



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Coffee Morning

Monday 7th March 2011
10 30am – 12 30pm
(Doors Open 10am)

Linden House, Tettenhall Road,
Wolverhampton

Social morning with Quiz and Name the Baby

(Invitations included with this Newsletter)

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Coffee Morning

Monday 4th April 2011
10 30am -12 30pm
(Doors open 10am)

Linden House, Tettenhall Road,
Wolverhampton

Dates For Your Diary

Coffee Morning

Monday 7th February 2011
10 30am - 12 30pm
(Doors Open 10am)

Linden House, Tettenhall Road
Wolverhampton

Pat Hogan Head of Chiropody
Wolverhampton City Primary Care Trust

David Bonnell

Origins of Waitrose Supermarket)
(Invitations included with this Newsletter)

Tinsel and Turkey (Early December)

We would like to establish if members would be interested in a Tinsel and Turkey break in early December 2011. If you are interested please would you telephone Joyce Knibbs on 01902 862198

Features

Bring and Buy Sale Held on Monday 10th January 2011

Thank you to all members who attended the Bring and Buy sale at our monthly coffee morning on the 10th January 2011 at Linden House. The total cost to the group was £90 for the room hire, coffee and tea.

Monies raised on the morning: £47 60 thanks to the Bring and Buy table, £32 on the Raffle and £36 33 from the Coffee and Biscuits. Thanks to everyone who participated.

Christmas Coffee Morning December 2010

What a great Christmas treat! We were treated to Father Christmas and a Pantomime Dame plus chocolates and mince pies.

The number of members who attended in such bad weather snow and ice really enjoyed themselves.



Members enjoying the Pantomime Dame



The Pantomime Dame in full costume



One of our longest serving WRSG member with Father Christmas (Mary Mannion)

HAPPY NEW YEAR TO EVERYONE

I do hope that 2011 will be a good year for all of our WRSG members. Have you made any New Year resolutions? It's a well known fact that many of us choose healthy eating/dieting and exercise as our goal for the New Year.

I am in that category and every year I fail! This year however; I do resolve to try my very best

to improve my general fitness levels. I have noticed over the past year that I have declined in stamina, motivation to exercise, eating the wrong foods and even taking Winston my Doberman for a walk in the back of the car! Just so I could justify taking him out. How terrible is that?

All of us who have arthritis know and understand that exercise is the single most important factor in keeping mobile and flexible. There is help out there subject to your Doctor's permission at local gyms and classes. I would like to hear from anyone of our members who are currently involved in health and fitness regimes so that we can spread the word. Please telephone me or E mail me.

Liz Tele: 01902 563752
E mail: lizwalker_wrsg@hotmail.com

Health and Fitness Event at Aldersley Leisure Village Tuesday 5th October 2010

A health and fitness day was held at Aldersley Leisure Village on the 5th October last year. The event was organised through the Disability Network (One Voice). Several of our members attended this very interesting day.

Disabled people who attended were treated to a tour of the venue and were able to use the equipment under supervision. There was also advice on healthy eating and the best ways to get fit and maintain your fitness levels.

Following this very successful day; five WRSG members were treated to a free induction and membership of Aldersley Leisure Village Gym. Our induction was paid for by One Voice Disability Network. Since our induction we have attended many over 50yrs sessions on Tuesdays or Fridays. I for one intend to really keep it up not only for myself but for Winston. I can put Winston in the car and take him to Aldersley Leisure Village. Before my session I take him for a walk over the fields and canal which tires him out and warms me up for the gym. **Watch this space for the new fitter and slimmer (I hope Liz)**

The Disability Network organised another Health and Fitness event at Blakenhall Community & Healthy Living Centre at Bromley Street, Wolverhampton. WV2 3AS on Thursday 20th January 2011. I did E mail as many members as I could so that they would be able to take advantage of this day, particularly as One Voice Disability Network offered to pay for induction fees for all disabled people who registered for the event.

I am sure there will be other days organised for members who have missed this opportunity. You can contact One Voice Disability Network yourselves on:

Tele: 01902 810016
SMS text: 07944 984022
Email: disabilitynetwork@1voice.org.uk
Website: www.1voice.org.uk



WRSG member Christine Srodinsky Exercising at Aldersley Leisure Village



WRSG Treasurer Kath Sankey on the treadmill at Aldersley Leisure Village

Walking 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 happy.

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.

A Personal Account of Walking for Health By Bhagwant Sachdeva (Volunteer Walk Leader)

My name is Bhagwant Sachdeva and I have been a volunteer walk leader for 6 years. I really enjoy walking and the regular exercise has been beneficial to me in many ways.

It has helped me to develop a new network of friends. It is now easier to live with arthritis and has helped me to ensure that I get regular exercise –at no cost! We meet at West Park daily (Monday- Friday at 10am) and on the Ednam Road, Park hall Estate every Tuesday also at 10am. There are many other meeting points and walks which you can join.

I have prompted (Walking for Health) amongst the Asian community in Wolverhampton, now many of my friends are also Walk Leaders. There is something for everyone – short walks, long walks, walks for people with special needs plus much more.

Why don't you come along after the seasonal festivities and try it out you will be made very welcome.

Best Wishes

Bhagwant Sachdeva
(WRSB Committee member)

Enclosed with your Newsletter is a Free Health Walk Timetable for Walking for Health.

Changes to the Walking for Health Timetable

Low Hill: Thursdays 1pm not 9 30am
West Park: Fridays 1 30pm cancelled
Manor Rd: Thursdays 5pm cancelled

Poem

February

The garden view seen yesterday,
is just the same today,
red tiles, grey skies, and evergreen,
this is the February scene.

Trees without leaves,
the wind is bleak, and the earth is so cold,
no smiles, no signs of what has been,
this is the February scene.

This month has least of all to show,
with patience, waiting March, for go,
yet Nature is at work unseen
behind this February scene.

Best wishes to everyone, I look forward to seeing you at our next coffee morning Monday 7th February 2011

Liz Walker

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