'Appointment Buddy' they will pick you up and accompany you to appointment, take you shopping and take you out for a day, they will even walk your pets or look after them if you are on holiday. Marie, did explain the costs are worked out depending on your needs.

**As always it is prudent to ask them the cost up front.**

#### **April 2022**

Well, like me, I am sure you all found Harjinder talking about Dementia and tips for carer's very interesting. This is a complex condition, none of us know who or when our lives are going to be affected by Dementia.

#### **May 2022**

You may recall I bought along some aids we were treating you all too. They were to assist you handle things a little easier and to help you save on electricity. I advertised them all in the June 22 Newsletter. After 4 months, I have stopped taking orders for these items, they proved to be very popular. We shall continue to look at ways to help and treat members.

#### **June 2022**

Tracy and Nikki came along from Boots Chemist with 'Clinique' items and treated us to a make-up demonstration. Thank you to our model of the day.

#### **July 2022**

Leigh from Telecare at Wolverhampton Homes came along and gave us some very useful information about the services they offer.

### **August 2022**

We all have a summer break, well some of you do, I still produce the Newsletter, renewal slips and AGM information.

### **September 2022**

We all had fun with Lucy, doing a spot of armchair Yoga and easy exercises, I hope you have all managed to keep up with at least a few of the moves.

### **Outings**

Last year, 2021, we had a late start, however on the 13<sup>th</sup> October we still managed a lovely 'Pig Roast' at Gunstone Hall. Thank you Pat and Les for once again opening your home to us.

We also resumed our annual Christmas lunch, here at Linden House and of course were looked after very well. Moving on to 2022, three cheers for Mary for arranging a long awaited day out in Llandudno May 2022. This was another treat for members as unknown to everyone that participated their £5 was refunded to them on the day.

Sadly, due to unforeseen circumstances we were unable to go ahead with our usual Summer Celebrations at Gunstone Hall. This was indeed very sad after so many lovely afternoons overlooking the lake, watching the ducks float by

without a care, a scene that was both enjoyable and relaxing.

We are already looking ahead, Mary has booked seats on behalf of our group, at the Birmingham Hippodrome January 2023 to see 'Dick Whittingham'.

### **Newsletter.**

Our group newsletter has always been a very important way of communicating to all our members. I have reverted back to bi-monthly newsletters now that we are meeting again each month. I do try to tell you who are speakers are going to be, but this year it has not always been possible, we have last minute cancellation and changes, however I am hoping it will start to get easier for next year. The Newsletter is our way of keeping members who are unable to join us updated with what is going on.

### **WRSG Website.**

[www.wrsg.org.uk](http://www.wrsg.org.uk) As usual I would like to mention Martin Peake, he manages our web site and keeps our web page up to date each month.

Martin also 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 they need to enquire about the group and tells them there is an online membership form. 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. A committee member is appointed to new members for the first 4 weeks, but anyone of us is always happy to speak to members at any time. Having someone to communicate with initially is reassuring. You are also welcome to email or text if you prefer. Buddies are members of the committee and work closely to the guidelines of the WRSG.

### **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. I would like to thank them both for being so approachable for matters appertaining to our group. I am also delighted to be able to tell you all that the WRSG donated 6 higher chairs with two arms, which makes getting up and down

much easier for the RA waiting room, so I do hope you, along with other patients will make comfortable use of them.

### **Donations to the Group;**

I would like to say thank you to everyone who made donations to the group. In whatever form the donations were made, money, stamps and gifts for the raffle. We have been very fortunate this past year. As you are aware our group was named as beneficiaries of the late Mr Peter Robinson and received a large sum with which we have been using to treat members and buy some items to benefit everyone. In addition to this Mr Jagir Singh donated £200.00 to our group, and I have a sneaky feeling it was down to his mom enjoying our company so much. Most of you will remember Reg Jones who sadly passed away last year, 2021, his nephew contacted me early August to say Reg had bequeathed £250 to our group. We are always very grateful of everyone's kind donations.

Due to extremely kind donations we have been in a very good financial situation and as you are aware we gave free membership to those who had continued to pay the fees although we were not meeting in 2020, along with a free Christmas meal 2021 to all members. We have received other donation and although I have not named everyone, I would like to thank

each and everyone of you. We appreciate everyone's support. This year 2022 as I have already stated, we have been in the position to donate six chairs to the Rheumatology Unit waiting room, we did this as many members had complained the seats were too low for them, so I hope you're not fighting over the higher chairs.

We have also paid for a day out in Llandudno and provided refreshments and a free raffle at our coffee mornings. And of course, we have supplied many of you with a variety of equipment to assist your daily living around the home.

### Conclusion

2021 Finally took off with a late in September 2021. Thankfully 2022 has been back to our monthly meetings with more to come. We are all looking forward to continuing in the style we were used to before the Virus. Our coffee morning have always been exceptionally well attended, so well done everyone.

I would like to thank Dr Sabrina Raizada for being our President and Dr Tochuwku Adizie our Vice President. I also want to thank your hardworking committee, a lot of work goes on behind the scenes to make everything we do a success, it's not as easy as it looks, I assure you. However, I am confident that 2023 will be even better and I hope I can continue as your Chairperson, and have

the honour of presenting the Annual General Report at Linden House in September 2023.

**Jan Simpson (WRSB Chairperson / Editor/ Secretary) September 2022**

### 5) Treasurers Report

#### ANNUAL ACCOUNTS

#### 01 SEPTEMBER 2021 – 31 AUGUST 2022

			Opening Balance 01 Sept 2021 £23,331.00
<b>INCOME</b>	<b>AMOUNT</b>	<b>TOTAL</b>	<b>BALANCE</b>
Subs	262.50		
Donations	9491.00		
Grants/Fundraising	375.15		
MYA	0.00		
Sundries	0.00		
TOTAL		£10,288.65	
<b>TOTAL INCOME</b>			<b>£33,459.60</b>
<b>EXPENDATURE</b>			
Postage		£614.65	
Stationary		£21,50	
AGM		£0.00	
Fund raising/Outing		£0.00	
Printing		£9.99	
Travel		£0.0	
Expenses		£9,592.56	
MYA		£0.00	
TOTAL EXPENDATURE		£10,238.9	
<b>CLOSING BALANCE 31 AUGUST 2022</b>			<b>£23,220.70</b>

Thank you, Kath, as per usual a very detailed report. It's nice to know we have a healthy balance. Especially with our achievements this past year with our treats to all members.



**Our President, Dr Sabrina Raizada has sent us a short update;**

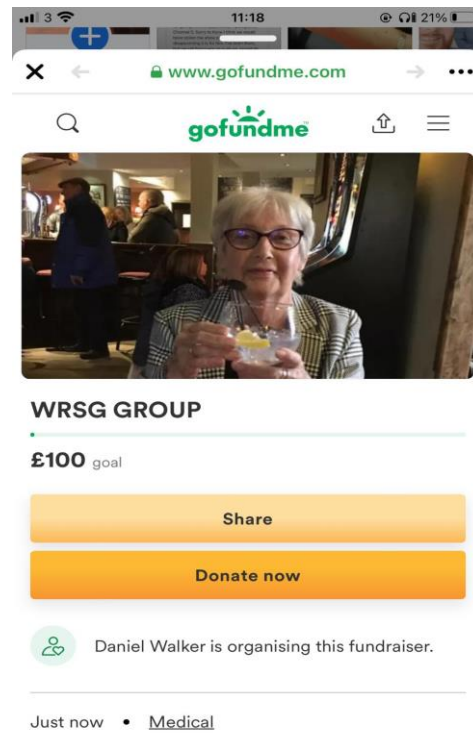
‘Our rheumatology department is now fully open but we are suffering with long waits for appointments due to the impact of Covid. We are now operating a hybrid system with a mixture of face to face and telephone appointments. Unfortunately, one of our consultants Dr Ali has had to relocate but we are awaiting a replacement. We have a new system in place for our help line which seems to be working well. Unfortunately, like most of the NHS we have long waits for therapy appointments. We are prioritising clinically urgent appointments and appreciate your patience and understanding.’

**Thank you, Sabrina.**

**This concludes our AGM report.**

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I have been contacted by Daniel Walker, (Liz’s grandson) he is doing a 10k run on the 09 October 22 and advised that he is going to donate all his sponsor money to our group in memory of his Nan Liz. Should anyone wish to sponsor Daniel the link is <https://www.gofundme.com/f/wrsg-group>



If you do not have the facility to sponsor through the link, you can contact me to place your donation to Daniel’s fund.

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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.*

*If you do not wish to receive this newsletter / email, please contact our group secretary. You may cancel your consent at any time.*