



## *WRSB Newsletter*

**WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP**

**Charity No 1041181**

**CARING IS SHARING**

**Issue Number 98**

**June 2011**

### **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

Please complete the membership renewal form which is enclosed with this Newsletter.

Cheques made payable to the WRSB and forward to our Treasurer.

Mrs Kath Sankey  
78 Dilloways Lane  
Willenhall  
West Midlands  
WV13 3HJ

### **Contents**

- Membership Renewal
- Dates for your Diary
- Features
- Poems/Ditties

### **Membership Renewal**

WRSB membership renewal fees are due for 2011/2012 on the 1<sup>st</sup> June 2011.

Because we are a non profit making group we are keeping the fees at the same level for members £5 for single membership and £8 for family membership.

New members who have joined the group since January 2011 will not have to renew their membership.

### **Dates for Your Diary**

#### **Coffee Morning**

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

Linden House, Tettenhall Road  
Wolverhampton

#### **Social Morning (Bake a Cake)**

**Please bake a cake and bring it along  
Bottle of wine for the winner, cake sale after  
to raise funds for the WRSB**

**Please support us**

**Coffee Morning**  
Monday 4<sup>th</sup> July 2011  
10 30am-12 30pm  
(Doors Open 10 00am)

Linden House, Tettenhall Road  
Wolverhampton

**Speaker from Age Concern (Age UK)**

(Invitations enclosed with this Newsletter)

---

**(August 2011)**

There will not be a coffee morning due to the holiday period.

---

**(September 2011 to be arranged)**

Instead of holding a coffee morning for September we are hoping to arrange a lunch for our members at the Mill Farm Carvery Cannock. This is a very pleasant short coach trip usually with a coach ride over Cannock Chase on our way to Mill Farm followed by a Carvery meal.

**(Details of this trip will be in the next Newsletter)**

Thank you all for supporting our coffee mornings they are proving to be very successful with what I think is the right mix of social events combined with the more educational topics. If any of our members would like to suggest topics for the coffee mornings we would like to hear from you.

We still do need you to return the invitation slips so that we can order the correct number of coffees/tea etc. More importantly we need everyone to sign in on arrival to Linden House to comply with Fire regulations.

Thank you to everyone who contributes to the coffee morning raffle and in particular

Peter Boneham who has contributed a large number of items for future raffles.

**Future Trips/Outings**

**(Tour of Bank's Brewery)**

**Saturday 11th June 2011. 11 45am.**

Joyce has arranged for members to have a tour of Bank's Brewery. The cost of the tour is £6.50 per person and includes two and a half pints of beer or as an alternative, wine for those who do not drink beer.

There is also the option of having lunch at the nearby Clarence Hotel with 20% of the price of the meal following the tour of the brewery.

**If you are interested please telephone Joyce Knibbs on Tele: 01902 862198**

**(Coach Trip to Southport Tuesday 21<sup>st</sup> June)**

Day Trip departing Tuesday 21<sup>st</sup> June 2011 to Southport. The trip includes return coach travel, lunch at the Prince of Wales Hotel Southport and afternoon entertainment.

Cost: £29 95

The coach leaves Falkland Street Coach Park, Wolverhampton at 9am. There will be some free time in Southport before lunch which is booked for 1pm. It is anticipated that we will leave Southport at around 5pm.

There are a few places still available. Contact:

**Sheila Fardoe 01902 259341**

## News

### **Research Nurse for Rheumatology (New Cross)**

**It is my pleasure to welcome Nat Poonit to his new and exciting post in Rheumatology I know I will be following his work with great interest. The following feature is Nat's account of his role. 'Thank you Nat.'**

Since starting my career in 2001 at New Cross Hospital, which was Rheumatology T1 at that time, I have to say it was like a family, it was a fantastic ward setting for our Rheumatology inpatients. All the staff showed pride in all the work that we did. Since then I developed a passion for Rheumatology.

To boost my knowledge up, I also have done Orthopaedic rehabilitation alongside Rheumatology and since we started our Day Unit, I have been a team player there too. For a short while, I worked on a Care of Elderly ward and Accident and Emergency department, I found it thoroughly satisfying.

I have always found research very interesting and a new horizon to help patients further. So when a new post came along for Rheumatology Research Nurse, I could not miss such an opportunity. I have been in this post since last year May 2010, it is very challenging and I am driven by it.

I am very excited about being in Rheumatology and see it prosper in future and find new ways in helping my patients. Therefore in my job role, alongside our dedicated Consultants, Doctors and Clinical Nurse Specialist, I will be approaching/recruiting our Rheumatology patients into various trials in the scope to improve their activities of living.

I am looking forward in taking an active part in the WRSB.

**NAT POONIT  
RHEUMATOLOGY RESEARCH NURSE**



**Nat Poonit Research Nurse**

## Features

### **Feature Article by Norma Rowland Following the talk on Osteoporosis at the May coffee morning.**

Thank you to Liz and Joyce for the kind invitation to talk to the WRSB on the 9<sup>th</sup> May.

It was a pleasure to meet with you and refreshing to see such a well attended, enthusiastic support group.

Generally there has been a significant improvement in the management of osteoporosis in Wolverhampton. However there are still occasions when diagnosis and treatment is delayed or individuals are not made aware of, or offered alternative treatments which may be more suitable. Wolverhampton is lucky that it has a very efficient bone density department and the referral to report time can be as little as 2-3 weeks. Osteoporosis is very common and can affect as many as 50% of women and 20% of men, having rheumatoid arthritis may increase your risk even further.

**You can help to improve your bone health by the following:**

- Don't smoke
- Keep within the recommended alcohol limits, (less than 21 units a week for women and less than 28 units a week for men.)
- Eat a "healthy" balanced diet including calcium rich foods.
- Get 10-15 minutes (unprotected) sunlight exposure daily in the spring and summer so that your body can make sufficient vitamin D. You may wish to consider a supplement if you aren't able to get out much or if you are very elderly, i.e. cod liver oil or a multi vitamin/mineral.
- Try to take regular exercise, it doesn't have to be vigorous and includes gardening, walking etc. It may not make your bones stronger but it reduces the risk of falls and keeps you feeling more positive about life.
- Keep to healthy weight, being very slim increases your risk of osteoporosis.

**Talk to your Doctor about having a bone density scan if you have any of the following;**

- You have had a fracture
- One of your parents broke a hip
- You drink more than 4 units of alcohol a day
- You have rheumatoid arthritis
- You are very slim
- You have crohns or coeliac disease
- You had the menopause or a hysterectomy before the age of 45, (without HRT)
- You have had long term mobility problems
- You have been on steroid tablets.

**What treatments are available?**

The most common treatment is Alendronic acid, this is effective and most people tolerate it as long as they follow the instructions carefully. Risedronate is a very similar drug and may be more suitable for those that get mild indigestion. The other available treatments are;

- Zoledronic acid, (Aclasta) given as a drip once a year.
- Ibandronate, (Bonviva) taken in a similar way to alendronic acid but only once a month.

- Strontium Ranelate, (Protelos) taken every day.
- Calcitonin, (Miacalcic) nasal spray, not commonly used.
- Denosumab, (Prolia) given as a small injection every 6 months, suitable for those who have either had a fracture or are at high risk of fracture but who can't take alendronic acid or Risedronate.
- Teriparatide, (Forsteo) given as a daily injection for 2 years, reserved for those with severe osteoporosis who don't respond to other drugs
- Raloxifene, (Evista) not commonly used.

**Adequate Calcium and vitamin D should be taken if you are taking any of the above treatments, usually in the form of a prescribed supplement. The National Osteoporosis Society [www.nos.org.uk](http://www.nos.org.uk) Tel 01761 471 771 provide an advice service to the public and a number of very helpful leaflets.**

**"NICE" give guidance for doctors on the management of osteoporosis for women who have had a fracture, (TA161), those who have risk factors but have not yet broken a bone, (TA160), and those for whom Denosumab should be offered, (TA204). [www.nice.org.uk](http://www.nice.org.uk)**

Kind regards, and once again a pleasure to meet You all,

**Norma Rowland  
Osteoporosis Advanced Nurse Specialist.**



**Liz and Joyce thanking Norma for her talk and wishing her much happiness for her forthcoming retirement.**

## Falls Prevention Service

(Wolverhampton City Primary Care Trust)

It seems appropriate that following Norma's article on Osteoporosis that we consider the problems of Arthritis and Osteoporosis in relation to falling.

Many of us have mobility problems and therefore at risk of falling. The Falls Prevention Service managed by the Wolverhampton City Primary Care Trust (WCPCT) gives free advice on reducing your risk of falling.

Included in their advice is important information on how to cope after a fall in your home. Lying on the floor for a long time can be distressing and can easily put you at risk of life threatening injuries.

There are free leaflets which I will bring to the next coffee morning or post out to anyone who requests one. The team also offer a **Balanced for Life Programme**. This is a 5-week programme that takes place in an informal atmosphere at a community venue, the sessions last for one and a half hours a week. Free transport is provided to collect you and bring you back home.

Topics covered in the programme include:

How to manage a fall

Exercise

Balanced eating

Osteoporosis

Medication Review

Home hazards

Managing everyday tasks

**I have 3 different leaflets**

- **How to manage your fall**
- **Free advice on reducing your risk of falling**
- **Balanced for life programme**

Please contact Liz Walker 01902 563751 for any of these leaflets or contact the Falls Prevention Team direct: 01902 444502

## Feature Article by David Bonnell (Department Manager Merchandise)

### Waitrose Wolverhampton.

**The following article is a follow up to David's very interesting talk at the April coffee morning.**

#### The History of Waitrose and the John Lewis Partnership

Waitrose is one part of the John Lewis Partnership, an organisation owned in trust and run on behalf of all of its employees, Partners. The Partnership is organised into two divisions, John Lewis Department stores and Waitrose Supermarkets. All profits are shared amongst Partners and Partners have access to a wide range of benefits which aim to improve all Partners quality of life. Partners also share in the responsibility of running the business successfully and are able to challenge through democratic bodies the chairman and the managing directors of both divisions.

At John Lewis and Waitrose we are very proud of our reputation for excellent quality products, customer service and for doing the right thing. These areas are part of our beliefs and values that form part of the way we work; treat each other, our customers and our suppliers. To understand how these values came to be you have to look into the history of the Partnership.

The first John Lewis department store was founded in 1864 when John Lewis opened a drapers store in Oxford Street London. As the business grew he bought the Peter Jones store in Sloane Square. In 1885 John Lewis's son John Spedan Lewis was born. The eldest of 2 sons, Spedan Lewis began working for his father and by the age of 21 had acquired a 25% stake in the Peter Jones wing of the business. He soon became aware that between his brother, father and himself they earned far greater than the entire work force put together. This didn't sit well with him and he started to formulate theories on how he could improve the working lives of his employees.



When he was recovering after a bad riding accident he had time to contemplate on these theories, putting the happiness of his employees at the centre of everything. When he returned to work he began to implement them. Some of his early initiatives were to introduce 3 weeks paid holiday and shortened working days. He also introduced an in house magazine, *The Gazette*, which is still going today.

By 1914 Spedan Lewis was in conflict with his father, who was alarmed by his son's practices as they were un-healthy financially. Spedan Lewis firmly believed that a happy workforce was essential in providing the best for customers, who would in return reward the business with their loyalty. Unable to convince his father, Spedan Lewis agreed to forgo his share in the wider business for sole control of the Peter Jones store. After 5 years an £8,000 deficit had been turned into a £20,000 profit and his ideas were working. In 1920 Spedan introduced the first profit sharing scheme and by 1928, after the death of his father, had assumed total ownership of the John Lewis stores.

After this he introduced the First Trust settlement, which gave him practical control of the business but allowed profits to be shared amongst the employees. 21 years later the second trust settlement was signed by Spedan, this made the Partnership the property of the people employed within it.



Waitrose began in 1904 when 3 men, Wallace Waite, Arthur Rose and David Taylor opened a small grocery store in Acton, London. As the business grew it was acquired by the John Lewis Partnership in 1937 and by 1955 the first Waitrose supermarket had opened.

Today the John Lewis Partnership consists of 76,500 Partners working in 32 John Lewis stores and 252 Waitrose stores. We all aim to live our founder's vision, whilst serving our customers with flair and fairness. All of our Partners are working for themselves, rather for owners or shareholders and this ensures that our customers are of uppermost importance to all of our Partners as they have a stake in everything they do.



All that we do is designed around doing the right thing, both for our Partners and customers, but also for our suppliers. Community working is



extremely important to us, as we see it as our responsibility to give back to the community in which we serve. In Waitrose, each branch donates £1,000 per month to local charities or organisations through the Community Matters scheme which customers vote for using green tokens handed out at the checkout. Donations via this scheme equate to over £3 million a year, on top of other charitable donations.

We have very strong bonds with our suppliers, ensuring they are treated fairly. We lead the way in making sure suppliers are paid on time and given a fair price for their products. We have unique schemes both in the UK and Africa where we work with suppliers to build better communities and working conditions for suppliers and their work force, building schools and improving infrastructure. One such scheme is the Waitrose Foundation.

In return for this cooperation our suppliers deliver the highest quality, sustainable product possible so we can delight our customers and offer the best value for money.

For more information visit  
<http://www.johnlewispartnership.co.uk/>

If you have any further questions or if I can be of any further service in store please contact me in store on 01902 420115 – ask the operator for me by name.

Many thanks,

David Bonnell  
Department Manager Merchandise  
Waitrose Wolverhampton 696

**Thank you David for a very interesting article.**

## **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



**Kath Sankey our Treasurer playing bowls at Bradmore Club (very impressive)**

**WRSG Web Site: [www.wrsg.org.uk](http://www.wrsg.org.uk)**

Please visit our WRSG Website, if you have problems with or haven't got a computer ask you grandchildren to assist. It works every time for me!

I would like to take this opportunity to say thank you to Martin Peake who has agreed to manage the site. It is extremely technical and I am so grateful to him for his support.

The site displays current and previous Newsletters and forthcoming events for the group. It has contact details also.

**Thank you Martin for your support**

**A Childs Perspective (8 yr old school children's views)**

**Science**

Helicopters are cleverer than planes. Not only can they fly through the air they can also Hoover.

**Geography**

In geography we learned that countries with sea round them are islands and ones without are incontinents.

In Scandinavia, the Danish people come from Denmark, the Norwegians come from Norway and the Lapdancers come from Lapland.

**Religious Studies**

If you marry two people you are a pigamist, but morons are allowed to do this.

I asked my mum why we say old men at the end of prayers at skool, I don't know any old men apart from grandpa.

.....and at the end of the Christmas play we all sing away in a manager.

**Maths**

If it is less than 90 degrees it is a cute angel.

I would like to be an accountant but you have to know a lot about moths.

**History**

In wartime children who lived in big cities had to be evaporated because it was safer in the country.

When Joan of Ark met her end she was burned as a steak.

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**