



## WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **Important Message**

Please note that our coffee mornings will be starting at 10am until 12pm from September 2017.

I do hope that the new times do not cause any inconvenience for you.

*(If anyone of our members have difficulty with the new times please let me know.)*

*Liz Walker 01902 563751 or*

*Jan Simpson 01902 835248*

### **Coffee Mornings**

**Monday 4<sup>th</sup> September 2017**

**(Connect Health)**

**New Musculoskeletal Services**

Bone, Joints, Muscle and Back Problems

**Royal Wolverhampton NHS Trust**

10 00 till 12 00  
(Doors open 9 50)

Linden House  
211 Tettenhall Road  
Wolverhampton WV6 0DD

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**Monday 2<sup>nd</sup> October 2017**

**(Laughing Yoga)**

10 00 till 12 00  
(Doors open 9 50)

Linden House  
211 Tettenhall Road  
Wolverhampton WV6 0DD

**Wolverhampton Rheumatology  
Support Group**

**Annual General Meeting**

**Monday 18<sup>th</sup> September 2017**

**Speakers**

**(Consultant Rheumatologist)  
&  
(Mrs Tracy Cresswell)  
Community Engagement Officer  
Healthwatch**

12 30 for 100

Linden House  
211 Tettenhall Road  
Wolverhampton  
WV6 0DD

(Finger Buffet)

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**Outings**

**Tuesday 21<sup>st</sup> November 2017**

**Aunty Brenda's Christmas  
Tale**

There are still a few places left for our Christmas day out at Wicksteed Park, Kettering, Northamptonshire.

If you would like to join us on this trip please contact:

Mary Allen Tele: 01902 685683

(Mary will be collecting the remaining balance for the trip at the September and October Coffee mornings,)

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**WRSG Membership Renewal**

Membership fees for 2017/2018 are due in September 2017.

£5 per single membership

£8 per family membership

There are no increases to our membership fees for 2017/2018.

Please send your membership fees to Kath Sankey:

78 Dilloways Lane, Willenhall, West Midlands. WV13 3HJ

Cheques made payable to the WRSG

**(Please note that new members joining the WRSG since January 2017 do not need to renew their membership)**

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**Christmas Lunch 4<sup>th</sup> December 2017**

The menu for our Christmas meal is enclosed with this newsletter.

*Please make a note of your meal choice. Last year we did have a problem with members changing their meal choice and we did disappoint members because we ran out of certain meals*

Accredited by Royal Wolverhampton  
NHS Trust  
Education Academy

# MANAGING YOUR ARTHRITIS COURSE

(A Self-Management Programme)



## Do you have Arthritis?

Book yourself a place on this free  
6 week course

The Managing Your Arthritis Course has been specially developed for you by service users, dedicated clinicians and the Wolverhampton Rheumatology Support Group. (WRSg) You will learn more about your condition and will develop Self-Management skills so that you can take more control of your Arthritis.

The first course will be held in October starting on Friday 13<sup>th</sup> and will run every Friday for 6 weeks 2017. 12pm till 3pm

Venue: Linden House 211 Tettenhall Road Wolverhampton WV6 0DD

Please book your place by contacting:

Liz Walker

Tele: 01902 563751

Mob: 07811149268

Jan Simpson

Tele: 01902 835248

Mob: 07904503806

### Editor's Note:

We are so pleased to announce our long awaited new course,

### 'Managing Your Arthritis'

As you know the WRSg used to purchase the 'Challenging Your Arthritis' course for our members. This course is no longer available to us and I was determined to develop a course for our members that will help us all to cope more effectively with our Arthritis.

A core development team was formed with expert patients and Rheumatology Clinicians over 12 months ago. Funding was secured from Royal Wolverhampton NHS Trust and the WRSg.

It is with great pride and an awful lot of hard work we are now ready to offer you our first course. Initially you will learn more about your individual conditions and moving on to develop self-management skills from expert clinicians in therapy services (Rheumatology).

Action Planning and goal setting plays a large part in the course as does relaxation, alternative therapy and mindfulness.

We are restricted to 20 places so it is imperative that you book your place as soon as possible.

The MYA course is accredited with continuing professional development points.

A second course will be offered next year in Cannock.

Liz Walker (Course Director)

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### **Strawberry Tea 18<sup>th</sup> July 2017**



**Lovely Picture of some of our members enjoying the strawberry tea.**



### **Pat and Les Jones**

The day was blessed with beautiful sunshine and a lovely cream tea and strawberries. The WRSG would like to thank Pat and Les Jones and all of their friends and neighbours for making us all feel so comfortable.

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### **Christmas Cards**

This year for the first time the WRSG are selling their own Christmas cards. The cost is very competitive and we are hoping to raise some money towards our WRSG running costs.

Jan Simpson will have some templates to show you at the September coffee morning.

Jan is also willing to visit members to show them our cards in their own homes if they are unable to come along to our coffee mornings.

*Please support us*

**I look forward to seeing you at our  
September 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.*