



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 180

October 2023

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Coffee Mornings

At The Connaught Hotel,

44 -50 Tettenhall Road

Wolverhampton

WV1 4SW

Doors open 09.50.

.....
Our Next Meeting is.

Monday 02 October 2023

We shall be having a quiz morning, so bring along your thinking caps.

Nottingham Winter

Wonderland

Wednesday 15 November.

£35 includes time to browse the market then lunch on a boat cruising along the river Trent.

Contact Mary

01902 685683/ 07948 181593

There will be 1 pick up at the

Connaught Hotel at

08.15 a.m

Please be on time, cars may be parked at the Connaught Hotel Car park.

Membership Renewals

Renewals were due

September 2023

All payments should be sent to;

Kath Sankey

78 Dilloways Lane

Willenhall

WV13 3HJ

Please note, our group name must be written in full -

(Wolverhampton Rheumatology Support Group) on all cheques, the bank will not accept WRSG.

You also have the choice to pay by doing a bank transfer to;

**Lloyds Bank
Account No; 03687890
Sort Code; 30-99-83**

If you have joined this year January 2023 onwards, you do NOT need to renew in September 2023.

Christmas Meal 2023

Unfortunately, the Connaught are unable to accommodate our Annual Meal. Therefore having looked around I found that Goodyear's have a Cabaret Lunch in the Ballroom on **Tuesday 05 December, 12.00 till 4.00** With a Tribute to ELVIS show. **£29.95 per person.** The committee have agreed that anyone that is already a member or renewing this years membership will be subsidised by £20. New

members and Non Members will pay the full amount. **£9.95 non refundable deposit required on booking. Please complete the reverse of the menu enclosed.**

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

1) Apologies – Peter Boneham, Pat Jones

2) 2022 AGM Minutes; The minutes were approved as a true record by Doris Gravestock and seconded by Mick Gravestock.

3) Matters arising from AGM Minutes 2022; No matters arising.

4) 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

Iqba Lally - Member Recruitment Officer /
Stats.

Committee approved by Val Holland and seconded by Brian Gleed

5) Chairperson's report – 31 August 2022 – 01 September 2023

It is always a pleasure to deliver my chairperson's annual report this one covers the period 31 August 2022 to 01 September 2023 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 a chance to meet up for other activities, which I will touch on later, both 2022 and 2023. The primary objective of our group is to support members, and I hope you all feel we have continued to do so.

As of September 2023, our current membership stands at 124. We have always enjoyed a healthy membership, given the difficulties of the few 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. I am

pleased to say we have had members re-join and we have also welcomed new members.

Everyone is welcome. I would like to take this opportunity to thank you all for your support and loyalty. It goes without saying, without you we could not survive.

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. This is not always easy. I am also continually on the lookout for articles for the bi-monthly Newsletter. This year we had the shock of Linden House closing down, 1 week before our February coffee morning. Not a great start to the year. We were fortunate to have that meeting at the Hollybush Inn on the Penn Road, our old haunt, we met there when I joined the group. That was before the rooms were refurbished and were altered into smaller rooms, too small or our

group. March 2023 we moved here to the Connaught.

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
- Buddy Scheme/help line
- Rheumatology Centre Cannock & Wolverhampton
- Wolverhampton Information Network (Wolverhampton City Council)

Coffee Mornings.

October 2022

We welcomed Jo, who gave us a lovely taste on Chinese food.

November 2022

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 2022

Well, this was a tremendous success, we enjoyed the company of 80 members.

January 2023

Quiz morning, with a short quiz I had prepared. We didn't know at the time but this was the last time we met at Linden House.

February 2023

After a rush to find a room to meet, we were able to welcome Dr Gupta who kindly came along to introduce herself and tell us a little about herself before she came to New Cross and how her work has continued.

March 2023

Dannielle came along to talk about trips and falls prevention in our homes. This started us off in our new meeting room here at the Connaught. I don't know about you but coming here bought back memories of my younger years dancing the nights away.

April 2023

Ryan a student at Wolverhampton University came to tell us about a

project he was working on about exercise for people with RA.

May 2023

We were lucky enough to welcomed Kay from West Midland Air Ambulance, this was very interesting and collectively our group donate £145 to an excellent cause.

Also during the month of May Betty Richards celebrated her 100th birthday, what an achievement!! Unfortunately we were not able to celebrate with Betty in May, but we did eventually catch up in September.

June 2023

We welcomed Krysten, his talk was very informative.

July 2023

Jerry from Silvertime Legal came along to talk about preparing for the future to protect our property and about Power of Attorney, proving this is not just for the older age group.

August 2023

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

September 2023

We attended to our annual renewals. We also celebrated Betty turning 100 years old, we had cakes and a short power point showing pictures of Betty over the years as a member of our group.

Outings

Birmingham Hippodrome January 2023 to see 'Dick Whittingham'.

10 May 2023, Mary arranged a trip to Bridgemere Garden Centre.

Newsletter.

Our group newsletter has always been a very important way of communicating to our members. I produce a bi-monthly newsletters. I try to tell you who are speakers are going to be, 3 months in advance, whenever possible. But it doesn't always work it like that. The Newsletter is our way of keeping members who are unable to join us upto date 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 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 WRSB.

Engagement with the Rheumatology Centre.

The WRSB 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 all for being so approachable for matters appertaining to our group.

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. This year we lost a friend, Joyce Knibbs, she was a founder member of our WRSB back in 1994 and did an awful lot for our group including fundraising, even when Joyce went to live in a care home we were never far from her thoughts and she bequeathed £500 to our group, in addition to this,

her family have donated a further £155 collected in her memory at Joyce's funeral.

Conclusion

Thankfully 2022/23 we have been lucky enough to have our monthly meeting with more to follow. We are all. Our coffee mornings have always been exceptionally well attended, we average 33 members per month, so well done.

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, I am sure you appreciate that 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 2023/24 will be even better and I hope I can continue as your Chairperson, and have the honour of presenting the Annual General Report next year.

**Jan Simpson (WRSG
Chairperson / Editor/ Secretary)
September 2023**

6) Treasurers Report

WRSG Annual Account

1 September 2022 to 31 August 2023

			Opening Balance 01 Sept 2022 £23,220.75
INCOME	AMOUNT	TOTAL	BALANCE
Subs	£628.00		
Donations	£2,303.37		
Fundraising/outings	£2,244.25		
MYA	£0.00		
Sundries	£0.00		
TOTAL		£5,175.62	
TOTAL INCOME			£28,396.37
EXPENDATURE			
Postage		£78.96	
Stationary		£58.80	
AGM		£0.00	
Fund raising/Outings		£0.00	
Room Hire		£820.00	
Expenses		£3,549.85	
MYA		£0.00	
TOTAL EXPENDATURE		£4,507.61	
CLOSING BALANCE 31 AUGUST 2023			£23,888.76

Thank you, Kath, as per usual a very detailed report. It's nice to know we have a healthy balance. I think we have managed our money well, we have managed to decrease our postage, mainly due to returning to bi-monthly Newsletters and more members are having the Newsletters by email, so thank you for that.

I will now hand over to our President, Dr Sabrina Raizada for a few words.

7) Dr Raizada advised that Dr Mo Jasmin has joined the Rheumatology Unit and there have also been some changes and promotions, Jenny Mynett is Matron, Victoria Milner is Junior Matron and Kay Hughes is Lead nurse in the RA Unit. The RA unit is open for face to face appointments, however patients are given the choice as some still prefer to have Hybrid (telephone calls) appointments. There are long waits especially for therapy appointments, some as long as 12 months. Connect Health are able to offer quicker appointments in the community. New Cross are starting to work with Walsall/Dudley hospitals as part of the Black Country Alliance. Dr Raizada also mentioned that a new system has improved the Help Line, health care assistants take the initial call and pass on a slot for the caller to speak to a nurse. Questions about ambulance charges- there are no plans to make charges.

Dr Raizada was also asked if GP's monitor bloods and give general RA updates. She said that GP are able to do this, however if their funding has been removed they may not continue the service.

Thank you, Sabrina

I am now going to declare the buffet open, and apologise that I need to leave early due to a hospital appointment, but please feel free to stay as long as you need to enjoy the refreshments.

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,