



WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Website: www.wrsg.org.uk

Editor: Liz Walker 01902 563751

Email: lizwalker_wrsg@hotmail.com

EDITOR:

Liz Walker

Tele: 01902 563751

E Mail: lizwalker_wrsg@hotmail.com

Web: www.wrsg.org.uk

Membership Renewal Reminder

WRSO membership renewal fees were due for 2013/2014 on the 1st June 2013. 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 2013 will not have to renew their membership.

Cheques made payable to the **WRSO** and forward to our Treasurer.

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

Membership renewal form enclosed with this Newsletter

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Dates for your Diary

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, or
telephone 07539949723 (Mon –Friday)**

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

**Invitations were enclosed with the
previous Newsletter**



Louise Preston

Coffee Morning

Monday 7th October 2013

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

ORTHOTICS

**Please reply to Joyce Knibbs post or
telephone.**

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

Mobile: 07539949723 (Mon – Fri)

Invitations enclosed with this Newsletter

Forthcoming Coffee Mornings

(2013)

August	No Coffee Morning
Sept 2 nd	Louise Preston (Advanced Physiotherapy Practitioner Rheumatology)
Sept 9 th	Annual General Meeting
Oct 7 th	Orthotics
Nov 4 th	Gift Ideas
Dec 2 nd	Christmas Party

WRSG

Annual General Meeting

Monday 9th September 2013

12 30pm for 1 00pm

Linden house

211 Tettenhall I 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)

(Invitations are enclosed with this Newsletter, please note that we are relying on your reply so that we may order the correct numbers for the Finger Buffett.)

OUTINGS

Message from Joyce Knibbs:

Bodelwyddan Castle, North Wales

Turkey and Tinsel Holiday Bodelwyddan Castle 9th – 13th December 2013. Payment is due to be paid at the October 7th Coffee

Morning. The balance due is £255 cheques made payable to **WRSG**

Christmas Carol Concert Symphony Hall

Joyce is organising a trip to the Symphony Hall Birmingham for this festive favourite concert with Mark Williams. There are still some places available. The date is booked for 19th December 2013 7 30pm. Joyce will have more information regarding ticket prices and travel at the September 2nd coffee morning

Tele: 07539949723 before 6 30pm please (Mon –Fri)

Outings/Day Trips

Viv Worrall

Visit to Essington Fruit Farm

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.

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

Just to remind you of our visit to the Houses of Parliament booked 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.

I am advised that everyone will have to go through security which is similar to Airport security. You are not allowed to carry any sharp implements or drinks of any kind. So please leave these items on the coach.

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.

If you require any further information please contact me on Tele: 01902 845706 before 6 30pm.

Viv Worrall (WRSG Committee Member)

01902 845706

NEWS ROUND UP

I am delighted to report our success in applying for a grant of £850 from George and Vera Family Fund. The purpose of the grant is to update the computer, printer and software for the WRSG to continue with their administration and Newsletters.

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

FEATURE ARTICLES

The following article has kindly been written by Sister Mary Stott (Wolverhampton Eye Infirmary). It is a follow up from Sister Stott's talk to the group at our coffee morning in June.

Dry Eye

Dry eye syndrome, or dry eye disease, occurs when the eyes do not make enough tears, or the tears evaporate too quickly because the oil glands are blocked or abnormal. This leads to the eyes drying out and becoming inflamed (red and swollen) and irritated.

The condition is also known as dry eyes or keratoconjunctivitis sicca. If the main problem is a blockage of the oil-secreting glands, then the condition is called [blepharitis](#), meibomian gland dysfunction or lid margin disease.

The [symptoms of dry eye syndrome](#) can be mild or severe. They include:

- dry or sore eyes
- blurred vision
- the feeling of something in your eye

- burning
- watering

Tears/ The tear film

The tear film is a complex structure which consists of three key layers:

- a sticky mucous layer
- a watery layer containing nutrients and essential proteins which protect the eye
- an oily layer which prevents evaporation

Each part is made by special glands, including:

- the lachrymal gland (the main gland which produces the water layer)
- mucous glands (distributed across the surface of the eye)
- meibomian glands (oil-secreting glands running vertically in the upper and lower eyelids, opening just behind the roots of the lashes)

The tear film is spread across the surface of the eye by the eyelids when you blink, and drains into the tear ducts (situated in the corner of the upper and lower lids) and then into the nose.

The goal of treatment is to keep the eye surface moist, relieve discomfort, provide a smooth eye surface and prevent structural damage to the cornea, the window of the eye

Who gets dry eyes and what causes it?

Dry eyes can affect anyone, but it becomes more common with increasing age. Dry eyes affect about :

- 1 in 10 people in their 50s
- 1 in 5 people in their 70s.
- Women are affected more often than men.

Dry eye syndrome can have a number of causes, including:

- being in a hot or windy climate
- certain chronic diseases ,including rheumatoid arthritis
- side effects of medicines
- hormonal changes
- getting older (up to a third of people aged 65 or older may have dry eye syndrome)

What causes dry eye?

The causes include:

- Hormonal changes
- Ageing
- Medication
- Illness
- Blink disorders
- Contact lens wear

Environmental factors that affect dry eye:

- Central heating
- Smokey atmosphere
- Light
- Computer screens
- Air conditioning
- Contact lenses

Are there any complications?

Dry eye syndrome may be uncomfortable, but does not usually affect vision. In rare cases, severe untreated dry eye syndrome can cause scarring of the eye's surface, leading to visual impairment.

Contact your GP or visit your nearest accident and emergency (A&E) department immediately if you have any of the following symptoms, as they could be a sign of a more serious condition:

- extreme sensitivity to light (photophobia)
- very red eyes
- very painful eyes
- a deterioration in your vision

What is Sjogrens syndrome ?

Secretory glands become inflamed:

- Dry eyes
- Dry mouth
- Dry skin
- Reduced gastro-intestinal fluid

For more information contact the British Sjögren's Syndrome Association:

Website : www.bssa.uk.net

Helpline :0121 478 1133

Many thanks to Sister Stott for a very interesting article.

A Walk in the Park (Rebecca Cresswell)



When you next visit Rheumatology New Cross Hospital take time to look at the picture featured above in the waiting room. I took this picture on my mobile phone and so the reproduction doesn't really do it justice.

This artwork has been carefully selected for the Rheumatology Department by staff and patients and funded by Eileen Woolverton who you remember raised money with sponsorship to walk up Snowdon last year.

The work has been created by local artist Rebecca Cresswell. It is of the local famous Victorian West Park in Wolverhampton.

Rebecca's work focuses on bringing vibrant colourful pictures of the landscape into public places to provide a welcoming and calming source of visual distraction.

For more information about the Trust Arts in Health Services please visit the website: www.royalwolverhamptonhospital.nhs.uk/artinhealth

UK Fibromyalgia

Lack of awareness about Fibromyalgia means around 1,600,000 British women and 400,000 British men continue to be marginalised because their condition is not properly recognised.

- Please raise awareness in whatever way you can for the **UK FIBROMYALGIA WEEK. (Second week in September)**

UK Fibromyalgia is committed to ensuring that all people have access to fast and accurate diagnosis, that they receive effective evidence based treatments and that they are not discriminated against because of their condition.

Common Symptoms are:

- **Muscle Pain**
- **Stiffness**
- **Fatigue**
- **Specific ‘tender points’**
- **Disturbed sleep**
- **Poor concentration**
- **Irritable Bowel Syndrome**

SUBSCRIBE TO THE FIBROMYALGIA MAGAZINE.

Website: www.ukfibromyalgia.uk

Telephone: 01202 259155

Face book awareness group: ukfibromyalgia

Face book private group: ukfibromyalgiaprivate

Follow on Twitter: @ukfibromyalgia

Wolverhampton Clinical Commissioning Group (WCCG)

From the first of April 2013 WCCG took on responsibility for much of the NHS budget in the City.

WCCG is one of 211 CCG's in England to take responsibility for commissioning (Buying and monitoring) NHS services for local people. With an annual budget of £358m, almost £1m is spent daily on health care for our 250,000 residents ranging from routine operations through to emergency care.

Dr Dan DeRosa (Chairman of the WCCG) reports that authorisation for the WCCG to take on this responsibility comes with conditions. One of the conditions is to include public engagement with patient groups. The WRSG has been invited to represent Rheumatology patients and Pat Jones (WRSG Committee member is our representative) Pat will feed back to our group regularly.

Presently there are three key areas of priority: dementia, diabetes and urgent care.

Mrs Pat Roberts has been appointed as an independent Board member to the WCCG. Pat has agreed to join us at our WRSG Annual General Meeting on Monday 9th September as a guest speaker. This will give members the opportunity to learn more about the commissioning of our local health services and how the patient should have a voice.



Pat Roberts – Lay Member for Patient and Public Involvement

Hello Everyone,

My name is Pat Roberts and I am delighted to be joining Wolverhampton City Clinical Commissioning Group (WCCCG) as an independent Board member. My role is to be the patient champion and I am committed to working together with you, the patients and public of our City, to make a difference to the healthcare of our communities.

Following an illness ten years ago I spent some time at the Royal Wolverhampton Hospital Trust and was really pleased with the excellent healthcare I received. This inspired me to become a volunteer in patient involvement working with healthcare professionals to help improve cancer services in Wolverhampton.

I believe that patients should be involved, wherever possible, in the decision making process around their care and that all services, no matter how good they are or how small the improvement, can be made better. I believe that health services should be built based on patient views and that the patient has a real ability to ensure that a service is improved and delivers better outcomes.

One of my first tasks is to work with the Engagement Team in Wolverhampton to put in place patient leader representatives from all known local health communities in order to improve the two way communication with local people and their groups and WCCCG. It will allow me to co-ordinate activities, exchange information and feedback on your views and opinions on WCCCG plans.

Once these networks are in place and I move forward within my role I will be working to ensure that patient and public engagement is embedded within our organisation. I will ensure that WCCCG:

- Understand the needs and expectations of patients, carers and the public to ensure they are communicated to the Board
- Involves patients, carers and public in the decision making process and feedback is used to inform the commissioning of services
- Listens and responds to patient and public comments
- Governing body acts in the best interests of the local community

I will also be out and about in the community and look forward to meeting as many people as possible face to face so if you see me please come and say hello or email me at patriciaroberts@nhs.net

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

Liz Walker (Chairperson WRSG)

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