



WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Mrs Sybil Owen

It is with sadness that I have to inform you of the death of one of our oldest members Mrs Sybil Owen. Sybil died on Monday 5th December 2011 at New Cross Hospital. Our thoughts and prayers go out to her family and especially to our colleague Sheila Fardoe, Sybil's daughter.

Dates for your Diary

Coffee Morning

Monday 6th February 2012
10 30am – 12 30pm
(Doors open at 10 00am)

Linden House,
211 Tettenhall Road, Wolverhampton.
WV6 0DD

Arthritis Workshop. This coffee morning will give members the opportunity to informally discuss issues regarding their Arthritis and to agree upon future information sessions
(Invitations enclosed with this Newsletter)

Coffee Morning

Monday 5th March 2012
10 30am – 12 30pm
(Doors open 10 00am)

Linden House
211 Tettenhall Road, Wolverhampton.
WV6 0DD

Healthy Eating

(Katrina Maguire Dietician West Park Hospital)

Coffee Morning

Monday 2nd April 2012
10 30am-12 30pm
(Doors Open 10 00am)

Linden House
211, Tettenhall Road, Wolverhampton.
WV6 0DD

No 7 make up and skin care

Holidays

WRSG Holiday to Babbacombe, Torquay

**Departing Monday 14th May 2012 for 5
days, 4 nights half board and a free bar
in the evenings. £225 pp**



Sefton Hotel Babbacombe, Torquay

Joyce Knibbs is still taking bookings for this WRSG holiday. Joyce has visited the Hotel to assess the suitability for our group. She was pleased with the accommodation and is assured that it is suitable for disabled clients.

If you are interested ring Joyce on 01902 8621987. Deposits of £20 are due now.

**All Inclusive 5 days Turkey and Tinsel
Break 19th November 2012 £285 pp**

Bembridge Coast Hotel Isle of White

Bembridge Coast Hotel is a first – rate modern Hotel on the East Coast of the Isle of White just meters away from the Solent. The Hotel is situated in 23 acres with its famous Spanish Gardens and sea views.

The break includes return executive coach and two coach excursions. 4 nights half board. Entertainment and inclusive bar from 12pm until 11pm. (restrictions apply)



Bembridge Coast Hotel Isle of White

Challenging Arthritis Course

Unfortunately the Challenging Arthritis Course booked to commence in February 2012 has been cancelled due to sickness. I am pleased to say that the course has been rescheduled to start on Wednesday the 13th June 2012 1pm till 3 30pm. The Course will run for 6 weeks and will be held at Linden House, 211 Tettenhall Road, Wolverhampton. WV6 0DD

**Challenging Arthritis Comes to
Wolverhampton**

Despite, or perhaps because of the prevalence of arthritis the disease is often dismissed by people as a natural part of the aging process.

But this assumption ignores the numerous ways that arthritis affects approx 1 in 5 of the UK population - not just elderly. But all ages. Fortunately help is at hand for WRSg members and residents of Wolverhampton with a free Challenging Arthritis Self Management course set up by the charity Arthritis Care and purchased by the WRSg.

The course is being run by two Arthritis Care members who themselves have to cope with arthritis so they have a vast experience on a personal level in dealing with the condition and are fully trained to deliver the material. Over the six week period participants will learn how to manage their arthritis more effectively by looking at many topics such as healthy eating, distraction techniques, relaxation, pain management, exercise and their relationship with health care professionals. The course provides support and understanding from being with other people with arthritis to share ideas and thoughts.

(Please contact Liz Walker 01902 563751) to book your place)

**The course is being held at Linden House
211 Tettenhall Road, Wolverhampton. WV6
0DD.**

**Starting on Wednesday 13th June 2012
running for 6 weeks (1pm to 3 30pm) with a
refreshment break. There is no cost to
members and you will be provided with all
material books handouts etc.**

Features

WRSg Christmas Lunch Monday 5th December 2011.

This is the first time that the WRSg have held a Christmas Lunch for our members and it proved to be very successful with 84 members enjoying a very fine luncheon at Linden House.

I think without exception everyone enjoyed themselves and we shall certainly be organising another one for 2012.



**Mrs Margaret Jones with not one but two
Father Christmas's. Margaret is the oldest
of our members aged 94yrs.**



**More of our members enjoying their
Christmas Lunch
WRSg 2011 (Turkey and Tinsel)**

Bodelwyddan Castle North Wales

Members had a wonderful 5 day turkey and tinsel break at Bodelwyddan Castle in December last year. Oh my goodness how we all enjoyed ourselves, wonderful accommodation, wonderful food, wonderful entertainment and bonus, free bar!



Bodelwyddan Castle North Wales



Billy Howe (Historian Wolverhampton)

More members enjoying themselves at
Bodelwyddan castle



This is a little note to our members from Billy Howe who kindly came along to our October 2011 coffee morning to speak about Old Wolverhampton. Sadly I was on holiday and so this note is for those members who missed the coffee morning.

Dear Joyce,

Please find little note for the members who could not attend the talk “What’s happened to Queens Square?”

The speaker for the coffee morning Billy Howe spoke about old Wolverhampton, in particular the changes that have occurred in Queens Square over the years.

He showed us pictures of cattle being driven to market through the square and told how once some cows had escaped and ran into a wedding shop, getting the gowns tangled around their horns.

There were also pictures of the Hippodrome and the Queens Arcade and the Star and Garter which was once a very important railway and coaching Inn.

As well as his slide show Billy brought several other bits of memorabilia, It was a most interesting walk down memory lane.

Best Wishes

Billy Howe

Mary Shipway ‘Indian Head Massage’

Talk given in November 2011 at our coffee morning

Hi Folks,

Mary here, it was so good to see you all earlier this month (November 2011). A great turn out for an Autumnal morning and a lovely venue to boot! With a lovely welcome (thank you)

This session was an opportunity to discuss and demonstrate; with the help of my other half 'Indian Head Massage' which consists of certain pressured moves through the hair, scalp, shoulders, arms and neck.

As always do run it by your consultant and or your GP before embarking on a course of treatment and of course check that the therapist is fully qualified and insured.

Indian Head Massage in this country is very different to the ethnic origin; it's much softer, gentle and sensual. In India it is known as Champissage or Champi which is the Hindi word for Head Massage, where it is practiced daily within the family as hair is sacred and thus ensures a health scalp which in turn promotes hair growth.

We believe massage has been practiced in this way for nearly 4,000 years! It became popular here during the 1980's thanks to Narendra Meehata whose method was staged at the 1981 Mind Body and Spirit Exhibition at Olympia London where it was met with success.

Indian Head Massage can relieve headaches, eye strain, tinnitus, insomnia, neck and shoulder problems, hair loss, anxiety and stress. It can also let you experience feelings of calm and a relaxed state, improve your concentration and stimulate the circulatory and lymphatic system.

If you suffer from Arthritis, (any type) fragility, epilepsy, jaw problems, high/low blood pressure, sinusitis, cancer etc: seek medical advice first.

A colleague of mine told me that whilst in Australia she thought she would participate in an Aboriginal Indian Head Massage, she stated how painful it was and quite rough in delivery and was very relieved when it was over, there was no comparison to the English/Indian version, however she went home nursing her slightly battered head! Slept well and awoke to a brain that felt it had had a really good spring clean! Although she is in no rush to repeat the process! Could this be a case of no pain no gain? I think I would prefer a few more gentle English sessions to get the same result!

Until next time may I wish you all a happy and healthy New Year.

Kind Regards **Mary Shipway**

Further to the Indian Head Massage Talk

Following Mary's talk I received an E mail from one of our new members Pauline Taffley as shown below. It may be of interest to our members.

Hi Liz

After attending the talk on Indian Head Massage it became quite clear from the questions at the end of the talk that there is considerable interest in taking up Indian Head Massage and Complimentary Therapy. I have a good friend who is qualified in many of these areas: Indian Head Massage, Aromatherapy, Stress Management, Pain Management, Counselling, Spiritual Healing and Complimentary Therapies to name but a few. She lives local to Wolverhampton so it would be ideal for members to book appointments with her.

I wondered if you would like to include her details in the next Newsletter and maybe possibly ask her to give a talk at one of our future coffee mornings.

If you would like to get in touch with her to find out more the please contact her by either e mail carolynbrowning@hotmail.co.uk or on her mobile 07946031901

Jan Simpson our new WRSG Secretary

As you all know Jan Simpson took over her new role as secretary to the WRSG in October last year. As usual I have asked Jan to do a short profile of herself for those of our members that have not yet met her.



Hi Everyone

My name is Jan (Janice) Simpson, I am 59 and was born in Willenhall. I've not strayed very far; I now live in Wednesfield with my husband Mick. I met Mick when we both worked for Wolverhampton City Council. I still do, I work in the Insurance Section at the Civic Centre. Between us we have four children, two boys, two girls. They have grown up and blessed us with nine grandchildren. So you can imagine they take up a lot of our free time.

Mick and I spend most of our free time together, I like to read, and we enjoy eating out, meeting friends for evenings and days out. Most of all we enjoy our holidays, we love to travel, abroad and in England, weather permitting. In 2011 we enjoyed two wonderful holidays with WRSG and are looking forward to more this year.

I was introduced to WRSG by Joyce, and was immediately made to feel welcome, I have many new friends. I feel quite honoured being nominated secretary. I am looking forward to the challenge; I hope I can do the position justice. I know I have a hard act to follow, and would like to wish Julie a speedy recovery.

Ann Pengelly A Winner

One of our members Ann Pengelly won first prize in the Daily Mirror Gardening Competition last year **Best Window Box Category**. (Sponsored by Dobbies)



Congratulations Ann what a wonderful display and also a wonderful achievement you should be very proud.

Bakie Chumber Clinical Nurse Specialist New Cross Hospital (Rheumatology Dept)

Last year I asked Bakie if she would do a profile for the Newsletter. Many of you visiting the Rheumatology Department at New Cross will know Bakie Chumber. I apologies for not printing this in an earlier edition.

In 1981 I had qualified as an Enrolled Nurse where I took the post for women's Orthopaedics on ward 11. My background being predominately Orthopaedics allowed me to further my learning within different scopes, therefore enabling me to undertake various trainings once I became an RGN, which allowed me to develop myself professionally and personally. I was able to obtain my nursing diploma, nursing degree, cardiothoracic

Margaret Jones A Golden Rose

nursing and orthopaedic specialist course. Currently I am undertaking the Rheumatology practice course. I have worked on D7 when Rheumatology was first introduced to the trust which then later moved to T1. Here I gained a wealth of experience and knowledge within Rheumatological Nursing. Shortly after, I had moved into Cardiothoracic Nursing to further develop my skills. After achieving all these qualifications and due to personal reasons I returned to Trauma Orthopaedics. I was able to utilise all of my skills as a staff nurse and nursing Sister. This was a very demanding ward both physically and mentally. A wonderful opportunity had risen when I took the post as a Nurse Specialist in Rheumatology. I had returned "to my roots", to work with the team where I had commenced my nursing. It is a privilege to be working within this department, which is continually evolving and striving towards patient centred care. As this unit faces many changes ahead to improve the service the team are always conscious to adhere to the guidelines set (NICE and BSR). My role entails me to give advice on the helpline, educate patients on their medication and condition, monitor bloods, and overall to provide individualised patient care. However, with the many changes in the NHS, one has many challenges ahead.

Thank you Bakie for a very interesting profile we look forward to continuing to work with you

Liz



Margaret the oldest of our WRSBG members, also featured on page 3 of this Newsletter is in the news again.

Margaret featured in the Manchester Evening News paper with the following article:

Golden Rose who's still blossoming 80 years on.

A Great-Gran had an emotional trip down memory lane after spotting herself in an 80 year old photograph hanging on a pub wall.

The picture of Margaret Jones, now 94, shows her being crowned Rixton and Glazebrook Rose Queen way back in 1932.

It is among a collection of old snaps displayed in the Black Swan in the village of Hollins Green on the Warrington and Salford border.

Margaret who grew up in Hollins Green but now lives in Wolverhampton, made the amazing discovery when she came home for her sister Annie's wake.

She was so thrilled by the surprise she visited the Black Swan again- with the necklace and letter presented to her at the coronation. Margaret was 15 when she was chosen from Hollins Green's troupe of Morris dancers to be

Rose Queen and still remembers the day clearly.

Despite moving away in the early 1950's Margaret, who now lives in Wolverhampton, has kept all the memorabilia from the day. It includes a crystal necklace presented to her by the Morris dancers, a letter of congratulations dated July 23rd 1932 and a card from Mr and Mrs Pitchfork, who crowned her.

Margaret returned to the Black Swan for lunch with daughters Vivian Worrall, 70, and Sandra Wellings, 66.

Pub manager Clare Widdas said: "It was a big surprise. There are lots of pictures in the pub going back many years so it is amazing that someone could be recognised in a photo that is so old – it shows what a close knit community this is. You can really tell the picture is of Margaret and she looks so well."

Thank you Margaret for allowing me to share your story with your fellow members.

Liz

Poems

The following Poem has been taken from the late Carol Boneham's book 'Climb Upon My Rainbow to find your Destiny'

First published in 1997

JANUARY WINDS

Christmas has gone all cleared away
A New Year beginning, another day.
As I looked out into the garden, what do I see?
Winter winds and a rainy day.
The days are short, the nights are long,
Fires burning brightly, aroma so strong.
I'll go outside and clear the ground,
But oh so quiet, not a sound.

As I sweep the garden paths, I hear such a gush,
Tis the wind talking to me,
Do not hurry, do not rush,
Its only wind and I'm fancy free.
Blowing trees to and fro
Like whispering fairies all aglow,
I hold my hat very tight,
That wind can give you quite a fright.
My cheeks all rosy, my nose all red,
Yet I feel all bright and fresh instead,
I kicked at the leaves and splashed in the rain
Yes, I was laughing all over again.
This wind was playing a game with me
Seeing if on my feet I could be,
Well, I've finished the job I came to do
It's by the fire for me with hot buttered toast to warm me through.

(Boneham. C.B. (2007) '**Climb upon my Rainbow to find your Destiny**'. ProPrint, Peterborough)

Thank you for taking time to read this edition of our Newsletter. I look forward to seeing you at the Coffee mornings.

Best Wishes to all our members

Liz Walker (Chairperson WRSG)

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