



WRSWG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Sheila Fardoe

(WRSWG Committee Member)

Sheila is recovering from a Hip Replacement she is really doing well. Sheila would like to take this opportunity to thank everyone for their good wishes and flowers. Hopefully Sheila will be able to make the September Coffee Morning.

Membership Renewal Reminder

WRSWG membership renewal fees were due for 2012/2013 on the 1st June 2012. 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 2012 will not have to renew their membership.

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

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

ANNUAL GENERAL MEETING

**Friday 14th September 2012
1pm -3 30pm**

**Linden House 211 Tettenhall Road
Wolverhampton WV6 0DD**

Buffet Lunch

Guest Speakers

**Doctor P Newton (President WRSB)
Mrs E Woolverton (Snowdon
Challenge)
Nat Poonit
(Research Nurse Rheumatology)**

**The WRSB will host a buffet lunch for
our AGM and members are cordially
invited to attend.**

**Invitations are enclosed with this
Newsletter. Please RSVP either by
returning the invitation or by phone or
e mail**

**Liz walker 01902 563751
lizwalker_wrsg@hotmail.com**

Dates for your Diary

Coffee Morning

Monday 3rd September 2012

**10am – 12 30pm
Linden House
211 Tettenhall Road Wolverhampton
WV6 0DD**

Debbie Mitton

**Senior Clinical Nurse Specialist/Nurse
Manager Rheumatology (WRHT)**

(Rheumatoid Arthritis)

Invitations enclosed with this Newsletter

Please reply to Liz Walker by post,
telephone or e mail.

01902 563751

Lizwalker_wrsg@hotmail.com

Coffee Morning

Monday 1st October 2012

10am-12 30pm

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

The welcome return of Mary Shipway

Reiki (natural therapy)

Coffee Morning

Monday 5th November 2012

**10am – 12 30pm
Linden House
211 Tettenhall Road Wolverhampton
WV6 0DD**

Jewellery Demonstration

Holidays

19th November 2012 £285 pp

All Inclusive 5 days Turkey and Tinsel Break

Bembridge Coast Hotel Isle of White

There is still availability for this holiday

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)

Contact Joyce Knibbs 01902 862198

Trip to Trentham Gardens, Shopping Village and Garden Centre

Wednesday 17th October 2012

After our successful trip to Weston Super Mare another outing has been organised for the group to Trentham Gardens on Wednesday 17th October 2012.

We do hope you will be able to join us for what should be an outing to suit everyone.

After going to Weston and telling you all to bring sunhats etc, and it poured with rain perhaps you should bring umbrellas, macs and wellingtons and then we might have a good weather day!

I must say the weather didn't spoil our day at Weston, everyone seemed to find cover and we did leave a little earlier than intended and it seemed to suit everyone.

The booking form for Trentham Gardens is enclosed with the Newsletter. Please return the form to me as soon as possible to secure your place.

Viv Worrall 01902 845706

FEATURES/NEWS ROUND UP

NHS CHANGES

**Barry Picken (Chairman)
Wolverhampton Royal hospital Trust**

Barry Picken very kindly gave a talk to our group in April detailing NHS change. He agreed to follow this up with the following article.

The NHS is about to undergo the most substantial number of changes that it has enacted since its creation in 1948. This article sets out the changes that are going to be introduced in respect of commissioning and the establishment of Clinical Commission Groups (CCGs).

What are CCGs? They are groups of General Practitioners (GPs) from a locality who are coming together to commission i.e. purchase services, from health providers. The Government believe that putting GPs in the role of purchasers will make them more accountable for the services that are provided, but also ensure that they take a much greater interest in the quality and breadth of services provided. They will seek to ensure that services provided meet patients' needs.

CCGs will require formal authorisation before they can begin work and they will each have a

Board of Directors consisting of GPs, Nurse, Hospital Consultant and representatives of the Local Authority and patients.

They will have a small number of directly employed staff who will provide backroom services and manage the administration of the CCGs.

What will be the impact upon GP practices? Patients should see no change to the way in which individual GP practices work, as any GPs who are sitting on the CCGs will ensure that there is adequate cover should they need to be away from their surgery on CCG business and patients should still be able to see their own GP, even if the GP is involved in CCG work.

CCGs specifically have a responsibility to protect patients' interests and the Wolverhampton CCG has identified reducing health inequalities, improving quality, ensuring cost effectiveness and the development of care pathways as the key principles under which it will operate. The priorities for the CCG identified locally are the provision of urgent care, long-term conditions and planned care, and in their discussions with the providers of services they will ensure that these priorities are taken into account.

CCGs will not work alone and the Wolverhampton CCG is particularly committed to working in partnership with the Local Authority, local Hospitals, and voluntary organisations, the West Midlands Ambulance Service, and Community Nurses and Allied Health Professionals.

This brief overview will give you a feel for the changes that are planned and I have no doubt that the CCG, as it develops, will be happy to provide further information to the members of the Wolverhampton Rheumatology Support Group in the months to come.

Many Thanks to Barry Picken for his article.

SNOWDON CHALLENGE

The following article has been written by Eileen Woolverton. Eileen successfully completed her walk up Snowdon to raise money for Arthritis Charities.

Hello Again,

Some of you may remember I wrote a few months ago to ask if you could sponsor me to walk up Snowdon to raise money for Arthritis Research, WRSG and the Rheumatology Department at New Cross.

I'm pleased to be able to tell you that we accomplished our mission on the 12th May 2012.

We set off about 9 00 am and reached the summit just before 12 30 pm. We took our time walking and had frequent rests to ensure we would get to the top and not be too exhausted before reaching our goal. This strategy paid off and we both managed the walk comfortably.

The ascent was just over 2,000 feet as we started from Pen-y Pass and followed the Miners Track. We were both surprised at the number of walkers on the hill and in some places it resembled the M6 with the same amount of traffic! Apparently over 500,000 walk the different paths each year.

The cloud was down on the top so the views were not good and it was very windy. We were both pleased to get off the ridge as the temperature was about 10 degrees lower than a hundred feet below.

We celebrated in the cafe with a hot chocolate before coming down and it was a very welcome treat and warmer.

What a different story going down! We came down the Llanberris track which meant the descent was over 3,000 feet. The path was well

defined but mainly we were walking on stone. Even though we were using walking sticks, my knees started to play up and by the time we were at the bottom, it was more comfortable to walk backwards than forwards! It was Wednesday before I could walk up and down stairs normally but after that no problems. Gill didn't fare as badly but her thighs and calves were aching on Sunday.

We felt a huge sense of achievement to have accomplished the walk as neither of us had undertaken such a climb before and our joint age is over 120.

We would both like to thank everyone who sponsored us and so far the total raised has exceeded £400. 00 (May 2012) we are hoping this will increase over the next month and when all the monies are collected we will let you know how much has been raised and to whom it has been donated.

If you have not yet donated and you feel able to please talk to Liz Walker.

Eileen Woolverton

Thank you so much Eileen I am hoping that you will be able to attend our AGM as guest speaker.

Dental Care

Pat Gutteridge

KEEP THAT SMILE - SIMPLE DENTAL ADVICE FOR EVERYONE

Let me introduce myself, I am Pat Gutteridge Wolverhampton's Oral Health Improvement Specialist and after giving a presentation at a recent Wolverhampton Rheumatology group meeting for members and their carers I was asked to write this article to pass on simple advice on Mouth Care for us all.

Anyone suffering from arthritis and rheumatic problems may have problems physically brushing their teeth and may suffer more problems with their gums due to the effects of the disease so more dental care may be needed.

There are four simple current scientifically based messages for good mouth care,

- ✚ **Brush teeth and gums twice a day with a pea sized blob fluoride toothpaste. SPIT BUT DO NOT RINSE this will help strengthen enamel**
- ✚ **Diet – reduce the amount and frequency of sugary snacks and drinks**
- ✚ **Attend a Dentist at least once a year for a check up**
- ✚ **Fluoride – it is in Wolverhampton's water and your Dentist may occasionally recommend painting extra on your teeth for added strength**

Your mouth and teeth can suffer from two common diseases –

TOOTH DECAY and GUM DISEASE

TOOTH DECAY:

Occurs when we eat or drink things containing refined sugar between meals. The bacteria that live in our mouths and plaque on our teeth use sugar to grow and turn it very quickly, within one minute, to acid which stays in the mouth for about half an hour. This acid attacks the enamel on our teeth but if we keep all our sugar to meal times only, our saliva will neutralise the acid and help to repair the surface of the tooth.



Eileen and Gill at the top of Snowdon

Advice to prevent tooth decay

So if you like sweets and sweet drinks, biscuits and chocolate keep them to mealtimes and between meals snack on healthy fruit and vegetables. Drink water or milk if thirsty.



Beware - lots of snack foods, drinks, sauces and medicines have hidden sugar, read the ingredients list as anything containing sucrose, fructose, glucose, honey and syrup taken between meals will rot teeth.

GUM DISEASE

Is caused by leaving the bacteria in plaque on our gums and not brushing it off. At first, the gums bleed when brushed or touched. This can be reversed by simply brushing the gums everyday with a soft brush. If plaque continues to be left on the gums the teeth can become loose and eventually fall out.

Advice for preventing gum disease

So, teeth and gums should be brushed in the morning and at night with a small, soft to medium toothbrush. If gums bleed go back to the area and give it a gentle brush and massage getting the bristles gently in to remove the plaque from the neck of the tooth.

If you have difficulty holding a regular brush you may prefer an electric brush or you can use a travel brush with a fatter handle or build up the handle with a cheap bicycle handle grip or plasticine.

If carers are cleaning someone else's teeth it is usually best to be beside the person cradling their head in the crook of one arm while asking the person to open slightly while you can brush the teeth and gums carefully in all parts of the mouth. This may take time to build confidence for both parties so should not be rushed and get advice from your Dentist.

Toothpaste

Toothpaste contains Fluoride. This makes the teeth stronger and helps protect from the acid attacks but we should only use small amounts especially as we have Fluoridated water.

For adults and children over 6 years only a pea sized blob of toothpaste containing 1300 gm fluoride and for children under 3 only a smear of children's toothpaste containing 1000gm fluoride.

REMEMBER SPIT OUT EXCESS BUT DO NOT RINSE

Advice for cleaning dentures

Dentures should be brushed over a bowl of water with a toothbrush and toothpaste or a nailbrush and soap.

If fizzy cleaning tablets are used, check the time to leave them on the label, (most are 3, 10 or 20 minutes). Then stand the dentures overnight in a pot of water.

Visiting the Dentist.

EVERYONE should see a dentist regularly, at least once a year and usually twice a year for children, your dentist will advise how often.

In Wolverhampton we have many high street dentists taking NHS patients. If you are in pain you should contact your own dentist.

A list of NHS dentists can be obtained from Wolverhampton Primary Care Trust

If you have special needs that prevent you accessing a high street dentist you may be able to be treated at the Community and Special Care Dental Service as part of the Royal Wolverhampton NHS Trust Dental Service in Wolverhampton. We can provide treatment for some people with special needs, including people with severe arthritis and rheumatism.

If you would like to check if you are eligible for the service or have any questions call 01902 444182 Our Oral Health Improvement workers Pat and Pam can give talks, advice, help with promotional health days or information meetings. For information call them on 01902 446684.

Thank you Pat for a very interesting article, and also for visiting our group

Viv Worrall reports on an educational visit to the Marco Polo Cruise Ship to assess its suitability for our members

Joyce Knibbs and I were invited by Dunwood Travel to visit the Marco Polo Cruise Ship at Tilbury Docks for an overnight stay to assess its suitability for our WRSG members. This was on Saturday and Sunday 7/8th July, and here begins my story!

I was woken up at 6 30am on the Saturday morning with a phone call from Joyce to say she was not well and wouldn't be able to go which was so disappointing. Panic stations set in as I had to leave the house at 8am to get to Dudley to pick up the coach.

I made a call to Liz our Chairperson (not good at 6 45am in the morning) to see if she could come with me but she was off to the Lake District. After much deliberation and knowing that other committee members were unavailable Liz suggested that my husband Keith should accompany me "why didn't I think of that" – "because he is a sports fanatic and would miss the Wimbledon finals, which he did!"

What a rush packing for two, it was now 7am, Keith having to pick up the tickets from Joyce from the Cannock Road bearing in mind we live in Codsall. There was a fabulous traditional Indian wedding in our cul-de-sac, with the bridegroom arriving at the brides house at 8 30am to claim his bride and so pre warned our car was parked elsewhere. Incidentally the bride and her family looked lovely and we were sorry to miss the arrival of the bridegroom, although we felt privileged to have been asked the night before to celebrate a traditional eve of the wedding with the happy couple and their families which was super. We eventually arrived in Dudley by taxi to start our journey, first things first bucks fizz served on the coach and an excellent journey with Dunwood Travel finally embarking on the ship at 6 30pm.

Prior to embarking I talked to an officer about our group and he informed me that there were only two disabled cabins on the ship, so the first thing we did was to take a tour of the ship to see the facilities available.

Unfortunately this ship is not mobility friendly, I was advised that this is because it is an old ship and not suitable for adaptation, the doors to the other

cabins are narrow and not suitable for wheelchairs only walkers. The disabled cabins have walk in wet rooms but all the rest of the cabins had bathrooms with showers, the obstacle being a 12 inch step up into the bathroom and down the other side., which was easy to forget when coming out of the shower and going to the bathroom at night, although there was a notice saying 'mind the step'.

The lifts could also be a problem they hold about 6 people and although we did get a wheelchair in I have my doubts about a scooter. There are 8 decks on the ship which hold approximately 650 passengers plus the crew. Also the passageways were quite narrow and there wasn't a lot of room for manoeuvre in the dining room.

I made a point of talking to several people with mobility problems and they all seemed to feel that the ship was not mobility friendly.

The ship itself was lovely with intimate bars, lounges etc more 'old school' and personal than the bigger ships; the cabins were small but adequate. There were a few larger suites but at a very expensive price! We were shown round 8 cabins in all that were available for viewing.

This was a whistle stop tour as we had to disembark by 9 30am the next morning. I did as much as possible in the time available.

Although I don't feel this Cruise Ship is suitable for our group I have given Joyce my feedback and all is not lost as Dunwood Travel are taking on board Fred Olsen Cruises in the future and I believe they are mobility friendly.

On a personal note, Joyce and I are going on a Saga Cruise in September and we will be able to talk to them about our Groups needs.

I hope that this report has been useful to you all, and I am glad to say that Joyce is now feeling much better. So watch this space for further Holiday News!

Vivien Worrall (Committee Member)

Thank you Viv for a very interesting paper, and also for your hard work organising outings etc for our members.

Challenging Arthritis Course

The WRSB were very fortunate to have been awarded a £1500 grant from the Mid Counties Co operative to purchase a Challenging Arthritis Course for 14 of our members from Arthritis Care.

The course started in June and ran for 6 weeks at Linden House. Course members were exposed to various strategies for dealing with their arthritis and gained valuable knowledge of their conditions over the six week period.

I have heard from several of our members to say how valuable the course was and I would like to thank Julie Hibbs and her colleague for their hard work in making the course so successful.



Julie Hibbs, Course Leader (Centre) with our WRSB course members. June 2012

Health and Well Being Hub

A Health and Well Being Hub for over 60's in the Finchfield and local areas started on the 15th June at The Acres, Brantley Avenue, Finchfield WV3 9AR

The Health and Well Being Hub will cover the following:

Information	Health Advice
Signposting	Relaxation Sessions
Gentle Exercise	Advice Surgeries
Games	Sing-a -longs
Discussion	Cuppa and chat
Talks/Demonstrations	
Interest groups	Various Activities

For further information please contact either:

Linda Cox: 07415 630083 or

Charlotte Gee: 01902 445378

Wolverhampton City NHS PCT

Wolverhampton Homes

Thank you for taking the time to read this edition of our Newsletter. I look forward to seeing you at our next coffee morning Monday 3rd September 2012.

Best Wishes to all our members

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