



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Editor:

Liz Walker
234 Jeffcock Road
Penn Fields
Wolverhampton
WV3 7AH

Tele: 01902 563751
E Mail: lizwalker_wrsg@hotmail.com
Web: www.wrsg.org.uk

Coffee Morning

Monday 9th May 2011
10 30am-12 30pm
(Doors Open 10 00am)

Linden House, Tettenhall Road
Wolverhampton

Presentation

Sister Rowlands, New Cross Hospital

Osteoporosis

(Invitations included with this Newsletter)

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Coffee Morning

Monday 6th June 2011
10 30am-12 30pm
(Doors Open 10 00am)

Linden House, Tettenhall Road
Wolverhampton

Dates for Your Diary

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

Linden House, Tettenhall Road,
Wolverhampton

David Bonnell

Talk
(Origins of Waitrose Supermarket)

Social Morning (Bake a Cake Competition)
Bottle of wine for the winner, cake sale after
to raise funds for the WRSB
Please support us

(Invitations included in this Newsletter)

Please continue to support our Coffee Morning raffle, Sheila Fardoe is always in need of raffle prizes. Thank you to everyone who contributes.

News

Codsall Townswomen's Guild

The WRSG was fortunate to have been nominated and selected as one of two charities to receive a financial donation from the Codsall Townswomen's Guild.

Joyce Knibbs and I were invited to a presentation on Tuesday 15th March to receive £510 on behalf of the WRSG. The other charity, who also received £510, was SSAFA Forces Help group.

We are extremely grateful to the Guild for this wonderful donation and in particular Val Dillon (one of our WRSG members) for nominating us.

Val Dillon has kindly written an article for the Newsletter.

WHAT THE CODSALL 'M' TOWNSWOMENS GUILD DID FOR THE WRSG

As a member of the WRSG, and the above guild, it gave me great pleasure to ring our Chairlady Liz Walker to say that we had raised £510 for donation to the WRSG. The Townswomen's Guild raises money for two local charities every year.

The Townswomen's guild is a wonderful way to meet ladies from all walks of life which started for me 6 years ago when I went along as a visitor with another ex committee member (of the WRSG) Audrey Lee. We loved it and after only one visit we were both asked to join their committee. Due to ill health Audrey only stayed a short while but I'm still enjoying my time there both as a committee and guild member. We are one of the largest guilds in the country having a membership of 110 ladies. We have more than 14 ladies on our committee and we enjoy a wonderful relationship. I sit on the committee as deputy secretary and help run the charity bookstall which is a wonderful way of keeping up with the ladies and their busy lives. I have represented our guild as a delegate at the

National A.G.M. where guilds from all over the country meet and discuss 'topics of the day' on which we vote and with the support from our Patron The Princess Royal (whom I have been fortunate enough to see on several occasions) we give our ladies a voice in the world in which we live. We are an active organisation whose wish is to keep abreast of the problems of the day whilst helping our fellow woman. Once a year Guilds get together from all over the country such as the Isles of Wight and Man, Scotland Ireland and Wales. When we sing it's a wonder you can't hear the voices as we raise the roof with songs like Land of Hope and Glory. It reminds us of how proud we are to be British.

Each year we raise money for two local charities and although the sum this year is less than previous, it is still wonderful to be able to say that with a thousand pounds raised, £510 of it was for our own charity the WRSG. We held social afternoons with strawberry teas and quizzes. Beatle drives with wonderful homemade cake stalls (that I get the pleasure of selling) and bric-a-brac tables. We have afternoon teas with games of Irish Bingo and lots more.

I was so proud to see Liz and Joyce receiving the cheque (at our AGM) and having their photos taken so that we can archive yet another wonderful and productive year. I hope that in years to come I may again be able to put forward the WRSG and feel proud to still be a member of both.

If anyone would like to go along to their nearest guild I am sure that they would be made most welcome. With trips and speakers organised at different guilds the choice is yours. I hope I haven't gone on too much. God bless everyone.

Val Dillon

Thank you once again Val

The Royal Wolverhampton Hospitals

Date: 18 February 2011

Trust Launches Improvements to Rheumatology Outpatient Bookings

After trialling a new process last year, the Royal Wolverhampton Hospitals NHS Trust is launching its new outpatient booking system to its Rheumatology department, from next week (w/c 21 February).

The Trust is introducing the changes to help deliver a more efficient and accessible service for patients. However, the new system means that some patients' appointments will need to be changed and re-booked

"We will be writing to those patients affected to let them know what is happening and why their appointments need to be rearranged," said Tim Powell, Divisional Manager of Medicine. This new system will be much more efficient because it will to reduce the number of appointments the hospital has to move and also reduce the number of people who do not show up for their appointments."

The changes follow a comprehensive review of the Hospital's clinic booking process. The Trust found that many patients are notified of future appointments many months, or even years in advance. As a result, appointments often end up being changed by the Hospital because it is difficult to reasonably plan so far in advance. Also such forward planning means that patients are more likely to forget when their appointments are taking place.

Under the new system, Rheumatology outpatients who need an appointment will receive a letter confirming the appointment date and time around 5-6 weeks in advance. This will give patients sufficient notice whilst limiting the number of times the Hospital may be forced to change appointments due to

exceptional circumstances: "This will not only help to improve the patient experience, but will also make outpatient booking systems more efficient and manageable," said Tim.

Only a small number of outpatients will be affected by the trialling of these new arrangements and they will each be notified shortly by letter. All other hospital appointments will remain as previously arranged for now.

A dedicated helpline has been set up for patients to ring in if they have any queries Tel: 01902 695368. The Trust is planning to roll the system out to other outpatients departments at a later date.

Equipment Stock WRSG

The WRSG has a number of items of equipment to sell. Light weight wheelchairs, uniscan walkers and Zimmer frames. No reasonable offer will be refused. Please contact:

Mrs Pat Jones (Committee Member Equipment) on 01902 884495

Features

ATribute to Brenda Mullaney from Pat Bowdler

Poetess Extraordinaire

It is only now that I can talk about my friend Brenda. After her fall downstairs last year damaging her elbow that required surgery, she phoned me to say how traumatised she was.

Her husband told me that she was up out of bed following her operation but sadly she died the next day.

We were friends for over 16 years meeting in Wordsley Hospital at the hydrotherapy pool. We had a lot in common, not only because of our Rheumatoid Arthritis, but the love of books, animals, cinema and theatre.

I miss her a lot and wish her peace both in her heart and soul.

Love Pat

We all miss her too Pat and in particular her poems for the Newsletter, thank you for the tribute.

Liz

The WRSB Holiday in Scotland

In January members of the group enjoyed a 5 day holiday in the Lochs and Glens. We travelled with Parry's International Coaches which were luxurious.

Our tours included the Lochs and Glens, a guided tour of Glasgow, a visit to a Whisky distillery, a boat trip on Loch Lomond, a visit to Oban and not forgetting a visit to Gretna Green.

The Hotel was fabulous and we all enjoyed celebrating Burns night with the piper and haggis.

Thank you Joyce and Viv for your time and effort in booking and organising the trip it was a trip to remember.

First row: Julie, Liz, Joyce

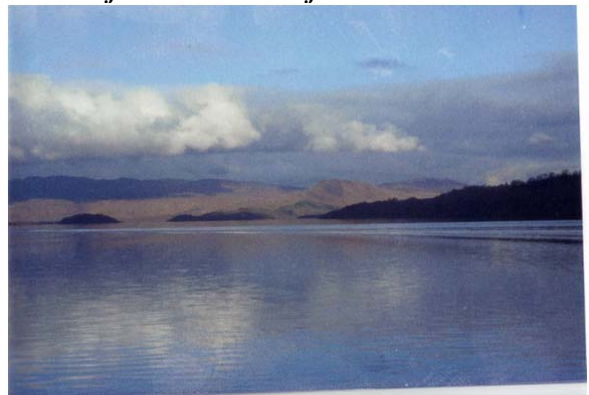
Second row: Sheila, Kath, Viv



From the left: Brian, Keith, Steve, Tony, Bob



A view of Loch Lomond from the boat



Podiatry

At the February coffee morning Hugh Gaskin (Podiatrist for the City Primary Care Trust) gave a very interesting talk to our members on the subject of foot care and the importance of mobility for people who have Arthritis. He has very kindly written the following article.

Importance of Foot Care

Throughout our lives we will walk the equivalent of five times around the earth with our feet having to carry our body weight, yet they are usually the most neglected part of the body. As your feet undergo so much stress and strain, it is important that you give them the care and attention they rightfully deserve.

Regular foot care makes your feet not only look much better, but the feet also remain functional without any problems. A general foot care regime for your feet should include regular washing and drying, especially in between the toes and the base of the nail. This reduces to opportunity for fungal infections to occur and fungal infections are extremely difficult to treat and in some cases untreatable. Meaning you can develop a thickened discoloured painful nail, with the only effective treatment is to have it removed permanently.

Athlete's foot is a skin infection caused by a fungus that thrives in dark, moist environments. Feet that perspire heavily are most at risk to this type of infection as well as; the use of poorly ventilated shoes or using the same pair of shoes every day. Signs of infection may include itching, peeling, redness, or a whitish, soggy appearance or deep cracks between the toes. When infection sets in, seek medical help for the correct treatment.

A person with this infection is likely to pass this on to users of bathing places, locker rooms and public pools. To prevent athlete's foot, wear sandals or flip flops around locker room or swimming pool areas. If a family member has the infection, the tub or shower should be cleaned with diluted bleach in order to prevent it from spreading. Exposing shoes, insoles and orthotics to sunlight aids in drying of the fungus. It is best to rotate shoes daily to allow

complete drying between uses. As the saying goes prevention is always better than the cure, hence the use of an anti-fungal powder after a shower is very effective.

Prolonged working of the feet throughout the day, with consequent friction against footwear leads to the accumulation of hard skin (callus). Any part of the foot may acquire hard skin; but it's most common on the heel and main joint of the big toe. Untreated hard skin leads to cracking and bleeding. Rubbing pumice stones on the hard skin or using a foot file after bathing is the best treatment. It removes hard skin after which you have to apply some moisturizer usually one that is oil based.

Ingrown toenails develop if the nails are cut too short, especially along the sides. This causes the toenails to grow down into the skin. When this happens, the toe becomes painful, red, puffy and swollen and may leak pus, a sign of infection. Consult a podiatrist if unsure or if the problem recurs, do not try to self care.

Blisters develop due to heat, moisture and friction. When the feet become hot and sweaty, stockings or socks stick to the foot. The combined friction of foot, sock and shoe causes fluid to form between skin layers, resulting in painful blisters. Blisters are best left alone since the fluid will be gradually reabsorbed. They should not be popped intentionally as they can become infected. The best way to deal with blisters is to prevent them. Always check the insides of your shoes for rough or worn spots. New shoes are best mulled to your feet on short walks to ensure good fit. If possible, it is preferable to walk during the cooler times of the day so that the feet won't get too hot.

Remember you use your feet everyday and they are just as important as any other body part even though they are usually covered or hidden away in shoes.

Thank you Hugh for a very interesting and helpful article

Liz

Health and Fitness

Further to my New Year resolution (which I mentioned in the last Newsletter) without revealing my true weight I have now lost one and a half stone! Without doubt walking has helped me enormously with my routine I am also swimming and use the gym. I have got a long way to go yet so need every bit of encouragement from my friends. The following article will be of interest to anyone who is eager to improve their fitness levels. I will certainly take advantage of the scheme.

Liz

Walking with Walking for Health in Wolverhampton

About Walking

Walking can help reduce stress, increase energy, improve posture, strengthen muscles, joints and bones, help to lose weight or maintain your current weight, help you to sleep better and protect against heart disease and stroke.

Walking for Health in Wolverhampton began in 2001 to encourage people of all ages, especially those who do little or no exercise to walk more. It is a local scheme that provides the people of Wolverhampton with regular free led group walks.

Walking for Health in Wolverhampton is a walking the Way to Health Initiative (part of Natural England) accredited scheme as it meets the National Criteria set down for Health Walks.

Walk Leaders

Most of our walk leaders are volunteers and have attended a one day course – look out for their blue T shirts or sweatshirts and Walking for Health Bags. There are usually two or more walk leaders. The back marker will always walk at the pace of the last walker. The front walk leader will walk towards the front of the group.

Most of the volunteer walk leaders have completed a short basic resuscitation training session. However they are not first aid or

medically trained- but they will help you all they can if there is a problem.

Please

- Arrive 10 – 15 minutes before the walk starts
- Wear sensible shoes
- Make sure you complete the health questionnaire and return it to a walk leader before setting off
- Inform your walk leader if you have a change in your health on future walks
- Do not leave a walk without telling a walk leader
- If you feel unwell, dizzy or develop pain, slow down or stop and tell a walk leader
- Be aware of conditions underfoot eg: mud, leaves, tree roots and path surfaces.
- **Take care** when crossing roads
- It is not necessary to ring with apologies if you can't attend a walk.

Walking

You should walk at a pace that suits you, but to benefit your heart it is necessary to walk at a brisk pace. The pace will be at a different speed for different people. Briskness is about how you feel and not how fast you are going compared with others.

Start

Start slowly and gradually increase your pace.

Middle

After a few minutes, start to walk a little faster so that you feel slightly warmer, breathe a little faster and your heart is beating a little faster.

End

About 5 minutes from the end, your walk leader will start to slow the pace down, so gradually reduce your pace.

You should still be able to talk while walking – if you cannot carry on a conversation while walking – then slow down!

Remember, don't try to compete with others, your aim is to steadily improve, rather than walking faster or further than someone else.

If you would more information about becoming a walker with us or for a timetable of all our walks, please contact Barbara or Kiran on 01902 444601 or email

Walkingforhealth@wolvespct.nhs.uk

Walking Festival 2001

There is a Walking Festival taking place between 9th–17th April. There are various walks taking place in Wolverhampton, as part of this festival. If you would like more information about these walks please contact Walking for Health on 01902 444601

Thank you to Diu Kiranjit (WCPCT) for this article. I do also have a few leaflets if anyone is interested which gives times and dates of walks. Liz



Do you recognize anyone on the cover of the leaflet? The clue is: The person 4th in line with a back pack! Answer on Page 8

Walsall Gala Baths (Brine Pool)

Swimming is another wonderful exercise for those of us with arthritic joints. Walsall Brine Pool is just the best experience, submerging

into water that is 94 degrees warm is so therapeutic. Why not take my word and try it out? Several of our members already attend, and its free to the over 60yrs. I have enclosed a leaflet with this Newsletter for your information. *Liz*

Arise Mobility Products

To all our WRSB friends.

I would like to welcome this new opportunity to meet new friends and customers by working with the distinguished WRSB in the upcoming months. We hope you take advantage of this new joint effort to bring you special savings on all Arise Mobility Products.

Arise continues to share family traditions with the WRSB by offering a great local company, with great locally made mobility products. Arise always offer you the best value for money and always at an affordable price.

In the past Arise customers have stated that "quality of life is more important than life itself." We would want to assure the finest quality of life available to those in the Wolverhampton area who have arthritis disorders.

Arise know the importance of having a comfortable, reliable product backed up by truly caring customer service. Being part of the Wolverhampton chamber of commerce since its beginnings 25 years ago, Arise feel a special closeness with Wolverhampton residents. We invite you to have a look at what people are saying about Arise Mobility Products and our caring customer service and the wonderful comfort they can offer you.

With the help of groups like WRSB, Wolverhampton residents, family and friends can now benefit from the wide range of choices in designer chairs which lift you with ease and elegant sleep systems designed to put you to sleep night after night, as well other unique products with your supreme comfort in mind.

With the help of the WRSG, all Arise products can now be offered to you with a special **WRGS savings**, making your immediate comfort even more affordable.

At Arise we always put the comfort of the customer first. If you suffer from pain and discomfort our aim alongside the WRSG is to provide help.

Why not take a free look at our products, as an old saying goes "it costs nothing to look" and please remember, Arise specifically design products to assist people with their quality of life when they have arthritis discomfort.

Your absolute comfort is our first concern.
Call me today,
Mr. Goe Grewal on my free phone number; 0800 2922 163

A Grandmothers Duties

Last Sunday 26th March along with the rest of the weekend was devoted entirely to Rugby. Following my marathon TV coverage of the Six Nations Rugby on Saturday and England's narrow escape; on Sunday I did 120 miles round trip to support two of my grandchildren, Robert aged 14yrs and Polly aged 20yrs.

In the Morning

It all started in Stoke on Trent for the under 14yrs Staffordshire League Cup Final. Robert; who plays Hooker for Wolverhampton Rugby Club and the entire team were so fired up with enthusiasm as they would be playing against their old rivals Stafford.

A wonderful, wonderful game every player from both sides played their hearts out, in my opinion both teams put England to shame.

Fortunately for Stafford and regrettably for us Stafford did win the cup and our boys were very disappointed. In true Rugby style however they held their heads high and congratulated their Stafford peers. (But watch out Stafford there is always next year!!)

In the Afternoon

After a quick Sausage sandwich (oops shouldn't have told you that, not part of the diet) I drove from Stoke on Trent to Droitwich for the Ladies Touch Rugby Tournament. Polly my Granddaughter who is in her final year of Nurse Training plays Ladies Rugby also for Wolverhampton.

What a great afternoon I watched five game and came away without any voice box. Despite their efforts Wolverhampton came fifth in the tournament, but thoroughly enjoyed themselves.

I shouldn't tell you this either after the match I had a carvery meal and a pudding (toffee sponge with custard) I don't know how it will affect my weight tonight at Weight Watchers!

Robert with the ball, Stafford players all chasing him.



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.

Best Wishes to everybody look forward to seeing you at the coffee morning.
Liz Walker

Person in the leaflet: Bhagwant Sachdeva