



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Welcome back to all our members from the summer break, I hope you have had the chance to enjoy the sunshine which hopefully will benefit our health throughout the winter.

Dates for your Diary

Coffee Morning

Monday 7th September 2015

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.

WV6 0DD

Kuldip Khela

**Wolverhampton Information Network
(WIN)**

**Free online information directory
Wolverhampton City Council Library**

**If you have any queries regarding the coffee mornings please ring Joyce Knibbs
Mobile: 07539949723 (Monday –Friday)
Or email: jansimpson03@yahoo.co.uk**

Coffee Morning

Monday 5th October

10 30am – 12 30pm

(Doors open at 10 20am)

Linden House

211 Tettenhall Road, Wolverhampton.

WV6 0DD

Iona Fletcher
(Albert Rd Hearing Centre)
**Hearing Awareness and
The Relevance of Arthritis**

If you have any queries regarding the coffee mornings please ring Joyce Knibbs
Mobile: 07539949723 (Monday –Friday)

Or
email:jansimpson03@yahoo.co.uk
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We would like to thank our members for their support and attendance at our coffee mornings, the numbers are very encouraging and we like to think that we cover a wide range of issues that are of interest to you. If you have any thoughts on what would be of particular interest to you please let Joyce Knibbs know.

I am also eager to get some feedback from you as to what would be of interest to you Regarding managing your Arthritis and we are willing to accommodate this.

One thought that I have had is to organise some gentle exercise classes or Tai Chi if you think that this would be of benefit to you, please let Liz walker know.

WRSG
Annual General Meeting
Monday 21st September 2015
12 30pm for 1pm
Linden House
211 Tettenhall Road, Wolverhampton.
WV6 0DD

Invited Guests/Speakers

Doctor Paul Newton
Doctor Josh Dixey
Sister Barbara Douglas

**Finger Buffet following the main business of the
AGM**

Invitations are included in this Newsletter
Please complete your forms as we need to know numbers for catering
We look forward to seeing you at the AGM and value your support.

WRSG Xmas Luncheon

Monday 7th December 2015

12 30pm for 1pm

Linden House
211 Tettenhall Road, Wolverhampton.
WV6 0DD

**Entertainment provided by the
Ashmore Park Choir.**

(Invitations and Menus for this event are enclosed with this Newsletter)

The two course meal is subsidised by the WRSG for members.

£12 members

£15 guests

Outings /Holidays

Holiday to Paignton

5th – 9th October 2015

Information regarding this holiday will be given out to participants at the September coffee morning.

Christmas Luncheon Trip

Thursday 19th November 2015

**Warner's Leisure Hotels
Alvaston Hall Cheshire**

There is still time to join us for a Christmas treat at Alvaston Hall. This day outing includes:

Mulled Wine Reception
3 Course Christmas Meal
Annual festive Pantomime

Spend the rest of the day enjoying the Hotel's area facilities walk or shop or just relax in the lounge

£38 per person

A £10 deposit per person is required as soon as possible for this day out.

Please make enquiries about any of these events to: **Mary Allen. Tel: 01902 685682**
(Please note Mary's new telephone number)

Birmingham Hippodrome

Aladdin Pantomime

Thursday 7th January 2016

Mary has organised for the group to go to the theatre for a matinee production of Aladdin. Seats are all in the stalls for easy access. Ticket allowance is based on a member taking a carer which has reduced the cost to £12 80 each plus the cost of the coach travel. Please let Mary know if you wish to go.

(Don't forget to enter all of these events into your diary)

News Round Up

Strawberry Tea 21st WRSG Birthday

Pat and Les Jones very kindly opened up their home to our members for a lovely afternoon strawberry tea to celebrate 21 years of the WRSG

We would like to thank Peter Boneham and his daughter Marie for sharing our 21st Birthday celebrations and representing Carol Boneham posthumously who was the founder of the WRSG in 1994.

It was also a pleasure to have Sister Ruth Harper with us, she worked so hard with Pat to prepare for the strawberry tea. Ruth has also been a member since the group started and has supported many of our members throughout their journey with Arthritis over the past twenty one years.

Members enjoying the afternoon



Pat dishing out the strawberries



21 Years of WRSG.

As a reminder to long standing members and a taste of things to come for new members, Joyce has kindly listed some of the events WRSG members have enjoyed over the past 21 years.

3 Goodyear's Carol Concert and supper's, plus Last Night of Proms (Goodyear's)
Royal Albert Hall
NIA Classics (James Last)

London Eye and River Cruise
5 Symphony Hall Concerts
St Georges Day Concert
Mill Farm Carvery
Shugborough Hall Christmas Fare's
Sea Life Centre
Pebble Mill Studio's (Can't cook / won't cook)
3 Visits to Houses of Parliament
Boat Trip for lunch Hartley Arms / Fox & Anchor plus Sunday lunch Canal boat trip starting from Sherbourne Wharf
Upton upon Severn trip plus a meal
Carvers Charity Run
Free Tickets to Wolves Football match
Droitwich Brine Baths
Cotswolds
National Arboretum Alrewas, a Day of Remembrance
2 Spring Saunters with carvery meals
Essington Farm
Southport Days out including a meal plus a Day out to Weston Super Mare
Christmas Pantomime, Birmingham Hippodrome.
5 day Tinsel and Turkey– Holidays to Cavendish Hotel. Warner's - Sinah Warren on Hayling Island, Littlecoat House, Home Lacy, Alvaston Hall. Cricket St Thomas, Bodelwyddan Castle and Bembridge on the Isle of Wight.
7 days in Malta,
7 day Mediterranean Cruise, 7 day Cruise of Greek Islands.

Still to come:

Alvaston Hall 1 day Christmas lunch,
November 2015.

5 days Sefton Hotel Paignton, October
2015.

Birmingham Hippodrome Aladdin, January
2016.

When we reflect on the events that Joyce Knibbs has organised over the past 21 years for our members and indeed similar events to look forward to, I would, on behalf of our members like to thank Joyce for creating so many happy times where friendships and memories are treasured.

CLUED UP EVENT

20th July 2015

Liz, Joyce and Jan attended the 'Clued Up' meeting at Albert Road, the event gave us important information regarding the Care Act 2014.

The key Principles are:

Peoples Wellbeing

- To put Carers on the same footing as the people they care for.
- New focus on preventing delaying needs for care and support.
- For carer's to receive direct payment.
- Assessments
- Personal Budgets and direct payments
- Transition from children to Adult Services.

Every adult has the right to an assessment, based on their needs regardless of financial resources or level of needs. Your wishes must be taken into account of how the provision of care achieves a day to day outcome for both the cared for and the carer. Assessments must take into account the needs of the cared for, the carer, and also the whole family, with emphasis on support for the carers.

Direct Payments can be requested by anyone with the mental capacity. A statement, with break down for the cost of an adult's care and support, must show what the Authority has paid to meet those needs and what is to be paid by the individual.

Daily living costs are separated. The care and support needs can be met through Direct Payments to the individual (or to the carer) to allow them to arrange and pay for their own care and support. If a person does not have the mental capacity an authorised person may receive the payment.

A clear account of how and what the budget is spent on needs to be kept if you receive a payment from the Authority as the Council have to Audit the account. The Council should discuss with you and give you an idea of what your budget will be, so you can work out how to best spend the fund.

Personal Budget is also a sum of money agreed upon for the individual needs. This means the person can choose who is responsible for their budget. The amount from the Authority and the amount the cared for person contribute should reflect their needs.

ISF – Individual Service Fund, goes to a provider for your needs.

Penderels Trust – will give Budget Support.

WIN (Wolverhampton Information Network) this is a Website with all the information you may need. Kuldip Khela will be attending our next coffee morning to demonstrate to our members how to use the site.

In addition to the information we were given there was an excellent Drama Performance by clients of Eden Support

Wolverhampton Information Network



Wolverhampton Information Network (WIN) is a new **FREE** online information search directory. The service is run by Wolverhampton City Council's Library Service and was officially launched in March 2015. The site can be viewed by typing www.wolvesnet.info Into your Browser

WIN has been designed in close partnership with a range of local stakeholders; representatives from local voluntary and community sector, service providers and those who use council services including carers. The website has been carefully designed to be as user

friendly as possible. The content sits behind category pages and sections, website is available **24 hours a day, 7 days a week** and is designed to give Service users more choice and enable them to live their lives much more independently. The website is proving a very useful search tool and new content is being added all the time.

We have included details about services, activities and organisations in record format; you will find a description about services; contact details; opening times, links to websites and useful attachments.

The homepage also includes a translation feature which can convert the information into a wide range of languages at the click of a button, a NHS Choices link and a News & Events section that can be used to promote organisations and any upcoming events. Users can save searched information into a list and print off or email relevant records for future use or forward them to a friend or relative.

Local providers can easily create an entry for their group or activity by following the instructions from the homepage. Instructions are available on the site.

Wolverhampton Rheumatology Support Group (WRSB) has a record on WIN. We regularly keep our page updated with details about our service, meetings and upload our most recent newsletters on it. It can be viewed by searching for our group's name, or using the A-Z search option at the bottom of the homepage.

If you have any difficulty accessing the site or would like further details like printed copies and step by step instructions please contact the site administrator.

Kuldip Khela on 01902 553413 or via him on email:

infoportal@wolverhampton.gov.uk

Thanks to Kuldip for this useful information, members will be able to meet Kuldip at our next coffee morning 7th September for a presentation of the WIN online directory which will simplify how we can access the WIN

Personal Independence Payment (PIP)

In 2013 the Government began the process of replacing Disability Living Allowance (DLA) for disabled people aged between 16 and 64 with a new benefit called Personal Independence Payment (PIP).

By 2018 the government intends to have reassessed all DLA recipients in this age range for the new PIP benefit. Once the DWP has decided on the individuals entitlement to the various components of PIP, DLA payments will end and any PIP payments will begin.

To date reassessments have focussed on DLA recipients with fixed term awards. However, from July 2015, the DWP will begin to invite people with a 'lifetime' or 'indefinite awards to claim PIP.

As a first step, 3000 claimants, chosen at random from postcodes in the North West and Midlands, will be invited to claim PIP. The postcode areas included are: (DE) Derby, (LE) Leicester, and (ST) Stoke on Trent, (BB) Blackburn, (BL) Bolton, (M) Manchester, (OL) Oldham, (PR) Preston, (WA) Warrington and (WN) Wigan.

The reassessments of all remaining DLA Claimants aged between 16 and 64 will be phased over the next two years with a view to completing in 2018. (Life Style August 2015)

Donation from St Michaels and all Angels Church Tettenhall



Katy

My beautiful youngest daughter Katy who was married to Carl Teece on Saturday 20th June 2015 at St Michaels and all Angels Church Tettenhall. We had such a wonderful day.

The church kindly collected £130, half of which they wish to donate to the WRSG.

I look forward to seeing you at the next coffee morning. Liz Walker (Chairperson WRSG)

The views expressed in this Newsletter are taken in good faith and are not necessarily endorsed by the editor of the WRSG.