



WRSRG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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This is a short version of the Newsletter due to the holiday period.

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Dates for your Diary

Coffee Morning

Monday 1st July 2013

10 30am-12 30pm (Doors Open 10 00am)
Linden House
211, Tettenhall Road, Wolverhampton.
WV6 0DD

Julie Hibbs Arthritis Care UK

(Coping with Pain and Fatigue)

**Please reply to Joyce Knibbs post,
telephone or e mail.**

Joyce Knibbs 623 Cannock Road, Fallings
Park, Wolverhampton WV10 8PH

Mobile: 07539949723 (Mon – Fri)

E mail: b.knibbs123@binternet.com

Coffee Morning

Monday September 2nd 2013

10 30am-12 30pm

(Doors Open 10 00am)

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

Louise Preston

**(Advanced Physiotherapy Practitioner
Rheumatology)**

**Please reply to Joyce Knibbs by post,
telephone or e mail.**

Joyce Knibbs 623 Cannock Road, Fallings
Park, Wolverhampton WV10 8PH

Mobile: 07539949723

E mail: b.knibbs123@binternet.com

Invitations enclosed with this Newsletter



Louise Preston

Forthcoming Coffee Mornings

(2013)

July 1st Julie Hibbs (Pain and Fatigue)

August No Coffee Morning

Sept 2nd Louise Preston (Advanced
Physiotherapy Practitioner Rheumatology)

Sept 9th Annual General Meeting

Oct 7th Orthotics

Nov 4th Gift Ideas

Dec 2nd Christmas Party

WRSG

Annual General Meeting

Monday 9th September 2013

12 30pm for 1 00pm

Linden house

211 Tettenhall l Road Wolverhampton

WV6 0DD

Finger Buffett will be served following the
meeting

We hope that you will support our Annual
General Meeting which be held on Monday 9th
September 2013. Speakers invited are Dr Paul
Newton (Consultant Rheumatologist President
WRSG) Dr Josh Dixey (Consultant
Rheumatologist Vice President WRSG) Mrs Pat
Roberts (Wolverhampton City Clinical
Commissioning Group)

Message from Joyce Knibbs:

Bodelwyddan Castle, North Wales

This Turkey and Tinsel Holiday for 9th – 13th December 2013 is fully booked.

Christmas Carol Concert Symphony Hall

Joyce is organising a trip to the Symphony Hall Birmingham for this very popular event. Dates are yet to be arranged for weekend 21st -22nd December 2013.

Tickets are strictly for members with their carer having free entry. Joyce is currently taking names for this concert there will be more information in the next Newsletter.

Tele: 07539949723 before 6 30pm please

Outings/Day Trips Viv Worrall

Visit to Essington Fruit Farm

There are a few places still available for the visit that has been arranged to Essington Fruit Farm on Tuesday 6th August 2013.

We will meet at Linden House 211 Tettenhall Road Wolverhampton WV6 0DD at 10 15am for coffee and biscuits (Courtesy of the WRSG) and we will leave there by coach at 11am.

The cost is £5 50 per person. This is a visit to the farm only; the restaurant will be open for snacks or a full lunch.

Fruit can also be picked or just purchased at the farm shop if you wish.

Cars can be left on the car park at Linden House.

We will leave Essington Fruit Farm at 2 30pm.

Visit to the Houses of Parliament

I am pleased to tell you that this visit has now been arranged for Monday 30th September 2013.

We are limited to 40 persons to go round the Houses of Parliament in two groups of 20. Unfortunately wheelchairs and scooters are not suitable to take due to the age of the building, there are a lot of steps and stairs and going round in a group can be difficult. There are two different ways to go round on the tour and it has been arranged for the easy route as there aren't as many steps.

We will leave Wolverhampton at 8 15am from Stafford Road opposite the Moreton Arms Pub and 8 30am Faulkland Street Coach Park.

A stop will be made at Oxford Services and then when we get into London we will have a tour and maybe some time to purchase lunch before we have to get to the Houses of parliament for 2 15pm. It is advisable however to take a packed lunch and a drink just in case we are delayed in getting to the Houses of Parliament as we have to be prompt or we will miss our slot.

We will go round in two groups, one at 2 40pm and the other at 2 45pm but we have to arrive 30 minutes before the tour which is expected to last about 1 hour 15 minutes. The coach will pick us up at 4 00pm – 4 30pm and we will return home immediately after the tour to avoid the rush hour traffic.

A booking form is enclosed with this Newsletter which you should return to me along with your cheque, or pay at the next coffee morning Monday 1st July 2013. Places are limited and will be distributed on a first come first served basis.

My address is on the booking form but if you require any further information please contact me on Tele: 01902 845706 before 6 30pm.

The cost of the trip is £15 00 per person and cheques are to be made out to WRSB please.

Viv Worrall (WRSB Committee Member)

01902 845706

There are a limited number of places available for the October Course which will be held at Linden House in October 2013.

Course Commences:

Wednesday 23rd October and runs for 6 weeks ending 27th November 2013,

(1 30pm until 2 30pm Doors open at 1pm, tea and coffee served courtesy of the WRSB.

Please contact Liz Walker to book your place 01902 563751 or

E mail lizwalker_wrsb@hotmail.com

News Round UP

WRSB Members at the first Tai Chi Class held at Linden House



Master Tary Yipp and our members

The first class of our new Tai Chi course started on Wednesday 17th April 2013 and has now successfully completed. Everyone present appeared to enjoy the exercises and it is hoped that members will continue to do their exercises, at home on a daily basis to enhance their fitness level at the present time and beyond.

Funding for the Tai Chi course is from Comic Relief.

Breaking News

£500 grant approval from Price Waterhouse Cooper

I am delighted to report our success in applying for a grant of £500 to help pay for the hiring of Linden House for our coffee mornings. The grant will enable us to continue our coffee mornings for the next twelve months.

Thank you once again to Karen Argyle (Programmes Manager) Birmingham and Black Country Community Foundation for her assistance in applying for the grant.

Best Wishes to all our members, I look forward to seeing you at the next coffee morning.

Liz Walker (Chairperson WRSB)

The views expressed in this Newsletter are taken in good faith and are not necessarily Endorsed by the editor or the WRSB. The use of a product name does not constitute an endorsement by the WRSB