



## *WRSVG Newsletter*

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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### **Editors Note:**

**Special thanks go to Carrie Jahn (Director of Community Relations) of Sunrise Senior Living (Tettenhall) for sponsoring the Gentle Exercise Class on 4<sup>th</sup> March Coffee Morning.**

### **Coffee Morning**

Monday 4<sup>th</sup> March 2013

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

**Tina Lloyd: Gentle Exercises, getting fit for life for the over 50yrs (please wear comfortable clothing)**

**Please reply to Joyce Knibbs by post, telephone or e mail.**

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### **CONTENT**

- **Dates for your Diary**
- **Coffee Mornings**
- **Holidays**
- **Features News Round Up**

### **Dates for your Diary**

## **Coffee Morning**

Monday 8th April 2013

10 30am-12 30pm

(Doors Open 10 00am)

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

**How to prepare your pots and window  
box's ready for your spring and summer  
garden (Demonstration)**

**Please reply to Joyce Knibbs by post,  
telephone or e mail.**

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**Invitations enclosed with this Newsletter**

## **Forthcoming Coffee Mornings (2013)**

May13 <sup>th</sup>	Eye Care
June 3 <sup>rd</sup>	Age UK (Benefits)
July 1 <sup>st</sup>	Arthritis Workshop
Sept 2 <sup>nd</sup>	Hotter Shoes
Oct 7 <sup>th</sup>	Orthotics
Nov 4 <sup>th</sup>	Gift Ideas
Dec 2 <sup>nd</sup>	Christmas Party

## **Message from Joyce Knibbs**

### **Holidays WRSG:**

Would it be possible for those members who are interested in the WRSG holidays to attend a meeting? We will be holding the meeting after the coffee morning on the 4<sup>th</sup> March 2013. It is expected that this meeting will last for no longer than thirty minutes.

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### **FEATURES/NEWS ITEMS**

#### **PAIN MANAGEMENT WORKSHOP 4<sup>TH</sup> February 2013**

The Pain Management Workshop was held at our last WRSG coffee morning 4<sup>th</sup> February 2013 at Linden House. The justification for holding such a workshop was a direct response to our member's experiences and feedback from the last workshop held in 2012 where the question was asked 'What does Arthritis Mean to You?'

The member's responses have been well documented in previous Newsletters and included Pain and Discomfort as the top response. It was therefore felt appropriate to hold a second workshop on Pain Management.

Forty Five members attended the workshop and we worked in six groups. We also had the pleasure of welcoming seven Student Nurses from Wolverhampton University who spent the day with us as part of their Community Nursing Experience.

The Students experience was a pleasure to observe with each Student taking part in the workshop and gaining valuable insight and knowledge of Arthritis and how our members cope on a day to day basis.

Liz Walker led the workshop in the morning which basically started by asking our members '**How do you cope with pain?**

Pain is complex and multidimensional it has sensory, affective and motivational – behavioural components, each person's experience of pain is unique.

We are all aware of the treatment and pain relief for our individual arthritis prescribed for us by our Health Professional especially modern therapy to reduce pain levels. It is however sadly the case that despite this some of us do still experience pain.

Our members nominated a spokesperson from each workshop group to feed back to the larger group. The feedback on '**how do we cope with our pain**' was excellent. The members had highlighted coping mechanisms based on their own personal experiences.

- Medication /Health Care Professional
- Physiotherapy
- Joint Protection
- Exercise
- Proper Body Mechanics
- Assistive Devices
- Heat/Ice
- Diet/Health Eating
- Conservation of Energy
- Occupational Therapy/ Aids to Daily Living

In addition to the above members also mentioned meditation, relaxation and distraction.

Liz followed on with briefly introducing research based models of pain management which included:

**Cognitive Techniques** such as relaxation, Guided Imagery, Distraction, Goal Setting and Prayer and Meditation.

#### **Problem/Emotional Focused Models**

Using goals designed to change situations rather than using an emotional focused model where avoidance or wishful thinking, self blame will increase depression and disability.

#### **Active/Passive Coping Models**

Active models mean you need to engage yourself in meaningful activities for example distracting oneself from pain like engaging in leisure activities, doing exercises rather than using passive coping strategies like withdrawing from others, talking all the time about pain and specifically avoiding painful situations rather than confronting them. Passive coping strategies are related to negative outcomes such as increased pain and physical disability.

#### **Acceptance Model**

Continuing a struggle to control pain can be maladaptive and may even contribute to pain and distress. Sometimes by accepting that one will have pain and be willing to engage in meaningful life activities despite pain can be much more adaptive.

Reference:

Lorig, K & James, F, Fries. (2005) The Arthritis Help book. (6<sup>th</sup> edition) Perseus Book Group.

International Association for the Study of Pain (2005)

Liz ended the with a relaxation session for ten minutes, introducing deep breathing and Jacobson's progressive relaxation.

Following lunch the Student Nurses and members of the WRSG committee spent the afternoon at the Medical Institute (New Cross Hospital).

The students had the opportunity to reflect upon their morning spent with our members and to also learn more about the WRSG and the voluntary sector in general.

Everyone agreed that the day had been very worthwhile for everyone. The day evaluated well.

**The following report has been kindly written by one of the Student Nurses for inclusion into the Newsletter.**

**Kayleigh Malone is in her second year of training on the Degree Course for Adult Registered Nurse, Wolverhampton University.**

## **Arthritis Day**

**By Kayleigh Malone**

On Monday the 4<sup>th</sup> February, 7 student nurses including myself attended the Wolverhampton Rheumatology Support Group coffee morning. We were greeted by Liz Walker who asked us to consider the question "What does arthritis mean to you?"

To be honest, when trying to answer this question I was quite unsure what to write. I think this was due to a combination of things. Lack of knowledge, lack of exposure to the disease, lack of awareness but also slight ignorance. Whilst on other placement

arthritis has always just been 'something the patient has'. With nothing ever really stated about it in handovers. It tends to be just part of patients past medical history. So when asked the question "What does arthritis mean to you?" I could come up with just a few mere buzzwords such as 'pain', "A disease associated with the elderly", 'Something that effects activities of daily living' and whilst this may be, I also wrote statements such as "there are two types of arthritis; osteoarthritis and rheumatoid arthritis" - of course I was soon to find out how wrong I was!

Following this the seven students then got to mix with members of the WRSG for a few hours to join in the group work. It was in these few hours that my view on arthritis completely changed.

Everybody was so welcoming and friendly, and so willing to share their experiences of arthritis with the students. This was extremely eye opening. In just a short space of time I felt I learned a considerable amount about the disease. For a start, I had no idea there are over 200 types of arthritis!

But what was more moving was to talk to the members of what living with arthritis is like. Whilst I knew it was painful, I had no idea how bad the pain could be, I had no idea of how much arthritis really can affect day to day living. Things I take for granted. Hearing such stories from the members made it a lot more real; any one of the students who attended the day could pick up a textbook, read about arthritis and say they have knowledge of the disease. But until you speak to someone who has arthritis, it is not until then, that you get a real insight.

Despite this, what I found amazing was how positive all the members were. I found this extremely admirable. Everyone was in high spirits and the members I mixed with had a great sense of humour. I found this positive mental attitude extremely inspiring. I seemed to gather no matter what challenges the members may face, they would be overcome, with determination and perseverance.

I would like to conclude by saying I think I speak on behalf of all the students who attended Monday that we had a fantastic day. When asked how the day could be improved I really could not think of anything!

If I take one thing from this day, it is that arthritis isn't just a part of someone's past medical history. It is a disease many people have to live with, and it is something that many health care professionals need to be made more aware of. That until speaking to someone who has arthritis, you cannot begin to understand what it must be like. In light of this, therefore, for the remainder of my training and my career as a nurse, I will strive to make sure there is a more general awareness about arthritis on all my placements. I will also promote the importance of groups such as WRSB.

**Thank you Kayleigh for your very interesting article, we were so pleased that the day was of benefit to you and your colleagues.**

**Liz Walker**



**Our Student Nurses with a few of our Members at the Workshop**

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## **RADAR KEY**

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

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**birmingham & black  
country community  
foundation**

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

I am so pleased to report of the WRSB'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 WRSB Newsletter for 2013. The annual cost of producing the WRSB Newsletter is over £1000.

We are so grateful to the Coventry Building Society for the grant for so many of our members the Newsletter is the only method of communication.

We will be having a visit from representatives of the Coventry Building Society Community Fund, Mubina Khan and Karen Argyle from the BBCCF at our March Coffee morning to present the cheque and take photographs for the Birmingham Mail but more importantly to meet our members.

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## **Breaking News**

### **(Tai Chi Funding Approved)**

**‘I am so Happy!’**



**£1040**

As you know Kath Sankey and I have been busy applying to the BBCCF for another Grant of £1040 from Comic Relief. I am so pleased to report that we have been successful in our application.

The WRSG will be running two Tai Chi courses for our members, one in April 2013 and one in October 2013 please see enclosed application form for details of how to apply.

The Tai Chi courses will be taught by Master Tary Yipp of the Deyin Taijiquan Institute (GB) and his colleagues and will run for 6 weeks two hours per week and will be held at Linden House, 211 Tettenhall Road, Wolverhampton, WV6 0DD.

The course will be free and to our members. We are able to enrol 15 members on each course so please return your application form to me as soon as possible as acceptance on the course will be on a first come first served basis.

#### **About the organisation**

##### **Deyin Taijiquan Institute (GB)**

Deyin Taijiquan Institute (GB) is one of the leading organisations outside China and is a member of the British Council for Chinese Martial Arts and the Tai Chi Union for Great Britain.

Instructors of the Deyin have many years of experience and Tai Chi training under the founders and Chief Instructors Master Tary & Faye Yip. All Instructors are fully qualified and insured.

Founders and Chief Instructors Master Tary & Fay (Li) Yip are both highly experienced and highly respected Tai Chi Teachers

#### **The following statement was an insert as part of our application for funding to Comic Relief.**

‘The WRSG’s ultimate goal is to assist our members in reaching their full potential. In order for them to achieve this goal the WRSG strongly supports the concept of self management.

Exercise is one of the most important therapeutic activities to help the individual develop self care. Tai Chi is part of the traditional Chinese arts of keeping fit, self defence and improving one’s physical and mental well being.

It is our intention to run two Tai Chi Courses during 2013 each course lasting for 6 weeks two hours per week and for the members to continue after the course with their own daily programme.

Tai Chi exercises are highly beneficial daily health care programmes that can help to achieve well being and combat stress and tension. The health benefits associated with Tai Chi include improvement in the immune system, body alignment, balance and control, improvement in suppleness and joint flexibility and building up positive thinking skills and feeling of self worth which is so essential for the individual who faces the daily battle of

chronic disease and is working towards self management.

Having the opportunity to offer these courses to our members will undoubtedly increase access to exercise which is structured to our needs for many of our members who face social exclusion due to the nature of their chronic disease.'

**Liz Walker**

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## Swimming



### Gala Baths Walsall

Enclosed with this edition of the Newsletter is a copy of the Brine Pool timetable for Walsall Gala Pool. I specifically refer to the brine pool because it is heated and absolutely fabulous to either swim in or just to do gentle exercises to help with your arthritis.

I have also enquired with the Gala Pool as to the availability of Disabled sessions. They assure me that you do not have to live in Walsall and

can attend any disabled session with your carer. Your carer has free entry. Senior citizens swims if you are over 60yrs are just £1 which includes your locker.

I also enquired about the Hydrotherapy sessions, if you are interested please enquire direct to the Gala Pool (Sports Development) and they will advise as to whether you require a GP's note.

**Gala Baths  
Tower St  
Walsall  
WS1 1DH  
01922 653153**

### Benefits

Regular exercise offers many benefits to arthritis sufferers, according to the Arthritis Foundation. Low-impact, muscle-toning exercises such as water aerobics can help to reduce pain and stiffness. Because water aerobics offers muscle-toning advantages, the exercises help to strengthen the muscles surrounding your painful joints to provide increased stability. Water aerobics also helps you to control your weight. This is beneficial because added weight places extra pressure on the joints.

Simply walking laps in a pool can provide low-impact exercise beneficial for those with arthritis, the water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain, and it's still a great workout. Water provides 12 times the resistance of air, so as you walk, you're really strengthening and building muscle."

### Exercises

In addition to walking, exercises that can be performed in the pool include holding on to the edge of the pool for stability and kicking with

the legs, you can perform this same motion holding a kicking board and travelling down the pool. Performing knee lifts while pumping the arms can provide an additional workout.

## **Not Perfect**

While swimming and water exercise provide benefits to people with arthritis, a water workout is not a perfect exercise routine. "Arthritis Today" notes that you need to add some weight-bearing exercises to your regimen, too, as they're necessary for bone health. Weight-bearing exercises help reduce your risk of osteoporosis, which causes brittle bones and is a problem that commonly affects older people, especially women. So, once you're limbered up in the pool, try some walking on land or workouts with weights to round out your exercise routine.

Pagan,C,N, (2011) Water Walking Arthritis Today101.

**As always remember to check with your Health Care Professional if this exercise is suitable for you.**

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### **A Common Bond (Joyce Knibbs in Benidorm)**

Joyce Knibbs and I went to Benidorm, Spain in January this year for a 1 week holiday. The weather was really sunny and so we took advantage of the hotel roof sun terrace to enjoy the sun, views and gin and tonic!

I was busy reading my kindle and noticed this Spanish lady moving her chair closer and closer to our table. Eventually she placed herself next to Joyce and started chatting to Joyce in Spanish!

Immediately they formed a friendship even though they couldn't understand each other. The non verbal behaviour said it all with Joyce's new friend pointing to her very arthritic hands and comparing them to Joyce's hands. She then pointed to her hips we established that she had hip replacements. Joyce and I shared our knee replacement scars! And other lumpy bumpy joints and all in all we did have a very pleasant afternoon, lots of laughter and the realisation that arthritis has no language barriers what so ever.

**“usted es un amigo encantador” translated means “you are a lovely friend”**



**Joyce with her new Spanish Friend**

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**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 4<sup>th</sup> March 2013.**

**Best Wishes to all our members**

**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