



## WRSO Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

Issue Number 119

NOVEMBER 2014

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**Invitations are enclosed with this  
Newsletter**

### **CONTENT**

- **Dates for your Diary**
- **Outings/Holidays**
- **Features News Round Up**

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- **Dates for your Diary**

#### **Coffee Mornings**

**Monday 03 November 2014**

10 30am-12 30pm

(Doors Open 10 20am)

Linden House

211, Tettenhall Road, Wolverhampton.

WV6 0DD

**(Christmas Gift Ideas)**

**Please reply to Joyce Knibbs by post,  
or telephone regarding November**

**Coffee Morning**

#### **Annual Christmas Meal**

**Monday 08 December 2014**

Linden House

211, Tettenhall Road, Wolverhampton.

WV6 0DD

Doors will open at 12.30 for a 13.00 start

**The Menu is enclosed with this  
News Letter. Please complete the Menu and  
return as directed on the Menu.**

The cost of the meal is £11.00 to members, as  
the group is subsidising each member attending  
by £3.00. Non – Members/ guests, the meal  
will be £14.00.

## **Forthcoming Coffee Mornings**

**2014/15**

- Nov 3<sup>rd</sup> 2014 Christmas gift stalls  
Dec 8<sup>th</sup> 2014 Christmas Meal  
05 January 2015 Bring and Buy Sale

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### **MINUTES OF ANNUAL GENERAL MEETING**

#### **WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP**

#### **HELD AT LINDEN HOUSE ON THE**

**15 SEPTEMBER 2014 AT 13.00**

#### **PRESENT**

Dr P Newton (President)  
Liz Walker (in the Chair)  
Joyce Knibbs ( Vice Chair)  
Kath Sankey (Treasurer)  
Mrs Pat Jones  
Jan Simpson  
Balbir Rai  
Shiela Fardoe  
Pat Jones  
Mary Allen

#### **GUEST SPEAKERS**

Dr Paul Newton  
Consultant Rheumatology Consultant  
Mrs Pat Jones  
Patient Participation Representative

#### **1 APOLOGIES;** Bhagwant Sachdeva

**Liz Walker;** Chairperson, opened the meeting by welcoming members, new members, and Guests speakers, thanking everyone for their continued support of the group. Liz also thanked Rob Marris for attending our AGM.

**2. Minutes of AGM September 2013;** Liz advised the minutes for the AGM September 2013 had been agreed as a true rec, proposed by Pat Jones and seconded by Joyce Knibbs, November 2103.

**3. Matters arising from the minutes;** a copy of the AGM minutes were sent to every member with the October 13 News Letter. There were No Matters arising.

## **4. Re Election of Committee 2013 - 2014**

Committee members have agreed to be re-elected for a further 12 months. This was proposed by Ken Vaughan and seconded by Reg Jones.

#### **Liz Walker**

Chairperson/Newsletter Editor

#### **Joyce Knibbs**

Vice /Chair/Holidays/Outings/Information Sessions

#### **Kath Sankey**

Treasurer

#### **Sheila Fardoe**

Fund Raiser/Social Representative

**Pat Jones** Patient Representative

#### **Bhagwant Sachdeva**

Recruitment Representative

#### **Balbir Rai**

Recruitment Representative / statistics

**Jan Simpson** Secretary

**Mary Allen** Outings

#### ***Full copy of Chair persons report;***

#### **WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP (WRSG) CHAIRPERSON REPORT 2014**

#### **Liz Walker (Chairperson)**

May I first of all thank everyone for supporting our WRSG Annual General Meeting, it is very encouraging to have such a dedicated membership which obviously underpins the groups continuing success.

The WRSG Annual General Meeting is the ideal forum for us all to reflect upon our last year as a support group for all of our members. I have much pleasure in presenting the Chairperson report for the group and to confirm once again of our continuing success in achieving the original objective of the group which is, to support members of Wolverhampton and surrounding district who have Arthritis.

This past twelve months has been a very busy and very successful year, unfortunately we have encountered a significant amount of ill health issues amongst the committee but the support from my

colleagues has been outstanding which has enabled the group to function normally without any disruption. Thank you to Jan Simpson for publishing the September 2014 Newsletter and other notifications to members and for her hard work as Secretary to the group. I sincerely hope that in terms of ill health we can put it all behind us for 2014 and move forward to a healthier 2015.

**Objective: To support our members.**

Our membership numbers this past year have reached 165. We continue to support our members with various forms of engagement. Our coffee mornings held on the first Monday of every month are very successful with over a third of our membership (averaging at 49) attending here at Linden House.

**Coffee Mornings/Information Sessions**

Throughout the past twelve months we have enjoyed a variety of coffee/information mornings. Joyce Knibbs works very hard with organising speakers and to vary the need for lectures from professional speakers with the emphasis on Arthritis to inform our members and the need for a lighter social emphasis. Thank you Joyce for your hard work.

**September 2013**

**Louise Preston (Advanced Physiotherapist Practitioner Rheumatology)**

Louise gave a most interesting talk on her role within the Rheumatology Department. We would welcome more involvement with Louise in the future for the benefit of our members.

**October 2013**

**Sukie Binning (Team Leader) Age UK Wolverhampton**

Sukie came along to our coffee morning and outlined the significant changes that Disability benefits are undergoing. Since June 2013 no new claims can be made for Disability Living Allowance (DLA)

Personal Independence Payment (PIP) will replace DLA for people aged 16 to 64 with a

long term health condition or disability. Whilst similar to DLA there are also differences (such as a medical examination) and it may be harder to qualify.

If you are aged 65 or over and already in receipt of DLA nothing will change in the short term. Eventually, probably after 2018 PIP will replace DLA for people over the age of 65.

**November 2013**

**Xmas Gift Ideas**

A huge thank you to the shop owners and trade fare stalls that contributed to our Xmas gift fare. It was very lively with a lovely selection of handmade jewellery, handbags, scarfs and trinkets. The members definitely took advantage of shopping at amazingly cheap prices.

**December 2013**

**Christmas Party and lunch**

Seventy Five members and guests enjoyed a first class Christmas lunch at Linden House We Were entertained by Mathew Richards with his Key Board and Ukulele, we also had a very special visit from Santa Claus (Tony Sankey) and his helper (Brian Knibbs) with chocolate gifts for everyone.

**January 2014**

**Annual bring and Buy Sale**

This coffee morning was as usual very well supported by our members with well over £100 benefiting our group. Many thanks to Balbir Rai and Bagwhant Sachdeva for their enthusiasm and hard work.

**February 2014**

**Wolverhampton Home Improvement Scheme (WHIS)** Representatives from the WHIS came along to our coffee morning and gave a very interesting presentation regarding the strategic housing intervention programme based on providing home improvement to the elderly,

vulnerable, disabled and people on income related benefits.

Contact details and information leaflets were available for the home improvement scheme, handyperson service, grants and loans and safe home schemes.

#### **March 2014**

##### **Doctor P Newton (Consultant Rheumatologist)**

###### **Osteoarthritis and Rheumatoid Arthritis.**

Doctor Newton came along to our March coffee morning and gave an excellent talk on Osteoarthritis and Rheumatoid Arthritis. He very kindly followed this up with an article for the Newsletter which has been very useful for our members who are unable to attend the coffee mornings. I have received lots of comments from members saying how helpful it was.

#### **April 2014**

##### **Keep Able Aids and Adaptations**

Mark from Keep Able came along to tell us all about services and items available regarding aids for daily living activities. The shop is located at 98 Cleveland Street Wolverhampton. Mark assured us that all members of staff will be pleased to help and advice members, or alternatively you could request a home visit.

#### **May 2014**

##### **Age UK Travel Insurance**

A representative from Age UK came along to discuss Travel Insurance available for our members. The presentation included a discussion regarding predisposing medical conditions.

There was a lively discussion regarding the European Health Card for traveling within Europe and the benefits of having adequate travel insurance cover and not to just rely on The European Health Card.

#### **June 2014**

##### **Doctor Barkham (Consultant Rheumatologist)**

###### **Talk on Spondylitis**

Doctor Barkham gave a very informative talk and presentation of his research into the early diagnosis of Spondylitis and subsequent benefits.

#### **July 2014**

##### **Mary Allen Gentle Exercise.**

Our members really enjoyed Mary's gentle exercise class. I do hope that we can repeat this session for the benefit of our members at another coffee morning.

May I take this opportunity to say thank you to Sheila Fardoe for her continuing support with our coffee morning raffles. Sheila quietly raises funds for our group which is much appreciated.

##### **Objective: Engagement with our Members**

Personal one to one interaction is obviously the best way to engage with our membership but for a significant proportion of our members; attending the coffee mornings is impossible. For the past 2 years we have operated the Buddy Scheme and all new members are nominated a buddy to relate to. The scheme is very successful allowing the individual member to interact with the nominated buddy. The scheme is constantly reviewed and we will certainly continue over the next year hopefully with more volunteers from our membership acting as buddies. The scheme operates a strict policy with guidelines for buddies.

The WRSG Newsletter continues to be the universal method of engaging with our membership. The Newsletter is published every two months.

I and Pat Jones continue to operate the WRSG Help Line from our homes. The use of the Help

Line is considerably reduced however following the introduction of the buddy scheme.

The WRSG Web Site operated by Martin Peake ([www.wrsg.org.uk](http://www.wrsg.org.uk)) reaches a wider audience and features all of the WRSG Newsletters, details of coffee mornings, holidays and trips.

The web site also has links to other useful web sites. We are attracting more and more membership from this engagement. My thanks to Martin for his valuable time and expertise.

We have continued this past year with the inclusion of the WRSG in the Patient Partnership Group for the Wolverhampton City Clinical Commissioning Group. Pat Jones (Committee Member) represents the WRSG and Rheumatology and will give feedback to the WRSG of the activities of the group. Our membership views and experiences of Health Services in Wolverhampton are extremely important and Pat Jones is very happy to represent our members in this Patient and Public Engagement Forum.

### **Objective: 'To facilitate Education and Information**

In May of this year the group applied for funding from the Lloyds Bank Community Funding.

We have been shortlisted to the last four and are now relying on public voting. If we are successful we are intending to fund another Challenging Arthritis Course (CA) for our members.

There has been a considerable amount of interest regarding the benefits of attending the course amongst our new members.

### **Grants and Donations**

#### **Coffee Morning St Johns Church in the Square.**

Friends of St Johns Church raised £130 for our group at a coffee morning on November 22<sup>nd</sup> last year as well as the coffee and cakes we

were treated to a beautiful interlude by the organist on the Renatus Harris Organ which has recently been restored.

Thank you to Ann Evans and her colleagues for their hard work.

Donations from other various sources amounted to £328.60.

### **Grants**

The group received £500.00 from Price Waterhouse, Comic relief, in June 2013. In July 2013, we received £836.00 from the George and Vera Fund, which enabled us to purchase a computer for group data base and other related work.

### **Sports Relief**

The group were successful in their application for £1000 funding from Heart of England Community Funding. The funding will support the publishing and associated costs for the bi monthly WRSG Newsletter for 2014.

Due to our success obtaining the above donations and grants, the group was able to fund two Tai Chi courses. The first course held in April 2013 at Linden House featured Master Tary Institute (GB). Yipp from the Deyin Taijiquan

The course was hugely successful with all 21 members benefiting from the planned exercise.

The second course was completed in October 2013.

I would like to take this opportunity to thank Kath Sankey who works alongside me in applying for grants. Also for her hard work as our Treasurer.

### **Objective: Social Interaction**

#### **WRSG Outings and Holidays**

#### **Turkey and Tinsel Christmas Holiday December 2013.**

#### **Cricket St Thomas**

Thank you to Joyce Knibbs for organising our annual Christmas holiday. Everything about the holiday was just wonderful, the food the accommodation, the entertainment and the day trips. We are looking forward to our next Turkey and Tinsel at Hayling Island in November this year.

### **Pantomime Birmingham Hippodrome**

Joyce organised for the group to see Snow White and the Seven Dwarfs in December 2013. What a lovely treat.

### **Outings.**

Mary Allen joined our committee at the last AGM and organised four wonderful outings for our members.

### **Staffordshire Spring Saunter March 2014**

We visited Penkrige Market, lunch at Tumbledown Farm and then on to Lichfield for sightseeing or shopping. An excellent trip.

### **National Arboretum Alrewas**

#### **A Day of Remembrance**

This day was so special and I am sure the every member who came on the trip will agree it was special in a very individual way. The site is a lasting remembrance for people from all walks of life, I just wish we could have spent more time there. I certainly intend to return.

### **Sunday Buffet Lunch Cruise**

Members enjoyed this boat cruise from Sherborn Wharf, Birmingham. Despite the weather it didn't spoil this unusual trip.

### **Afternoon Cream Tea Gunstone Hall**

Pat Jones kindly opened up her home Gunstone Hall to a Cream Tea for our members. Over 40 members enjoyed her beautiful home and garden overlooking a lake. The committee were very busy cooking scones and cakes for the event. It was a perfect day weather wise I do hope that we can repeat this event next year. Than you Pat and Les for your hospitality.

## **Membership Renewal for 2014/2015**

The WRSG membership year will start from 1<sup>st</sup> September 2014 instead of end of May 2014.

This will simplify Kath Sankey's responsibilities for dealing with membership renewals. You will note that subscription remains the same £5 single membership £8 Family membership.

### **In conclusion**

We have had another very busy and successful year, may I take this opportunity to say thank you to everyone who has contributed their time and expertise to the WRSG without you it wouldn't be possible. Thank you to our President Dr Paul Newton and Vice President Dr Josh Dixey for their continuing support, and to our professional speakers for their valuable input. Thank you to the WRSG Committee who have worked tirelessly this past year and also to Tony Sankey, Derek Allen and Brian Knibbs who are so supportive at our coffee mornings.

And finally to you our members, thank you for supporting us, your motivation, friendship and commitment to the WRSG are the reason for our success.

**Liz Walker (Chairperson WRSG)**

**September 2014**

**6. Treasurers Report; Tony Sankey gave an account of the treasurers report on behalf of Kath Sankey; Closing Balance is for 15 Months this year.**

### **ANNUAL ACCOUNTS 01 JUNE 2013 – 31 AUGUST 2014**

			Opening Balance 01 June 2013 £7437.95
<b>INCOME</b>	<b>AMOUNT</b>	<b>TOTAL</b>	<b>BALANCE</b>
Subs	732.00		
Donations	328.60		

Grants	2363.00		£7437.95 b/forward
Fund raising /outings	11012.62		£14442.58
Sundries	6.36	14442.58	<b>£21880.53</b>
<b>EXPENDITURE</b>	<b>AMOUNT</b>	<b>TOTAL</b>	<b>CLOSING BALANCE</b>
Postage	720.59		<b>31 AUGUST 2014</b>
Stationary	166.91		
Link Line	0.00		
AGM	312.75		
Fund raising Outings	9778.20		
Sundries	31.95		
Expenses	4048.07		
Travel	0.00		
Printing/Photo Copy	1108.20		
Education	0.00	16166.67	<b>£5713.86</b>

## 7. Patient Participation Group; Pat Jones

Pat advised she had attended a meeting 02 September 14, representing our group. The meeting was a consultation of Planned Care at Cannock Hospital. It seems at the moment that Wolverhampton will take over management of Cannock. New Cross will take on emergencies, probably becoming a Trauma Hospital. Planned operations will be done at Cannock. Transport will be provided, once a day, with 4 pick-up points, Wolverhampton, New Cross, Featherstone and one other finishing up at Cannock hospital.

Pat has raised questions regarding Rheumatology Patients, and has written to David Loughton, Chief Executive of The Royal Wolverhampton NHS Trust. Pat has asked about day cases, will they be treated at Cannock or New Cross, where will monthly injections be done, will patients taken in the morning have to wait all day for transport to bring them home, what about toilet stops on journey, provisions for wheelchairs etc. and about the lack of car parking. As of the AGM meeting Pat has not

had a reply to her letter. **A copy of Pat's letter can be found in our News Letter following the copy of the minutes.** Pat urges people to raise their concerns. There is a meeting 08 October 14 at 6.00pm at the Molineux, Wolverhampton. You can register on line and print your tickets to attend. All this information is on the New Cross Web site.

### Website:

[www.royalwolverhamptonhospitals.nhs.uk](http://www.royalwolverhamptonhospitals.nhs.uk)

Email: [Your.comments@rwh-tr.nhs.uk](mailto:Your.comments@rwh-tr.nhs.uk)

**Rob Marris requested this subject be revisited after Dr Newton has spoken as he may be able to answer the queries Pat raised.**

## 8. Dr Paul Newton; President and Rheumatology Consultant

Dr Newton thanked the group for inviting him to our AGM. He paid tribute to the group saying that a lot of hard work has gone into running and supporting the WRSB group. He said he was full of admiration for the volunteers for their time and effort. Dr Newton acknowledged the dedication to the group, he especially thanked Liz for her efforts to support the group following her recent illness.

Dr Newton said that he had come to Wolverhampton, in 1986, over 20 years ago. 'The NHS has been a struggle at times with many discussions with management. However, my time here has been rewarding, changes have gone on, even if slowly. They have been happy years and now is the time to for me to bow out at the end of the year I shall be retiring, I would like to thank people who have been supportive and to my many patients.'

As for the Cannock Hospital issues, there are no answers to the questions Pat has raised at this time and that is probably why her letter has not been responded to. The formal transfer for

Stoke to Wolverhampton is planned for 01 November 14. Management are hoping it will go ahead without some disaster happening. As of 01 April 14 New Cross beds were still full and the new build at Cannock to take patients had not yet begun. There is a lot to be said about the high tech operating theatres at Cannock, however colleagues in Cannock were concerned that the space for more beds is not as big as what they have at present for day patients. Most of what is at New Cross and Cannock will not change for now. Transfers will take longer, we are rather cynical at the moment of what will happen. Some specialist clinics will be based at one or the other? Such as bone in density will be done on both sites. Osteoporosis will stay on both sites. Out patients may change for some but not everyone, some treatments on people who have reactions may need to stay at New Cross.

The parking at Cannock is appalling. Public parking is cheaper and nearer.

Do not panic, but get your points across. Public discussions are important, there are none with the Doctors. What you read in the press is mostly incorrect, the ideas are not yet formulated, and many of them may not come off.

Car parking and buses need to be discussed. 1 per hour is more practical – one a day is useless.

**Reg Jones** spoke up and said he had heard that a mini bus services may be provided, but no-one said if patients would need to pay or not? It had been suggested that anyone with a bus pass or letter from Doctor would not pay?

**Dr Newton** said he had heard something, however no tenders had been sent out to mini bus companies. Therefore, the mini bus services would not be going ahead at this time.

**Rob Marris** proposed a motion for a letter from the group to New Cross; The letter should include the fact that we are very concerned

about the proposals to re-configure services between New Cross and Cannock; i) Lack of clarity as to what is being proposed ii) lack of space at the Cannock site for Rheumatology Out Patients. iii) Is there enough bed space at Cannock. iv) lack of car parking, v) lack of clarity about shuttle bus services, including frequency, wheelchair provision and toilet provisions. Therefore we request an early meeting with the Chief Executive of Royal Wolverhampton NHS Hospital trust.

Pat seconded the motion saying it was much the same as the letter she had already sent; The vote of members present was a unanimous 'yes'. Therefore a letter will be sent from WRSG to Mr D Laughton.

## **9. Other Business;**

Liz took the opportunity to remind everyone;

To vote for Lloyds funding and to take the slips with the voting instructions with them for family and friends.

St Johns coffee morning 11.00 – 1.00, 26 September 1014.

Brian Pearce, could not attend our September coffee morning but will be attending in October instead of the Fibromyalgia workshop.

To conclude the AGM, Liz announced the retirement of Dr Newton, saying she first met him in 1986 when his time was shared between Wolverhampton and Dudley and he has looked after her pretty well ever since. Liz cannot express how grateful she and many others are to Dr Newton for all he has done for them over the years and is so sad he is going. Dr Newton has been President of WRSG for 21 years.

Everyone wishes him well for his retirement.

Liz presented Dr Newton with a gift from WRSG.



**Viv Worrall** thanked Liz and the committee for all their hard work, on behalf of the WRSB members.

A Bouquet was presented to Liz.

**Close of Meeting**

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**Copy of letter Pat Jones wrote to Mr David Loughton C.E.O The Royal Wton N.H.S Trust, New Cross Hospital, Wolverhampton.**

Dear Mr Loughton,

I attended a public meeting at the science park Tuesday 2<sup>nd</sup> September representing the Wolverhampton Rheumatology Support Group (WRSB)

I can fully understand and support your vision for separate sites for Trauma/emergency and some elective work understanding the encroachment of Trauma /emergency patients on elective patients at New Cross Hospital, however, the situation for Rheumatology patients remains to me unclear. The WRSB understands the amalgamation of Cannock and Wolverhampton Rheumatology services but does not understand what W'ton rheumatology patients will be able to receive at New Cross.

Day case R.A patients for example, will they still be treated at New Cross? if not , great concerns are expressed as to how, in some cases severely affected patients will be able to get to Cannock for 8 am. Many of these patients can take up to 2 hours to get themselves moving and dressed etc. Another concern is a 40 minutes bus ride to Cannock- will there be toilet stops or facilities and the capability to take wheel chairs? Of course these concerns will be mitigated if the care and services can be given to some patients at New Cross.

A suggestion I put to Mr Odum was that someone from the Trusts Management team came to speak to support groups to alleviate understandable concerns indeed, it would be helpful if you yourself could attend one of the public meetings.

As the WRSB is due to hold its' AGM on 15<sup>th</sup> September a prompt response would be appreciated.

Yours sincerely,

Pat Jones(Mrs)

W.R.S.G

Cc Liz Walker. Chair WRSB

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**5 DAYS IN PAIGNTON**

**PRESTON SANDS HOTEL**

09 – 13 March 2015, £179 per person

Joyce is continuing to take names together with a £20 deposit from anyone that is interested in this 5 day break. There are still some places left, please see Joyce for more details.

**All cheques must be made payable to WRSB**

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**MEMBERSHIP RENEWALS**

Membership Renewals were due 01 September 2014. Anyone that has not yet paid please send you remittance to **Kath Sankey, 78 Dilloways Lane, Willenhall, WV11 3HJ.**

**All cheques must be made payable to WRSB**

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Thank you to everyone who voted for WRSB for the Lloyds bank funding, we are awaiting the results and will keep you all informed as soon as we know if we were successful.

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**Get collecting!!**

We are definitely in for a share of the Express and Star Community Funding. The amount we get depends on how many tokens we collect. Tokens will be printed in the Express and Star 29 September to 01 November. Bring them along to the November Coffee Morning or send to Jan Simpson, 3 Silverton Way, Wednesfield, WV 11 3JX

Our Christmas Gift ideas in November will include, Home made chocolates, Jewellery, Bags, Purses and Scarves, all back by popular demand. This year we also have aroma therapy candles and oil burners. All your Christmas gifts in one place, what could be better!

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**Following our AGM and the motion by Rob Marris receiving a unanimous 'yes' vote the following letter was written to Mr Loughton;**

Dear Mr Loughton

**Proposed changed affecting Rheumatology Patients in Wolverhampton**

I write on behalf of Wolverhampton Rheumatology Support Group (WRSG).

At our AGM on 15 September 14, It became very evident that our members have concerns regarding the proposals to deliver planned care at Cannock hospital for Rheumatology Patients currently cared for at New Cross.

Mr Rob Marris put forward a motion to write to you regarding our concerns. The motion was seconded by Mrs P Jones.

The motion from Mr R Marris received a unanimous 'Yes' vote from everyone present.

Firstly may I point you to a letter written to you by our representative Mrs Pat Jones (WCCG) following a public meeting 02 September 14. I have attached a copy of the letter for ease of reading.

We would like to discuss issues we remain very concerned about, which are the proposals to re-configure services between New Cross and Cannock Hospital for Rheumatology patients. In particular, the lack of clarity as to what is actually being proposed, how and who will be affected, what is considered a complex case?

Concerns about bed spaces available for day patients, is there enough space at the Cannock site?

The lack of car parking facilities, especially for patients with mobility problems.

We would also like to have some clarification about the transport being made available to patients to be transported from New Cross to the Cannock site and back again, such as frequency, wheelchair access, toilet provisions, and accessibility for less mobile patients.

In view of the proposed timescales listed on your webpage an early meeting with you would be appreciated.

Yours sincerely  
Jan Simpson (Mrs)  
Secretary

C.C. Mrs Liz Walker (Chairperson WRSG)  
Mr Rob Marris

*Since this letter was sent I am pleased to say that Mr Loughton has agreed to meet with us and we are in progress of arranging a suitable date for the meeting. All our members will be kept fully informed of the outcome.*

**Liz would like to say a very huge 'Thank You' to everyone for their get well wishes, she has been quite overwhelmed by how much you all have cared about her during her recent and ongoing illness.**

**Jan Simpson (Secretary 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