



WRSWG Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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Dates for your Diary

Coffee Morning

Monday 13th May 2013

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

**Sister Mary Stott Wolverhampton Eye
Infirmary (Eye Care)**

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

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

Mobile: 07539949723 (Mon – Fri)

E mail: b.knibbs123@binternet.com

Coffee Morning

Monday June 3rd 2013

10 30am-12 30pm

(Doors Open 10 00am)

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

Age UK (Holiday Insurance and Benefits)

**Please reply to Joyce Knibbs by post,
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Invitations enclosed with this Newsletter

Forthcoming Coffee Mornings (2013)

July 1 st	Arthritis Workshop
Sept 2 nd	Louise Preston (Advanced Physiotherapy Practitioner Rheumatology)
Oct 7 th	Orthotics
Nov 4 th	Gift Ideas
Dec 2 nd	Christmas Party

Message from Joyce Knibbs

Holidays WRSG:

Bodelwyddan Castle, North Wales



Turkey and Tinsel Holiday 9 – 13 December 2013

As you know Alvaston Hall is having an extension to their building, as this will not be completed before our Turkey and Tinsel visit we will be going to Bodelwyddan Castle North Wales instead.

The terms at the Castle are the same as **Alvaston Hall £279 this is on half board basis plus free bar from 6pm till 12pm (restrictions apply), also includes 2 coach excursions and evening entertainment.**

Bodelwyddan Castle is a grade II listed building with lovely views of the North Wales coast. It is also home to the National Portrait Gallery of Wales.

If anyone wishes to join our Turkey & Tinsel holiday there are a few places left also we have the use of a coach with a lift for anyone in a wheelchair.

Contact me on my mobile **07539949723**
(Monday to Friday please). **Joyce Knibbs**

Outings/Day Trips

Outing to Southport Monday 17th June 2013

We hope you can join us for another day at the seaside. Perhaps after Weston-Super-Mare we should say bring your umbrellas and then maybe we shall have sunshine! The coach will drop off and pick up at a convenient place in Southport to avoid too much walking and scooters, wheelchairs and walkers can be taken on the coach.

There is plenty to do at Southport even in bad weather and once there the day is free to do as you please. We will return at 4 30pm expecting to arrive back at Faulkland Street Coach Park at 6 30pm depending upon the traffic.

Do come and join us on a fun day out and return the booking form which is enclosed with this Newsletter to Viv Worrall (My address is on the form) or bring it to the next coffee morning on Monday 13th May 2013. Seats will be reserved on a first come first served basis.

The coach will leave Faulkland Street Coach Park on Monday 17th June 2013 at 9am pick up Stafford Road 9 15am. Cost £12 per person.

For further information telephone Viv Worrall (Committee Member) on 01902 845706 before 6 30pm.

Visit to Essington Fruit Farm

Tuesday 6th August 2013

By Popular request Viv Worrall has arranged a visit to Essington Fruit Farm for Tuesday 6th August 2013.

We will meet at Linden House at 10 15am for coffee and biscuits (subsidised by the WRSG) and we will leave there by coach at 11am. Linden House have agreed that we can leave our cars on the car park. The cost is £5 50 per person.

This is a visit to the farm only, but the restaurant is open so snacks or a full lunch can be served there, whatever is wanted by individuals.

Fruit can also be picked or just purchased at the Farm shop if you wish.

We will leave Essington at 2 30pm.

Viv Worrall will be at the next coffee mornings to take your booking.

Tele: 01902 845706 before 6 30pm

Houses of Parliament

Viv Worrall is also arranging a visit to the Houses of Parliament for Monday September 30th 2013. Full details and booking details will be in the next Newsletter.

Obituary

Sadly Margaret Jones our oldest WRSG member passed away 5th March 2013 aged 95yrs.



Margaret at our Christmas Lunch 2012 having a lovely time with not one but two Father Christmas's

Margaret Jones was our oldest WRSG member and we will miss her very much at our coffee mornings, outings and holidays.

Margaret died at the age of 95yrs born in Warrington in 1917 a Lancashire lass and very proud of her accent. Margaret moved to the West Midlands with her husband Ron and her two daughters Vivian and Sandra in the 1950's settling into her house in Fordhouses where she lived until the present day.

Margaret was a real people person and loved nothing better than socialising with her friends. We were privy to her company at many WRSG events which she enjoyed so much.

Our thoughts and sympathy go out to her family.

Essington Fruit Farm

Richard from Essington fruit came along to our last coffee morning and gave a very interesting talk on hanging baskets and the farm. Below is an article that Richard has written about his visit.

Liz,

It was lovely to meet you all last week and we hope to see you in the summer.

First a bit about the farm:

Essington Fruit Farm is well known locally as a centre of local food. The farm produces 35 different horticultural crops through the year and is perhaps best known for the pick-your-own strawberries in June and July.

More recently the farm has gained recognition for the quality of its meat, much of which is produced on the farm. The sausage, bacon, gammon and pies have all won awards and the farm itself has won several awards for local food.

Since the horse meat scandal customers have been flocking to the farm, confident that the meat is exactly what it says it is and happy to talk to real people about it. Please watch our video on You Tube (Essington Fruit Farm Say Neigh to Horse Meat) or our website essingtonfarm.co.uk

As well as producing food the farm is also noted for its plants and, as spring arrives, now is the time to be making hanging baskets. Always remember that you need some plants that trail, some upright to give height in the centre and some compact ones for the sides.

Here are a few suggestions:

Trailers:

Bacopa. Foolproof white trailer

Surfinia. Vigorous and easy trailer in many colours

Nepeta. Trailing variegated foliage

Lysimachia. Trailing foliage

Fuschia. Always a popular choice

Convolvulus.

Delicate blue harebells

Ivy Leaf Geranium. Reliable choice in many colours.

Million Bells(calybrachoa) mass of small petnia-like flowers.

Upright:

Upright geranium. Standard choice for height in the centre.

Upright fuschia. Popular and reliable

Dahlia. Flowers a bit later than most but carries on well.

Compact plants for filling the sides or top.

Brachycome. Feathery foliage and blue, daisy-like flowers

Verbena. Semi-trailing or trailing in many colours.

Begonia. Adds a touch of the sumptuous.

There are many others of course but this is a start!

Many thanks Richard for your article we look forward to seeing you again 2nd August



This is a QR code anyone with a smart phone can scan the bar code and it will take you straight to Essington Farm's web site and video link.

Louise Preston



Advanced Physiotherapy Practitioner in Rheumatology

I would like to introduce Louise Preston to our members. Louise is a new member of the team in Rheumatology New Cross Hospital. I look forward to working with Louise and hope that she enjoys her new role in Wolverhampton. Louise will be coming to our September coffee morning to meet our members.

Louise Preston

I am a Chartered Physiotherapist graduating from The University Hospital of Wales in Cardiff. Since qualification I have worked in different Trusts around the Midlands area and for the past 15 years ran the physiotherapy service in Rheumatology at Cannock Chase Hospital. It is here that I became involved in patient support groups setting up weekly gym and hydrotherapy sessions for the Arthritis Care and the National Ankylosing Spondylitis Society Cannock branches.

I am a strong believer in self management skills and have presented at many different support groups around the country. I also contribute to nationally recognised patient information literature.

I have recently started at New Cross Hospital in the role of advanced physiotherapy practitioner, with the purpose of establishing a dedicated rheumatology physiotherapy service. I have set up a physiotherapy led injection therapy clinic combining injections, advice and exercise programs and will be involved in the ERAC clinic (Early Rheumatoid Arthritis Clinic) offering advice and support to all newly diagnosed patients. My aims are to provide a patient centred service developing patient pathways that should ensure all patients attending the New Cross rheumatology department and requiring physiotherapy, will be offered appointments to address their individual needs. Some may need advice only but others treatments such as gym programs or even acupuncture. Feedback is important to me and patient satisfaction questionnaires will be used to direct future changes in the service.

Other than in the NHS I am involved in the sporting world again as a physiotherapist working with elite sports people ranging from British Gymnastics, UK athletics and more recently British Fencing. I am now more actively involved with Paralympics sports, attending both Beijing 2008 and London 2012 Paralympics Games as part of the medical team. This role has been inspiring and given me opportunity to bring different skills to the NHS setting, especially promoting sport for all and continuing to push the role of exercise to the forefront.

I hope to work closely with the members of WRSG supporting as required and promoting the group to all potential users that I see during my clinical day.

WRSG Members at the first Tai Chi Class held at Linden House



Master Tary Yipp and our members

The first class of our new Tai Chi course started on Wednesday 17th April 2013. Everyone present appeared to enjoy the exercises and it is hoped that members will continue to do their exercises at home on a daily basis to enhance their fitness levels throughout the 6 week course and beyond.

Funding for the Tai Chi course is from Comic Relief.

Wolverhampton City Clinical Commissioning Group

Wolverhampton City Clinical Commissions Group (WCCCG) buys and monitors healthcare services on behalf of everyone living in the city. Your thoughts and experience's of local health care services are important as they help to improve services, making them the best they can be.

Patient Partners is a new scheme providing interested local people regular information and also the opportunity to share their experiences of using local healthcare.

Becoming a patient partner leaflet is enclosed with this Newsletter.

Pat Jones (Committee Member WRSG) will be representing the WRSG at this level for the WCCCG.

WRSG members with Karen Argyle and representative from Coventry Building Society with a cheque for £1000 for the publication costs of the WRSG Newsletter for 2012/2013



A huge thank you to Coventry Building Society for their generous funding of £1000 Grant to help towards the cost of annual publication of the WRSG Newsletter.

The Newsletter is an important vehicle of communication for the WRSG we are able to reach over 170 members with a range of featured articles and information regarding coffee mornings, trips and holidays.

Food For Thought



Kate and restaurant staff

Hi All

A little article on the restaurant at New Cross

The Food For Thought restaurant is located in the Wolverhampton Medical Institute (WMI Building which is situated at the top end of the East car park, it is open to staff and the general public, something I wasn't aware of until I came here to work.

In the restaurant we serve a variety of hot and cold drinks/ breakfast/lunches/snacks/sandwiches all at very reasonable prices, it is a very pleasant area to sit and eat in, to escape from all the hustle and bustle of the hospital.

Our Opening times are:

Monday – Friday 8.30am – 3.00pm

Breakfast served from 8.30am – 10.30am, with a variety of cooked breakfasts, cereals/toast, hot and cold drinks

Lunches served from 12.00 – 2.00pm with a variety of hot traditional lunches/sandwiches/snacks/cakes/chocolates/crisps/drinks

We still serve snacks and drinks, when breakfast and lunch have finished.

I have a team of 6 wonderful staff, who are only too pleased to help you, you only have to ask, I hope this gives you all a little bit of information on the restaurant, and where you know you could get a hot meal and sit down, or even if you just fancy a cuppa to sit down and relax with.

Look forward to seeing you

Kate Chapman

(Liz's youngest daughter)

Thank you Kate I didn't realise that you could get a hot meal at New Cross either, I was only aware of Gregg's and the small outlet by A & E.

I am sure our WRSB members would use this facility and especially relatives when visiting family or friends as inpatients.

Best Wishes to all our members, I look forward to seeing you at the next coffee morning.

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

