



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Thanks for your help

A special thank you to my 9yr old granddaughter Isobel Chapman who works so hard helping me to print, staple, and fold and put the newsletter's into envelopes and sticking on stamps for onward posting. She is a gem but it costs in pocket money!



Coffee Morning held for Dorothy

The coffee morning held on the 27th April in memory of our former chairperson Dorothy Darby was very successful. Over 80 members attended and everyone had the opportunity to write personal tributes to Dorothy in a book of remembrance. Thank you to Tony Sankey for his part in offering a prayer for Dorothy at the coffee morning. There was a lot of reflection and happy memories recalled of the good times shared with Dorothy and as one of our members said to me it was as if we could now pay personal closure to the difficulties of coming to terms with her death.

The raffle at the coffee morning raised £102. The committee thought it appropriate to donate this money and personal donations for Dorothy to the Rheumatology Out Patient Department at New Cross Hospital which is being refurbished in the near future. As many of our members are aware from their visits to the Department the clock is not working. Do you think it a good idea if we bought a new one?

Obituary Notice Mr McFarlane

Our thoughts and condolences go out to one of our long service members Mrs Utilda McFarlane. Her husband has passed away after a long illness. God bless you Utilda.

URGENT REQUEST (TREASURER)

The WRSB are in urgent need of a new volunteer treasurer to take responsibilities for the WRSB accounts. The new financial year starts on the 1st June 2009. Liz Walker will continue to manage the accounts until the end of May and is willing to induct and support anyone who is willing to take on this important job whilst they settle into the role.

Please ring Liz on 01902 563751 if you are interested. (Liz on holiday until the 7th June)

Membership Renewal for 2009/10

Membership fees are due for 2009/2010 on the 1st June. Forms for renewing your membership are enclosed with this newsletter. We have decided to keep the membership fee at £5, family membership £8. Any new members who have joined the group since January 2009 do not need to renew their membership. Please return your form to Liz Walker.

WRSB Equipment

The WRSB have purchased another light weight wheelchair for our members. This particular wheelchair has a larger seat and will be far more comfortable for the larger person. You would be able to take it on holiday abroad as it is quite easy to handle.

We have also purchased two top of the range T.E.N.S machines. If any of our members are in need of any of our equipment please contact Pat Jones, Equipment Officer WRSB on 01902 884495

Get Well Wishes

Our best wishes go to our friend June Osborne who is now back at home recovering from surgery. Hope you have a speedy recovery June.

Forthcoming Events

Coffee Morning Monday 22nd June

There is to be a coffee morning on Monday the 22nd June 2009 to be held at the Hollybush Pub 10 30am-12 30pm. Wiltshire Farm Foods have kindly agreed to include a cookery demonstration as well as providing information regarding their range of menus for home delivery.

Theatre Trip Wednesday 15th July

Matinee performance (**We Will Rock you**) on Wednesday 15th July 2009 at the Birmingham Hippodrome. Tickets are £33 plus coach fare.

The coach leaves Faulkland Street car park at 12 30pm. Any queries regarding this trip please ring Joyce Knibbs: 01902 862198 before 6pm

Family Outing Wed 29th July

We are arranging a family day out to **Hatton Country World** near to Warwick and Solihull on Wednesday 29th July 2009. The day includes Hatton shopping village created

from Victorian farm buildings and hosts a wonderful mix of traditional craft and contemporary shopping. There will be an opportunity to take leisurely circular strolls of Hatton locks and explore the history of the Grand Union Canal. Also there are artist designed picnic areas, and the Waterman Canal side Pub and Restaurant.

Hatton Country Park also includes an animal farm village if the children wish to visit but I believe there is an admission charge for this feature

The coach fare will be £10 for adults; the WRSG will be funding the children's travel. The coach leaves Faulkland Street coach park at 9 00am and returns 4 00pm from Hatton.

To book a place for you and your family please ring Sheila Fardoe 01902 686246 between 2pm – 6pm

Coffee Morning Monday 12th October

There will be a coffee morning on Monday 12th October 2009 at 10.30am till 12.30pm at the Hollybush Pub. We will be having a talk and demonstration featuring Aromatherapy by Mary Shipway.

Coffee morning Monday 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 Christmas shopping. Great Expectations have offered to donate 10% of the total sales on the day to the WRSG.

Features

Bradmore Bowling, Church Road, Bradmore Wolverhampton



What do you do on sunny summer afternoons? Why don't you try your hand at crown green bowls? We would like to invite ladies and gentlemen for afternoon social bowling from 2pm till 4pm Monday till Friday every week. Tea and biscuits break at 3pm (20p) we have a level tarmac car park with good access for wheelchairs and scooters, ample seating around the green and a cover way with shelter from sun, wind and summer showers.

We are members of the crown green bowling association and have a team in division 5 who play on Wednesdays. Please come, all will be welcome. The green is in Church Road, Bradmore next to St Phillips Church. Look forward to having a cup of tea with you.

Bob Bruce (Chairman) 01902 650061

ARISE MOTION BEDS

"WAKE UP TO THE ULTIMATE IN LUXURY AND COMFORT"

Arise Motion Beds, state of the art adjustable sleep systems will help you wake up feeling refreshed and revitalised. Our beds provide style, comfort and relief from aching joints with the added benefits of improved circulation and easy breathing. New models now come with a therapeutic wave massage so you can feel like you're on holiday from the comfort of your own bed!!

Don't delay - call today for a free brochure and free no obligation in-home demonstration.

Call 01902 421314 and ask for

Goe Grewal

You can also visit the web site:

www.Arisemotionbeds.co.uk

Profile of your Committee

I thought it might be a good idea if you could get to know the WRSG committee members a little better. I have therefore asked them to write a resume about themselves. Two of my colleagues are featured in this edition. June Osborne who works tirelessly to raise funds, helps to arrange holidays for the group and organises the raffles and Joyce Knibbs who also works tirelessly organising outings, holidays and shows along with Sheila Fardoe

and June Osborne. Joyce also organises the coffee mornings and information sessions.

June Osborne



'Where do I start'

My sister and I had great parents. My Mom had great courage throughout the war years, she worked very hard as we were growing up but was always there for us as well as helping others. We had a good education at St Peters Collegiate School which stood us in good stead in our future years.

I worked in hair dressing and then went on to Marston Excelsior. At this point in my life I met the love of my life Trevor. After two years we were married and had our two sons Lee and Dean. I became a Community Care Worker for 15 years. During this time I became very active in the obstacles' which were prominent in every day working lives of women at this time. To give an example: Community Care Workers were only classed as casual workers in that they did not have any set working hours/week. I was elected to go to the European Courts. Management relented and we were given a set working week with all the benefits that went with it.

So many doors were opened as I continued to challenge the 'system'.

Then a personal disaster happened in my life, Trevor passed away and as a family we went through a very traumatic time within the system. When I put forward issues which I believed had drastically gone wrong in the system and needed to be addressed I encountered many obstacles, I was faced with individuals who made life hell when you are at a vulnerable point in your life. I believe you have to experience these issues before you know in depth what you are talking about

I was left feeling patronized, lacking in confidence and self worth. I was asked if I would like to join an independent group 'Patients Forum' to use my experience as a way forward. It was on this group that I met Dorothy. A group called 'Women in Participation' helped to restore belief in myself again, thank you Gill and Amita.

I am a member of the Lymphoma Association and feel I need to give more input into this very valuable service. If I had known about this group during our time of need it would have helped my family.

I am also a voluntary worker raising funds for New Cross Hospital and various projects. What strategies do I use to keep me going? A big question! Through my work I come into contact with so many people with immense courage who try to live a quality of life against all odds as well as helping others.

June Osborne

(Committee Member)

Joyce Knibbs



Hello everyone,

My name is Joyce Knibbs. I have had Rheumatoid Arthritis (RA) for about 30 years now. Joining the WRSG was brilliant for me. I found I could talk to someone who actually knew how I felt. My membership is now in its 15th year. (I think)

My position on the committee was fund raising, now I organise outings, holidays and shows along with Sheila Fardoe and June Osborne.

I do feel when you have RA it is difficult to get your life together again. Going out with the WRSG as a group makes it much easier and reassuring because we help each other. If you have any requests or ideas of where to go or what you would like us to organise on your behalf I would be delighted to hear from you.

Joyce Knibbs

Committee Member

A Day Out At Eden Spa

Last month together with Julie Hibbs and my eldest granddaughter Polly, I had the most wonderful time at Eden Spa, Hoar Cross Hall, a beautifully designed sanctuary of peace and tranquillity. The day included swimming in a saltwater vitality swimming pool, sauna, steam rooms, specialist showers, aqua massage centre, gymnasium and two free relaxation classes. Julie had a full body massage, Polly and I had Indian head massage and a manicure each. I can't begin to tell you how good I felt at the end of the day, fully relaxed and revitalised

After a fabulous three course lunch and a large glass of shiraz wine in the award winning seventh heaven restaurant I didn't hesitate to settle down onto a huge leather sofa, covered myself with a blanket and went fast asleep for an hour. Polly very gently woke me up to go for our massage, such bliss! I also went to a Yoga class and after doing the obligatory deep breathing and relaxation exercises I was asked to mentally take myself on a walk alone on the beach. I did try to stay on my own but Winston was on my mind, I was lonely how could I go for a walk on the beach without him and my grandchildren? So I allowed them to mentally come along as well and I felt so much more relaxed with my dog and the kids with me!



Winston on the beach with 2 of Liz's grandchildren, Isobel and Robert.

Yoga What Is It?

Standing on your head! Sitting in Lotus position for hours! Shoulder stand and other amazing postures that people associate with? Yoga, when you say "yes I do yoga" usually the reply is "I couldn't do it"

Yoga is Eastern in origin although there are drawings on ancient pyramids of people in yoga postures. It could go back in time even further than first thought. The word Yoga roughly translated is Yoke, because Sanskrit is such an old language translation isn't always easy but Yoke is the nearest and means to unite mind, body and breath. So in theory you needn't move just become aware of all three.

When Yoga was brought to the West most schools of thought were that it must be accessible to all people. There are many methods of Yoga and all can be modified to suit the individual. Generally not many of us have practiced Yoga since childhood and often have injuries or ill health throughout our lives that are perceived as prohibitive to the art of Yoga.

Yoga can be undertaken in chairs just as effectively as the traditional methods. The reason for any movement is to help release toxins and usually this is done by moving dynamically, for example: raising an arm several times rather than once and holding.

Also by moving we can be aware of the relationship between mind, body and breath. Yoga believes this helps to still the thought waves of the mind a little so inducing a calming effect.

Just by noticing these things with gentle concentration, awareness and being in the moment has a very positive effect. This is the aim of Yoga when your body, mind and

breath are working together. Even in the most gentle way relaxation and gentle breath awareness becomes possible, without the struggle of you thinking “I can’t do that” Everyone can do Yoga. Why don’t you try it?

Jackie Hoch

Thank you Jackie for a very interesting article. Jackie does run classes and I am hoping to invite her to one of our WRSG coffee/information sessions I am sure that we could all benefit in some way with the daily trial of managing our arthritis.

Poems, Jokes and Ditty’s

Next week instead

I almost went to church, but then an old friend came, and to have to have closed the door on her would have been a dreadful shame. So we talked and talked, until goodbyes were said **and I made a resolution to go next week instead.**

I almost went to church but something made me late. And unpunctuality is a sin I really hate. So I didn’t go, and stayed at home, and to my conscience said.... **I’ll make a resolution to go again next week instead.**

I almost went to church, but the air was still and cold to venture out would have been foolish, I’ve been told. So I sat and rested by the fire, took up a book and read. **But I made a resolution to go next week instead.**

I almost went to church, but my favourite show was on, and by the time it ended – the time for church was gone. So I stayed and watched the TV screen until the set was dead.

But I made a resolution to go next week instead.

I really went to church last night, but I went far too late. The church was locked and silent. “For Sale” was on the gate. Oh the remorse I felt – for that little church was dead. And – I - yes - I had killed it... **By going next week instead**

Thank you Phyllis Vaughn

Memories

We never forget those we loved,
No matter how time passes by
Some small piece hidden deep in our heart
Will remember with a sigh
Those first magical snowflakes that fall
A bird on the wing
A patch of blue in a summer sky
And once again your heart will sing.

A child at play a loved one’s smile
A kindness from a friend
These small things will remind you
Your love will never really end
Memories and love will remain with you
So cherish that love in your heart
And just remembering their face and smile
Means you are never really apart

A Summer Day.

**The winter days were dark and long
And I yearned for a summer day,
And now I can sit under my lilac tree
And feel the suns warming ray.
My tired aching body comes alive
And nearby my old cat stretches lazily
As I sit with my book and coffee
Listening to the drone of a lazy bee.**

**I remember now summer's past
When in the garden my children would
play, with boundless energy they never
tired not until the end of the day.
Summer days so quickly pass
So enjoy them while we can
Too soon the leaves will fade and fall
And winter will be here again.**

Thank you Brenda Mullaney

An Ode to Dorothy

**There was a wonderful woman called
Dorothy,
Her energy was something to see.
She gave up her leisure for oratory,
On behalf of you and me.**

**Her devotion to the WRSG is renown,
Though she worked for many Committees
that's a fact,
Her knowledge was the talk of the town.
She ever said it as it was,
Always was using tact.**

**So to Dorothy we sing our praise,
For all the work she did on Earth.
To her our glass we will raise,
Recalling special memories, many full of
mirth.**

Thank you Mrs Margaret Belcher

A Rhyme by Sheila Fardoe

**I was retired on medical ground
All because my joints were unsound
But happily do I find
I do not miss the daily grind.**

**But I still wanted to work
It was a duty I did not want to shirk
The friends I made still keep in touch
I find that matters very much.**

**The hassle you can keep it
I know a place to store it
Now that I have more time
I find that I can write in rhyme
Perhaps it is a gift to share
Do you think that I should dare?**

Thank you Sheila

**Please continue to send your contributions to
the newsletter they are very much
appreciated. The next edition will be August
1st 2009**

Best Wishes to all

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.**