



## *WRSO Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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**A Happy 2013 to all of our Members**

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### **Obituary**

**Maureen Pickerill**



Sadly Maureen died on Sunday 25<sup>th</sup> November 2012. Maureen was such a well loved member of the WRSO and we will miss her very much. Our sympathy goes to her family and in particular Sheila her sister.

## Dates for your Diary

### **Coffee Morning (reminder)**

Monday 7<sup>th</sup> January 2013  
10 30am-12 30pm  
(Doors Open 10 00am)

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

### **Bring and Buy Sale**

**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

### **Coffee Morning**

Monday 4<sup>th</sup> February 2013 10 30am-12 30pm  
(Doors Open 10 00am)

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

### **Arthritis Workshop (Pain Cycle) Liz walker**

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**Invitations enclosed with this Newsletter**

### **Forthcoming Coffee Mornings**

March 4<sup>th</sup> Hotter Shoes

April 8<sup>th</sup> Window Boxes

May 13<sup>th</sup> Eye Care

June 10<sup>th</sup> Orthotics

## **Message from Joyce Knibbs**

### **Bembridge Turkey and Tinsel Holiday**

What a lovely five days Turkey and Tinsel holiday on the Isle of White. We had very comfortable rooms, excellent food, great entertainment and the staff were very kind and caring, nothing was too much trouble for them and our driver John was a real gentleman.



I hope you all enjoyed your Christmas meal at Linden House it was lovely to see so many there. I must thank all staff at Linden House and not forgetting Nicky Fardoe for her entertainment on the clarinet, Father Christmas and his helper otherwise known as Tony and Brian.



We will be having a meeting about your choice for holidays in the New Year. More information about this at our next coffee morning.

Happy New Year to you all

Joyce Knibbs

## **FEATURES/NEWS ITEMS**

### **RADAR KEY**

If you need a Radar Key for using Disabled toilets anywhere in the country ring **City Direct 01902 551155**

### **ATTENTION PLEASE**

Does anyone know of a lady called Jane who attended our Jewellery Coffee Morning in November?

Margaret Winhill who demonstrated her jewellery was asked to do a necklace repair for Jane.

Margaret has subsequently lost Jane's details, but the necklace is ready for collection.

Please ring Margaret on 01902 725806

### **Reiki by Mary Shipway following her talk to the group in October 2012**

Hello everyone Mary here again.

It was, as always, so good to see you all again at your October meeting. This time the talk was about the wonderful art of Reiki, its origins and history, practice and simple techniques.

Reiki is "hands on" or off! Healing practice which is based on our universal life force energy. As one of many practitioners', we believe that it's possible to harness this force for use in healing the mind, body and spirit.

This energy is known as ki pronounced chi and is widely recognised in acupuncture and shiatsu as well as Reike, which means "rei" = universal and "ki" = life force. It's non-invasive physically or internally which in turn makes it a wonderfully safe complementary practice.

It's also non-discriminatory in as much as anyone can do Reike, and not dependant on intellectual ability, it's simply passed on from the teacher to student so give it a go the only thing you've got to lose is your ill health! At the meeting I instigated a "hands on" session where members "had a go" with some surprising and pleasing results so well done to you (you know who you are), I do hope you are still practicing ?!

As always there are people sadly who want to take large sums of money from you in exchange for tuition so do shop around and start at your local college but before, then try reading it up from books at your library or now "e-books". I like those handy small guide books that Dorling Kindersly publish, @ £4.99 you can buy "secrets of Reike" by Anne Charlish & Angela Robertshaw. ISBN 0-7513-3562-2 or Reiki by William Lee Rand. ISBN 0-9631567-0-5 also Practical Reiki by Mari Hall is worth a look.

Each give credit to Dr Mikao Usui the founder of Reiki as we know it today, he was dean of a small Christian university in Japan. As a result of his quest to release human power to heal yourself he travelled the world and drew his expertise from all denominations.

The rest is in the book! So I'll stop there it's a very interesting read. Do give it a go, start with hovering your hands over an area of discomfort and see what happens you may be presently surprised!

November 5th meeting was Christmas sale day and I was fortunate enough to be invited back by Joyce and Liz for that with my essential oils and accessories, once again it was well attended and sales were made. For those that missed it and need any oils don't hesitate to call me with your order I always use a reputable low cost company that charges less than your high street shops and with high quality oils! You can get me on 07800793949.

So until next time may I wish you a very peaceful and happy Christmas and a pain free and prosperous new year!

Love Mary

**Many Thanks Mary for your talk and a very interesting article. We all look forward to seeing you in the New Year.**



## **Birmingham and Black Country Community Foundation (BBCCF)**

I am so pleased to report of the WRSG's success in applying for a grant of £1014. The grant was awarded by the Coventry Building Society and was administered by the BBCCF.

The monies will be used towards the publication costs of the Newsletter for 2013.

Kath Sankey and I have been busy applying to the BBCCF for another Grant of £1040 from Comic Relief. If we are successful in our application the WRSG will be running two Tai Chi courses for our members, one in April and one in October 2013. I am so excited about this proposal and so I have included an article below which explains a little more about the benefits of Tai Chi.

**Liz**

### **What is Tai Chi (Taijiquan)?**

Taijiquan or Tai Chi Chuan is part of the traditional Chinese arts of keeping fit, self-defence and improving one's physical and mental well being. It is usually known in the west as simply Tai Chi. Taiji means supreme, ultimate, quan (chuan) means martial arts.

### **Why Tai Chi?**

The way we move and breath, stand and walk, and even sit, can have a positive effect on our general health. There are very few of us today who do not spend much of our time feeling tense. The hectic pace of modern living and lack of exercise leaves us tired and exhausted.

You need some form of exercise that gently and steadily relaxes the body, and most importantly refreshes the mind. You need to be able to develop your spiritual and emotional resilience so that you can put the demand of life in proper perspective and not to be overwhelmed by them.

Furthermore, conventional exercises only build muscles and bones but lack or have little strengthening effects on the internal part of our

body. An exercise is needed to develop physical and mental, external and internal health of our body.

As a highly beneficial daily health care programme best known for its' unique body and mind relaxing, stamina building, internal as well as external health enhancing effects. Tai Chi can help you achieve well-being and balance of your life.

### **What is Qigong?**

Qigong (also known as Chi Kung or Chi Gong) is one of the oldest exercises in Chinese History, dating back more than a thousand years. It is also one of the most popular exercises in the world today, practised by tens of thousands of people.

Qigong is a mind and body workout, and seeks to stimulate the flow of Qi (or Chi, the elemental life force) along the energy channels and meridians throughout the body. It offers a practical, effective and long-term solution to deal with the stress of modern living.

*It relaxes you, and uplifts you.*

*It refreshes your mind, and energises your body.*

*It soothes your heart, and enriches your soul.*

One of the main attractions of Qigong is that it is EASY to learn, and can be adapted to different physical abilities, regardless of fitness level and age. It can be performed walking, standing, sitting or even lying down.

### **Benefits of learning Tai Chi & Qigong**

Both Tai Chi & Qigong exercises are a highly beneficial daily health care programmes that can help you achieve well-being and combat stress and tension.

There are many health benefits have been found associated with Tai Chi & Qigong exercises, and they include:

- Improve your immune system
- Improve your body alignment & balance control
- Effectively prevent heart disease, and strengthen the heart.
- Improve your concentration and memory
- Improve your suppleness and joint flexibility
- Increase muscle tone & stamina
- Build up your positive thinking and find your inner smile



## Useful tips:

Practice does not make perfect. Rather, practicing well makes sustained benefits of your practice. The key is to practice well every time you attempt the exercises. You will know you have been practicing well when you feel any or all of the following:

- Pleasant warmth associated with relaxation.
- A secure sensation of being firmly rooted to the ground
- Greater clarity and tranquillity of your mind
- Feeling more alive, aware, and energised

Reference: Deyin Taijiquan Institute (GB)

**I do so hope that we are successful with our grant application I am convinced of the benefits that our members would experience. I am currently negotiating with Master Tary Yip of the Deyin Taijiquan Institute regarding the Tai Chi Courses proposed for 2013.**

## **Satrang Theatre Production Group (Balbir Rai WRSG Committee Member)**

I am a group leader of the Satrang Theatre Production Group and our first performance was in August 2003. On June 24<sup>th</sup> 2004 the group was established and changed its name from 'SATRANG' to 'SATRANG THEATRE PRODUCTION GROUP'

We are an active drama group that highlight health and safety needs of the community. Through drama the group raises awareness of health and wellbeing issues amongst Asian People. We have performed in various community centres in Wolverhampton and in surrounding areas.

In 2009 Walsall Health Authority contacted me regarding raising awareness of 'Bowel Cancer' amongst the Asian Community. The group wrote a play in Punjabi and dramatised it. This was a successful venture.

In 2009 the group were nominated for a Wolverhampton Safety Award and on the 14<sup>th</sup> January 2009 we received the winning trophy.

Our current performance is 'How to Prevent Suicide' In 2008 Age Concern produced a DVD of

the group performing, it was circulated not only in Wolverhampton and surrounding areas but in Europe and America.



## **Accolades for Super Heroes**

Local heroes took over the Mayoral Suite at Wolverhampton Civic Centre for a glittering award ceremony.

These special awards give members of the safer Wolverhampton Partnership the chance to personally thank local people who go the extra mile to make Wolverhampton a safe city.

Each award winner received a silver-plated engraved scroll and certificate in recognition of their commitment.

Among the honours were three special prizes given for services to younger people, services to older people and services to the community. The Satrang Theatre production Group who use theatre to raise awareness around safety issues with elderly communities and make advice accessible to older people from different cultures were one of the special award winners.

The group received £100 voucher as a special thank you in addition to their scroll and certificate.

Several of our WRSG members are featured in this group photograph and we congratulate them on a very worthwhile project.

## Walking for Health



I have received some timetables for . If anyone is interested I will bring them along to the coffee morning on the 7<sup>th</sup> January 2013.

Walking for Health in Wolverhampton run free, supervised regular health walks for people of all abilities to join. The walks are especially suited for people who currently don't do much walking but who want to get healthier, fitter and be happier.

Walking is one of the safest and easiest forms of exercise which almost anyone can do. You don't need any special equipment to start walking and it can easily be built into your daily routine.

There are over 40 free walks a week especially suited to more sedentary folk. All walks are led by trained walk leaders. Walkers taking advantage of this free initiative have lost weight, controlled their blood sugar levels, reduced their blood pressure and increased their Good cholesterol. Health walks also provide a valuable social network for people to meet and talk.

Joining the Walking for Health programme is very simple. Walkers just turn up 10 minutes early on their first walk to complete a health questionnaire.

**If you require more information and timetables, please contact Walking for Health on Tele: 0800 0734242 or email:**

**[walkingforhealth@wolvespct.nhs.uk](mailto:walkingforhealth@wolvespct.nhs.uk)**

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

## The Gift of a New Year

Here's to the year  
that's has passed its expiration date - 2012.  
We all had some surprises, didn't we?  
Some good, some distressing.

Let's use everything we got from our experiences,  
everything we learned, to enrich the New Year.

Here's to the New Year, 2013,  
a gift we haven't opened yet.

May its bright, shiny package  
contain even more than we hope for.  
And even while we're delighting in new treasures,

Let's appreciate fully what we already have -  
the blessings we take for granted.

Make a list, and check it twice.

And here's to all you wonderful people  
who are putting up with my toast;

I hope in the new year  
you see yourselves the way I see you:  
intelligent, interesting, and likable.

To 2013:

May it give a whole new meaning  
to the phrase, "the good life."

*By Joanna Fuchs*



**A Happy and Healthy New Year to all our Members**

**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 7 January 2013. Best Wishes to all our members**

**Liz Walker (Chairperson WRSB)**