



WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

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CARING IS SHARING

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Obituary Notice Mrs M J Littler

Our thoughts and condolences go out to the family of Mrs M J Littler a fellow member of the WRSO who passed away in June 2009.

Welcome

A very warm welcome is extended to new colleagues at the Rheumatology department, New Cross Hospital.

Dr Dixey:
Consultant Rheumatologist

Dr Barkham:
Consultant Rheumatologist

Sister Debbie Milton:
Lead Clinical Research Nurse Specialist
Rheumatology

We very much hope that our new specialists will be able to join us at the AGM in September 2009

Membership Renewal Reminder

Subscriptions for renewing your membership are now due, £5 single membership and £8 for family membership.

New Treasurer WRSO

I am very pleased to welcome Mrs Kath Sankey to the WRSO committee as our new treasurer. Kath will be taking over from me (Liz) shortly.

WRSG trip to the Theatre

Every one of our members who went to the Birmingham Hippodrome to see Ben Elton's **We Will Rock You** on the 15th July were absolutely overwhelmed. We had such a good time the show was magnificent. We all came out of the theatre thinking we had seen the legendary **Queen**. Thank you to Joyce Knibbs for organising the outing.

Forthcoming Events

Annual General Meeting 21st September 2009

The AGM for the WRSG will be held at the Hollybush, Penn Road, Wolverhampton on Monday 21st September 7pm for 7 30pm. Invitations are enclosed with this newsletter, and a buffet is included. Please return your forms to Liz.

Coffee Morning 5th October

There will be a presentation given by Mary Shipway on Aromatherapy at our coffee morning to be held on Monday 5th October 2009 at the Hollybush Pub, Penn Road, Wolverhampton, 10 30am till 12 30pm. Invitations are included in this newsletter, please return to Liz.

Coffee Morning 2nd November

There will be a Gift Demonstration morning by Great Expectations on Monday 2nd November 2009 at 10 30am till 12 30pm at the Hollybush Pub. Timed quite nicely for your Xmas shopping. Great Expectations have offered to donate 10% of the total sales on the day to the WRSG.

Christmas Coffee Morning 7th Dec

Mince Pies coffee and carols for our members on Monday 7th December 2009 at the Hollybush Pub, 10 30am till 12 30pm.

Features

Replacement Kitchens (Joyce Knibbs)

I hope this information is of use to anyone who is thinking of adaptations to their kitchen or buying a new kitchen. I have had my kitchen adapted for my special physical needs. Lower wall units, drawers instead of cupboards and other accessories to make life easier in the kitchen.

The company I used is Chase Carpentry Services. The company is registered with Staffordshire Trader Register: Honest and Fair Trade, Good Customer Services and working with Consumer and Trading Services.

The work standard is high, work men polite and courteous. The man who did my kitchen was Paul Holmes of Chase Carpentry. Telephone: 01543 426212 or 07949036092.

Of course you must make your own decisions but I am very pleased with the work done for me.

Joyce Knibbs
(Committee Member WRSG)

Extended Care Network (ECN)
My Journey by June Osborne

Since April 2008 if you're General Practitioner (GP) decides that you need to see a Specialist you can choose to go to any hospital in England including many private and also independent sector hospitals. It means that you can choose the best hospital with the best reputation.

The National Health Service (NHS) Choices Web Site provides information on local NHS services. For example: service performance, standards, information on quality of care, star ratings, MRSA ratings etc.

Your local GP practice should be able to access information and print copies for you. Also in your GP practice there should be booklets with details of ECN. Information can also be obtained via the Web site: Information on 'ECN' NHS Choices. www.nhs.uk information has also been featured in local newspapers. It has also proven beneficial to speak to other patients once you have chosen your hospital.

You will then need a Medical Consultant/Surgeon. Not all Consultants work with the ECN programme. You will again need to refer to the Web Site, your GP or Local Patient and Liaison services for help. Once you have chosen your Consultant you will need a referral letter from your GP.

On seeing the Consultant of my choice a date was arranged for my surgery at the Spire Hospital, Little Aston also confirmation stating that the surgery and care would be paid for by the NHS. One may ask why I chose to go to the Spire Hospital, Little Aston. Some 2 years ago I had surgery there and was very impressed with both the Hospital

and the Consultant. I knew that if I ever needed surgery in the future this Hospital would be my choice, I believed that I would not come out with more than I went in with!

In conclusion I would like to say a very big thank you to all the staff who took part in my care before and after my operation. A special thank you to the Consultant Surgeon, who visited me every morning. He was very easy to talk to and answered all my questions. The ward was very busy; cleanliness which I believe is very important was very good. Once a patient was discharged a 'blitz' job was carried out by two great ladies. Food, which I also believe is very important, I don't mean quantity I mean quality was also very good. Well done chef's and staff who prepared our food. Eat your heart out Gordon Ramsey and Jamie Oliver.

The great girls who served the meals made sure you were in a comfortable position to enjoy your food. Communication with the staff was very good. I was very thankful for the time they took to listen to my concerns about my medication as I also take alternative medication. All concerned were very clear and happy about this situation.

Last but no means least I would like to say a very special thank you for all the get well cards, flowers, chocolates and visits from all my friends. It was most kind of you and it really helped towards my recovery.

I believe life is a journey and whilst at times this journey was quite difficult something or someone gave me strength to go forward, believing that things will soon be on the mend. Life can look quite different once you are round that bend.

Thank you June for a very interesting feature article. Liz

Hydrotherapy

I now have an update for our members regarding Hydrotherapy sessions at Penn Hall School.

Richard Baker (Physiotherapist) telephoned to offer 6 places to our members. 6 names were put forward, and 3 were able to start straight away. The remaining 3 will start in September.

Hydrotherapy as an effective adjunct treatment is particularly beneficial for persons who have Arthritis (Hall J. 1996). The sessions are arranged in 40 minute blocks, the maximum time in the water is 20 minutes. The course of treatment is one session a week for 6 consecutive weeks. There are group and individual exercises available and the physiotherapist provides everyone with a sheet of exercises.

There is hoist access into the pool if required, the water is warm and the pool is about one metre deep. If anybody needs assistance with dressing they need to take along a carer

The sessions are held on a Tuesday night at Penn Hall School, Vicarage Rd, Penn, Wolverhampton. WV4 5HP.

I am assured that Richard Baker will accommodate some of our members although there will possibly be a few months delay due to the school closing down for the summer and for existing patients finishing their course.

If you are interested and your General Practitioner agrees to you participating please let me know so that I can create a waiting list.

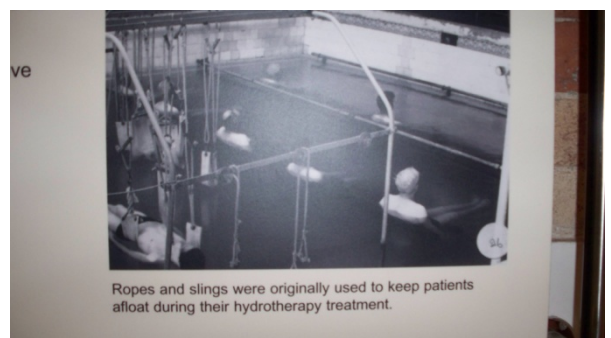
Liz Walker 01902 563751

The Royal Pump Rooms Royal Leamington Spa



As it so happens, I took a holiday on a narrow boat in May. My family and I travelled to Royal Leamington Spa. We went to the Spa Museum and learnt all about treatment in the town for Arthritis from the earliest record of the therapeutic spring water discovered in 1480 and developed commercially at the end of the eighteenth century. Royal Leamington Spa became a fashionable spa town as visitors took the waters and bathed in the Royal Pump Rooms Baths.

The museum gave me permission to take a photograph of the Physiotherapy and Hydrotherapy facilities at the Royal Pump Rooms which didn't close until 1997.



How things have changed, the photo is not that good but can you see the ropes and slings that were originally used to keep patients afloat during their treatment. **Liz**

Rules for drinking the waters

'At early dawn prepare to rise,
And if your health you really prize,
To drink the waters quick repair,
Then take a walk to breathe fresh air,
Hie thro 'fields – or promenade
Round pump rooms grand, or
colonnade.

A second glass now take – what then?
Why! Take a pleasant walk again,
The waters, exercise and air,
Will brace your nerves, your health
repair.

Then to your breakfast haste away,
With what keen appetite you may.'
(**James Bisset, 1816**)

Do you remember the WRSB trips to the Spa Town of Droitwich? I think we should get Sheila Fardoe to organize another trip to the Spa pool. After taking to the waters we could then take the air and exercise our selves around the shops for retail therapy. We could then hasten to the pub for refreshments. That will surely brace our nerves and our health repair.

(**Liz Walker 2009**)

Aromatherapy (Mary Shipway)

Hello to all readers of the WRSB. My name is Mary Shipway and I am a complimentary health practitioner having qualified as an Aromatherapist through the International Institute of Health and Holistic Therapies commonly known as I.I.H.H.T. at Mathew Bolton College Birmingham back in 1994. As I work for Birmingham Social Services I was fortunate enough to practice and observe the remarkable results I received by offering treatments to our disabled service users, both physical and mental categories.

Some of you may be asking – just what is Aromatherapy? Well it's the pleasurable stimulation of perhaps one of the most basic of our senses, that of smell which is combined with a therapeutic massage. It can be regarded as a truly holistic therapy encompassing a person's mind, body and spirit. Essential oils exert a balancing effect upon the body thus creating an ideal balance of health and well being. The oils come from leaves, flowers, fruit, wood and bark, and vary greatly in cost. Did you know it takes 2000kg, (a field full!) of rose petals to produce 1kg of essential oil? Little wonder it's one of the more expensive ones. Selecting and blending of oils to suit an individual is the true art of Aromatherapy which results from an in depth consultation and skin testing first.

You can probably sense my enthusiasm for the use of these oils, so much so that when I went on to qualify as a Reflexologist in 1998 I became one of the few who uses essential oils as opposed to traditional talcum powder during treatments, thus allowing the client to receive two therapies for one!. Again I use them in my Indian Head Massages and burn them during my Reiki sessions. As a teacher more recently, I have been able to pass the knowledge on regarding the safe home use of oils, for example the correct storing, buying, mixing, burning etc.

Finally as a nation I believe we are all too accepting of conventional drugs to cure our less serious ills whilst causing numerous side effects, resulting in combination drug taking instead of exploring what nature has to offer first. So don't forget your notebook and pen for the October 5th 2009 WRSB coffee morning when I will go into greater depth about this wonderful therapy.

See you soon Mary Shipway

Introducing Debbie Milton
(Lead Clinical Research Nurse
Specialist Rheumatology)

I have worked in Rheumatology since 1989, so a long time now! When I started Dr Newton was one of the Consultants at the time, so it will be nice to work with him again. I worked my way up through the ranks eventually getting a post as a Clinical Nurse Specialist, which I thoroughly enjoyed. I then got the post of lead clinical research nurse specialist, which was a new post for the Trust. I am very interested in research and new ideas and hope to incorporate this into my new post at New Cross.

My main passion is working with mothers who have Rheumatoid Arthritis and have young children under five. I would be very keen to set up a mothers group, which I have done so before where I currently work.

I'm very excited about working at New Cross, as I think the unit has great potential and I look forward in taking an active part in the WRSG.

Debbie Milton

Thank you Debbie, we all look forward to meeting you at the WRSG Annual General Meeting in September.

Profile of the WRSG Committee (Continued)

Julie Hibbs (Secretary)



Hi Everyone,

I'm Julie Hibbs your Secretary. I'm married to Steve and live in Stafford. I work for Arthritis Care part time as a training Services Supervisor looking after a team of volunteers running the Challenging Arthritis Courses across the area.

I started as a volunteer myself for Arthritis Care which is how I met Liz Walker when we were running a course for WRSG members in Wolverhampton. Liz introduced me to Dorothy Darby who asked me to join the committee, and the rest they say is history.

I have a golden retriever, Pepper who is big friends with Winston, Liz's dog and we have walked them together in the past on Kinver Edge.

I enjoy socialising, music and my current hobby is learning to play the drums!!

I look forward to meeting you all.

Julie



(Julie's Drum Kit)

Pat Jones (Equipment Officer and Patient Representative)



Pat Jones – aged 67yrs is married with two children. Her first grandchild was born in January this year. Now an Art Student studying design and sculpture.

Pat trained as a Nurse in 1959 – 1964 with her main nursing interest always being Orthopaedics and Rheumatology. Following her time as a Ward Sister she moved into management and retired in 1992. She is now working as a volunteer with the WRSG as our Equipment Officer and Patient Representative.

Other than art her other interests are walking the dog, skiing, entertaining/cooking and caravanning. She also has a 96yrs old mother who has recently had knee replacement.

Thank you Pat

Walking for Health

Walking – (the perfect activity for health)

Walking for Health in Wolverhampton run free, supervised regular health walks for people of all abilities to join.

The walks are especially suited for people who currently don't do much walking but who want to get healthier, fitter and be happier.

Walking is one of the safest and easiest forms of exercise which almost anyone can do. You don't

need any special equipment to start walking and it can be easily built into your daily routine.

Please join us for a walk that suits you, which you can enjoy at your own pace but with the added benefit of being in the company of other walkers and trained leaders.

If you come on the walks you can earn a £5 gift voucher for every 25 walks you complete up to a maximum of £25 in a year.

Walks are safe and Fun

- Makes you feel good
- Increases your energy levels
- Keeps your heart strong and reduces BP
- Helps you to manage your weight
- Relieves stress and helps you sleep better
- Reduces cholesterol and helps with Diabetes
- Lifts your mood and self esteem
- Helps prevent and control Diabetes

**To find out more call Walking for Health on:
01902 444601**

Enclosed with this Newsletter is a copy of the free Health Walks Timetable 1 April to September 2009

Poems Jokes and Ditty's

The Trafford Centre (Margaret Belcher)

We went to the beautiful Trafford Centre,
To boost the failing economy,
We went to the Trafford Centre,
To buy things for you and me.

You tried on a jacket,
I tried on some shoes,
But we did not like either,
That gave us the blues.

Our granddaughter is marrying,
So we both need new clothes,
Though we'll wear them once,
And never again we suppose.

At last we found them,
We've spent all our cash,
The coach it was leaving,
We had to make a dash.

The journey back was very good,
That's what everyone said,
But we were oh so tired,
All we thought of was bed.

The walking had worn us,
Both out, that's for sure,
Our feet they were glowing,
They were red and sore.

The shoes I had bought,
Well they no longer fit,
They pinched my toes,
And they hurt quite a bit.

But we can't take them back,
Manchester is far too far,
So we'll start saving again,
Putting 20p's in a jar.

We'll all go out together,
On another shopping spree,
Arranged by those fantastic women,
The committee of the WRSG.

Thank you Margaret.

HE DIED A HERO (Brenda Mullaney)

He died a hero,
But he died,
Words I heard his father say,
They gave him a medal,
What a price he had to pay,
They said he saved someone's life,
But his family wanted him safely back home,
With his parents, his children, his wife.

Will it make any difference to them?
This war that was so bravely won,
Would it bring back a loved one?
Or reunite a mother with her son.
Fighting for freedom in a foreign land,
Did anyone want this?
Did anyone understand?

So many died and children cried,
But their tears were all in vain.
Now any empty chair reminds them,
He will never come home again

I feel with how the news is lately this poem is very appropriate.

Love Brenda.

Jokes from Bhagwant Sachdeva

- 1) Why do scientists call it re'search when looking for something new?
- 2) If vegetable oil is made of vegetables and olive oil is made of olives – what is baby oil made of?
- 3) If a book about failures doesn't sell is it a success?
- 4) If all the world is a stage, where is the audience sitting?
- 5) A speaker at a public meeting, 'Ladies and Gentlemen I have to apologise for my English. My relationship to this language is the same as my relationship with my wife. I love her but cannot control her'!

Please continue to send your contributions for the Newsletter they are very much appreciated. The next edition will be October 1st 2009.

Best Wishes to all hope to see you at the AGM in September and the coffee morning in October.

Liz Walker

The views expressed in this newsletter are taken in good faith and are not necessarily endorsed by the editor or the WRSG. The use of a product name does not constitute an endorsement by the WRSG.