



# WRSB Newsletter

WOLVERHAMPTON RHEUMATOLOGY SUPPORT GROUP

Charity No 1041181

CARING IS SHARING

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## **Coffee Mornings**

*At The Connaught Hotel,*

*44 -50 Tettenhall Road*

*Wolverhampton*

*WV1 4SW*

**Doors open 09.50.**

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## **Our Next Meetings:**

**Monday 03 June**

Roger will be joining us to give us a small demonstration of wood turning.

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**Monday 08 July 2024**

We have Dr Jasim Muhamad joining us, she is from the Rheumatoid Department. She will be giving us an update on what is going on within the department.

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## **Dates for your diary**

Wednesday 26 June 2024

We have our trip to

The Butterfly Farm

Stratford-Upon- Avon.

**PICK UP TIMES**

**Connaught Hotel at**

**10.00 A.M**

**Bilston- 10.20 A.M**

We hope to arrive at Stratford

at approx. 12.00.

We hope to be returning home

by 17.00 P.M. traffic

permitting.

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## **IMPORTANT NOTICE**

Birmingham Hippodrome have changed our date for the Pantomime 'Peter Pan' the new date is;

**Tuesday 07 January 2025**

Under the circumstances if any of you have already paid a deposit but are unable to attend due to the change of date, we will on this occasion refund your deposit.

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### **Monday 08 April**

Today Stacey Lewis who manages Healthwatch Wolverhampton came along give to us a little information of what they do in the community. They monitor hospital, A&E wards GP's and dentists, primary care secondary primary care, opticians, care homes and care in our own home and pharmacies, Healthwatch listen to what people say, good or bad, they are our voice and tell our stories. Their reports make a difference.

They have a website, telephone lines and free post forms. They offer an information and advice service, whether it be about registering with a dentist or about GP's appointments. They will refer you to the correct people to handle your query or complaint. Healthwatch have a seat on the CCG now called ICB (Integrated Care Board), Health care decision makers and Stacey Lewis speak regularly, including at board meetings where executives of the Trust meet and make decisions for the people of Wolverhampton. Members of the Healthwatch team go into the community and speak with people gain a clear an understanding on what is going on.

Healthwatch cannot enforce the changes but do make their report to the correct places asking for the changes to be made. They have a strong voice on our behalf.

Are you aware that Blue Badge holders can park on any hospital car park free? You must display your blue badge on your dashboard and as you exit the carpark, the camera will pick it up and raise the barrier. You can contact Healthwatch online; [www.healthwatchwolverhampton.co.uk](http://www.healthwatchwolverhampton.co.uk) by telephone **0800 246 5018**

Or visit them in person, Regent House Bath Avenue, Wolverhampton. by priority appointment.

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### **Monday 13 May 2024**

- Harjinder came to discuss Dementia, which can affect anyone at any age. Despite not being able to get the Power point working Harjinder gave us a very interesting insight to what Dementia can do to anyone of us or a loved one. There are over 200 types of dementia, depending on which side of the brain is damaged. Some signs to look out for are.
- difficulty concentrating.
- finding it hard to carry out familiar daily tasks, such as getting confused over the correct change when shopping.

- struggling to follow a conversation or find the right word.
- being confused about time and place.
- mood changes.

We hear mostly about loss of memory, fear, confusion, repeating themselves.

Memory loss is not just a case of losing your keys but more the fact that when you find them you have forgotten why you wanted them in the first place. The worrying stage is forgetting family even your partner. Some may get upset looking into a mirror because they do not recognise the face they see looking back at them.

Looking after / living with a loved one with dementia is not easy. They can become aggressive. You must not argue or reason with them, do not confront them, however difficult, do not question their memory, most importantly, do not take their aggression personally.

If you suspect you have onset dementia or someone close to you does, it is important to go to your GP as quickly as possible as although at this time there is no cure for dementia, there are medications that may help you take some control and or slow the effects down. Also, a healthy diet can help. Plenty of fruit, vegetables and oily fish. Plenty of liquid foods such as milk, jelly and yoghurt. Any food high in protein.

I am sure that if anyone has any questions about dementia, or caring

for someone with dementia Harjinder would be willing to offer advice. Please choose your time wisely, remember Harjinder has a life too.

## Stay Safe Everyone

Jan Simpson  
Chairperson / Editor

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