



## *WRSO Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **EDITOR:**

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### **CONTENT**

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

I am sorry to inform you all that two of our members have passed away.  
Mrs Rita Chomiak passed away 12 June.  
Ann Griffiths passed 12 July. Our sincere condolences to both families.

- **Dates for your Diary**

#### **Coffee Mornings**

**Monday 01 September 2014**

10 30am-12 30pm

(Doors Open 10 20am)

Linden House

211, Tettenhall Road, Wolverhampton.

WV6 0DD

**(Fire Safety in the Home)**

#### **Annual General Meeting**

**Monday 15 September 2014**

Linden House

211, Tettenhall Road, Wolverhampton.

WV6 0DD

Doors will open at 12.30 for a 13.00 start

Finger Buffet will be served

**Monday 06 October 2014**

10.30am – 12.30

(Doors open at 10.20)

**Fibromyalgia Workshop**

Linden House

211, Tettenhall Road, Wolverhampton.

WV6 0DD

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

**Mobile: 07539949723 (Mon –Friday)**

**E mail: jansimpson03@yahoo.co.uk**

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

**Invitations are enclosed with this Newsletter**

**Forthcoming Coffee Mornings 2014**

Sept 1<sup>st</sup> 2014 Fire Safety

September 26, Coffee morning at St Johns Church. 11 till 1

Oct 6<sup>th</sup> 2014 Workshop Fibromyalgia

Nov 3<sup>rd</sup> 2014 Christmas gift stalls

Dec 8<sup>th</sup> 2014 Christmas Party

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**Membership Renewals**

Due to the pressures of annual holidays we have moved the annual renewal dates from 01 June 14 to 01 September 2014. This will not affect your continued membership. The renewal slips are enclosed with this News Letter. \*If you have joined this year, since January 14, please disregard the renewal slip. Please return your slip and membership fee to; **Kath Sankey, 78 Dilloways Lane, Willenhall, WV11 3HJ.**

**All cheques made payable to WRSG**

**OUTINGS**

**17 July 2014 Gunstone Hall  
(Strawberry Cream Tea)**



Members were treated to an afternoon at Gunstone Hall where they sat overlooking the lake, watching the ducks drift by as they were served with strawberries and cream, scones, fancy cakes, tea and much more. The weather was absolutely beautiful, we couldn't not have wished for more.



Brian, Dereck and Tony, donned their bow ties especially for the occasion and waited on us all afternoon.



On behalf of our member's I would like to thank Pat Jones for inviting us and allowing us to use her home and garden for the venue. The lake and grounds made a perfect setting for our afternoon tea at Gunstone Hall.

With our Strawberry Cream Tea in mind I thought this may be an appropriate time to share a poem submitted to a slimming club by L Pollock and passed on to me for our News Letter by Kath Sankey;

### ***A Slimmer's Poem***

*Every single week when 'weigh day' comes around  
I go through every trick I know to lose an extra  
pound  
First I fetch the kitchen scales to weigh my pants  
and bra  
I cannot chuck my old grey kecks, they are my  
lightest by far  
I pretend to survey my wardrobe but really every  
dieter knows  
That even if it's freezing you must wear your  
summer clothes  
I can't have a morning cuppa a sip of tea must do  
If I had my usual mug of tea I'd gain a pound or two  
As for breakfast – not a chance! That could cause a  
'stay the same'  
I'm sure that if that happened it's the porridge that's  
to blame  
I visit the toilet for the umpteenth time in the hope  
my Scan Bran buns,  
Although they taste disgusting may give me a touch  
of the runs!  
Now it may be too much information but surely it's  
every dieter's woe  
No matter how many times one sits on the loo, one's  
body refuses to go!  
After I arrive at group I have a final try  
Not a drop of anything can I produce, I honestly  
could cry  
I join the others despondently, I worried about how  
I've done  
I remove my socks and leggings and my cardy that  
must weigh a ton  
I take of my bracelet, my necklace, my belt, watch  
and brooch  
Finally I wipe of my lipstick and then I'm on the  
final approach  
The moment has come, as it does every week, when I  
find if I've passed or failed  
On I get with a big deep breath but then I worry that  
I should have exhaled!  
The weigh lady looks at the PDA and then she looks  
at me  
A great big smile lights up her face as she tells me  
I've lost three!!*

*Of course I'm delighted with my week but I do feel a  
tiny bit blue  
I'm convinced that it could have been half a stone if  
I could only have gone to the loo.*

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### **Sunday 10<sup>th</sup> August 2014 Sunday Buffet lunch Cruise**

Sunday buffet lunch experience on board the Sherborne Wharf Luxury Passenger boat in Birmingham, went off smoothly and the afternoon was enjoyed by everyone. After a wet and windy start to the afternoon we were fortunate enough to have some sunshine whilst on board. The food was very good, especially washed down with a little wine. Spirits were high and a good time was had by all. Once again, thanks go to Mary for organising this outing.

Please note a correction to Mary Allen's mobile number;  
01902 354369 or **07948181593**

You may recall in the last News Letter, Liz advised us that Mary's granddaughter and her friends donated £2.47 to our group from a toy sale. Well the story does not end there, Lucy has donated a further 60p to our group. A very big thank you to Lucy.

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### **News Round Up & Features**



**GET WELL SOON**  
I am pleased to announce that Liz is making a good recovery following her recent surgery. However Liz still has a long way to go to get well. Therefore, I'm sure you will all understand if I take this opportunity to ask

members to refrain from ringing Liz at home during the next few weeks, if at all possible, this will hopefully allow her to recuperate enough to join us at our AGM. (and of course editing the next News Letter, only kidding Liz, if the members will put up with me I will continue for as long as you need me to)

We all send our very best wishes Liz and look forward to seeing you up and around very soon.

*(Please feel free to ring any other committee member with any queries you may have.)*

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## **Tinsel and Turkey November 2014**

Please May I Remind Members going to Sinah Warren this year that balances are due by the 20 October 2014.

Payments will be accepted at our October Coffee Morning. Alternatively cheques may be posted to

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

### **All Cheques to be made payable to WRSG**

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*The following article has been produced from notes taken at the May Coffee Mornings by Jan Simpson. (Secretary WRSG)*

### **At our Coffee morning 12 May 2014 Age UK came to talk to us about – Travel Insurance**

Travel the world and enjoy yourself, have peace of mind that you are correctly insured. Age UK have an insurance designed for the over 50's with no upper age limit. Pre-existing health conditions, emergencies abroad, wheelchairs and other equipment cover, there is also cover should your carer be taken ill care will be supplied for you. You can take out a single trip cover, this will cover up to 150 days. An annual policy cover as many trips as you like up to 31 days per trip. An extra 45 days can be added, if

necessary but will naturally increase the cost. The policy would be with Ageas Insurance, they are an award winning reputable company. Every policy is tailored made to meet your needs. There is no upper age limit. However you must have resided in the UK for a minimum of 6 months and be registered with a General Practise to apply for cover. The trip needs to start and finish at home. The whole trip will be covered. Check your policy as there is no cover for day trips. The only time a day trip is covered is if it is in the UK and the accommodation is pre-booked. Multi trip covers day trips if taken in Briton.

You must answer the medical questions fully to ensure you have the correct cover and appropriate quote. The medical history question will open up to ask further questions about you if you answer 'yes' to any question. You must disclose all your medical history/needs. You do not need to declare tests you have undertaken if you have no results and a condition has not been diagnosed. Asthma sufferers do not need to answer yes if they have not been hospitalised within the last 12 months.

Age UK also use Free Spirit, this is an alternative Insurance Company should a standard policy not be suitable for your medical needs. Most policies carry an excess, usually £50 -£75 abroad. You are able to remove the excess and pay a higher premium. If you take multi trips and claim regularly you may wish to have no excess. Some of the benefits of cover are; cancellations, delays, cut short, medical expenses, muggings, loss of personal property, luggage, passport, money etc.

All policies will carry exclusions; they will not pay your excess on any claim, or if you travel against Foreign or Commonwealth advise. Medical conditions you were aware of before travel if not disclosed. All claims for loss / stolen items must be accompanied by a police report. No items should be left unattended, due care and attention should be applied for cover to be enforced.

This means that if you have left your passport in a bedroom, out of sight, but not in the safe as long as all bedroom doors were locked, you will still be covered.

Please be aware that although a European Card is advisable, *(this card replaces the E111 form)* it should not be used as a substitute for travel insurance, it may help to increase your medical cover but it will not get you home. If you need to have medical treatment and are presented with a bill, do not worry if you do not have enough funds available. Contact your Travel Insurance Company and they will deal with this on your behalf.

Age UK have many functions, one is 'A Life Book' this can be used to record many things for example; your wishes about funeral arrangements; who you want various items to go to; details of your will; where a safe in the home can be located and how to open it; or where items are hidden in your home; References for carers about your needs and many more.

Application forms for the life book are available from the Age UK shop.

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### **Arthritis week; 3 – 9 August 2014**

On the 8th August I attended Life Direct to represent WRSB. Our group had been invited to explain to arthritis sufferers and their carers all about our group, our meetings and activities. Joyce came with me for moral support. The talk went well, we signed up new members and hopeful that we may gain a few more. Life Direct hold a coffee morning every Friday 11.00 till 12.30. Everyone is welcome. They are situated 68 Victoria St, next door to Beaties. If you cannot get there on a Friday you are able to pop in any day to see what is going on in Wolverhampton. Check out their web site [www.lifedirect.org](http://www.lifedirect.org)

Jan Simpson

## **5 DAYS IN PAIGNTON PRESTON SANDS HOTEL**

09 – 13 March 2015, £179 per person

Joyce is taking 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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It is with great regret that I have to announce that Bob, featured in the above photograph speaking to Liz, passed away suddenly at his home on Monday the 04 August 14. Although Bob was not a member of our group, he supported the WRSB for a number of years. Bob attended many of our event taking photographs and chatting to people. A true gentleman who will be missed by his many friends.

Deepest sympathy to Bob's family.

### **Jan Simpson (Secretary 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