

ARTHRITIS TIMES

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A.S.G. issue No 22



VALENTINE & EASTER EDITION



Dear Members,

How the time flies. Sue & Dave have again put together the first news sheet of the year I am sure we can all appreciate their endeavours.

It was lovely to see so many happy faces at the Prize Draw Night which was a great success. Also the Christmas party which was my first with the Group was excellent. Both of us thoroughly enjoyed the evening. Thank you one and all who helped to put on both functions.

When Randle my husband, who has had a beard for over 40 years, found that his close friend had given him some nice aftershave (bless him) which he has decided to donate to the fundraising. This has reminded me to ask those who have received such an unwanted gift that may be destined to be put out of sight because you have no use for it. Perhaps you could consider donating your spare gift to the tombola which helps to support our group's fund.

May I yet again take this opportunity to remind you all, that I and the very hard working Committee Members are always open to your views and opinions and we appreciate and welcome any ideas that will ensure the continued success of our Group for 2010.

Best Wishes. Margaret Ward

MEMBERSHIP

Thank you to all members who have renewed their membership for 2010.

Subscriptions were due by 1st January 2010 and if you haven't already done so, and intend to renew, would you please do so as soon as possible. If you are booking for a trip or event, and haven't renewed, you will not be eligible for the members' reduced price.

If you have lost or misplaced your renewal form, contact me on 293764 and I will send you a replacement.

Rosalind Norman, Membership Secretary

GRAND PRIZE DRAW WINNERS

1	£100 Cash	W Cotton	0862
2	Crystal Rose Bowl	C Burns	0114
3	Hand Made Quilt	A Whibley	0781
4	Hamper	J Hoyle	0249
5	Ainsley Vase	C Burns	0113
6	Watches	D Price	1628
7	Bone China Mugs	V Matthews	0328
8	Whiskey	J Tsang	0586
9	Wine Hamper	C Adams	1607
10	Clock Radio	L Barnes	0051
11	Giant Teddy Bear	S Banks	1507
12	Figurines	S Roberts	0829
13	Wine	? (only phone No. supplied)	0783
14	Cushion	K Blair	1519
15	Doll	S Bigman	1620
16	China Mugs & Tray	B Atkinson	0031
17	Table Runner	T Mayhew	1621
18	Port Merion Candle	M Lindley	0301
19	Toiletries	H Lane	0855
20	Candle set	J Price	1634

FUNDRAISING AT THE

PRINCESS ROYAL HOSPITAL ON 11th JANUARY 2010

I wish to thank the helpers, Joan Holl, Chris & John Corbett, Shirley West, Margaret Ward, Eve Pascall and Brian Atkinson (with his bad cold), who valiantly turned out in the snow and ice to help raise some money. We collected a grand total of £130.

Also thanks to everyone who donated.

Pat Watkins (Secretary)

CHRISTMAS/GRAND PRIZE DRAW 8th DECEMBER

We would like to thank everyone who purchased tickets and advise our members that we raised a grand total £488.11 after expenses. We sold a total of 776 tickets and the expenses totalled £287.89 (printing of tickets/purchase of prizes & £100 Cash 1st Prize).

We would also like to express our thanks to Councillor Veronica Fletcher who kindly attended the evening and did the draw for us.

The Committee

COMMITTEE MEMBERS PHONE NUMBERS

Margaret Ward...Chairperson...01952 289872

Pat Watkins...Secretary...01952 276313

Rosalind Norman...Membership Secretary...01952 293764

Brian Atkinson...Treasurer...01952 618808

Dave & Sue Burton...Events/Newsletter...01952 502968

Shirley West...Hydro/Transport...01952 243923

Chris, John & Anthony Corbett...Helpers...01952 507232

Evelyn Pascall...Fundraiser...01952 613443

Lois Bull...Helper...01952 618221

Please make a note of our numbers in your diaries for future reference.

USEFUL TELEPHONE NUMBERS

Adaptations to Homes 01952 381380

Need advice on adaptations such as installing hand rails, ramps, etc.

Age Concern Shropshire Telford & Wrekin-Information 01952 587749

Telford & Wrekin Council 01952 383838

Princess Royal Hospital 01952 641222

HomeFix 01952 381855

Provides a handy person for people over 60 who need someone they can trust to do odd jobs around the house. The cost is subsidised.

The Wrekin Housing Trust 01952 217100

Environmental Maintenance 01952 384384

Tree & Hedge cutting. Abandoned vehicles. Graffiti. Litter.

Pest Control (rats & mice only). Removal of large household items.

(INFO-AGE CONCERN BOOKLET)



S.I.A.S. EQUALITY IN MENTAL HEALTH - INFORMATION

Do you know someone being treated under a section of the Mental Health Act (MHA) 1983?

Being treated under a section of the MHA or on leave of absence from hospital? Subject to Guardianship?

A conditionally discharged restricted patient? On Supervised Community Treatment?

Under 18 and being considered for a Section 58A treatment such as electro-convulsive therapy?

The Mental Health Act 2007 says that they must be offered the support of an Independent Mental Health Advocate (IMHA)

An IMHA can help them..Find out about their rights and any treatment that they may receive under the Mental Health Act.

Make sure these rights are upheld and support them to speak out about their views and opinions.

**The IMHA service in Shropshire and the Borough of Telford & Wrekin is provided by SIAS
(independent charitable company) Charity Registration No. 1102103. Telephone: 01743 361702**

Website: www.siasonline.org Email: enquiries:siasonline.org

PREPARE TO BE PAMPERED

Relax in the comfort of your own home, relieving your everyday stress. Indian Head Massage & other treatments.

BENEFITS: *Have more Energy *Aids Concentration *Enhance Sleep *Just relax & enjoy your Detox.

Prices start from £10.00. Phone: Jean, your local therapist on 07831 545 651 (A member of H.T.)

DRIVING LICENCE PHOTO RENEWAL - INFORMATION

Do you know that you need to renew the photograph on your driving licence every 10 years? If not, you may well be unwittingly breaking the law and could be liable for a fine if the matter went to court.

Many motorists are being caught out because they don't realise their photograph is due for renewal. The expiry date of your photo is shown at section 4b on the front of your photocard. The DVLA sends out reminders to everyone who needs to renew their photograph but it seems that some people aren't taking any action.

It's surprising how much your appearance can change over 10 years, making it difficult to identify you if you need to show your licence. There is a legal requirement for most drivers to renew the photograph every ten years to ensure a current likeness—holders of the old-style green paper licences are not affected. The only other exceptions are holders of medical short licences or anyone aged over 60 when their last licence was issued—in these cases the DVLA will contact you when your photo needs to be renewed.

How to renew your photocard: If you have received a renewal application pack from the DVLA (this should arrive approximately two months before your photocard is due to run out) then you should take the following steps:

Step 1 - Your Photo: Get a new passport-style photo of yourself. This must meet the requirements stated in the renewal application pack.

Step 2 - Your Licence: Find both parts of your driving licence, the photocard and the paper counterpart (or tell the DVLA on the form why you cannot send these back).

Step 3 - The form: Fill in the form - remember to update it with any changes of your name and address.

Step 4 - Payment: Enclose a cheque or postal order for £20, payable to DVLA Swansea to cover the cost of your updated driving licence. If you have a medical short period licence or if you are aged over 70 the renewal is free.

Step 5 - Send off your application. Return all of the above items together with any identity documents, if applicable, to the DVLA, Swansea, SA99 1DH.

If you haven't received a renewal pack, then you will need to get a D! form from the Post Office or from the DVLA. The name of the form is 'Application for a Driving Licence' and the DVLA can be contacted by calling 0300 790 6801.

BOOKINGS WILL ONLY BE ACCEPTED WITH BOOKING FORM & PAYMENT

Friday 19th February. SKITTLES EVENING at THE OAKS, RED HILL. Commencing 6.30 pm. REMINDER ONLY

Tuesday 23rd March. CHEESE & WINE EVENING with ENTERTAINMENT. Doors open 7.00 pm

Come and enjoy a variety of cheeses and pates, breads, biscuits & fruit. Try different wines and soft drinks.

Entertainment by 'ANYTHING GOES'. A 4 piece band covering music from the 1940's to date.

Price: Members £5.00/Non-members £7.50

Friday 26th March - Thursday 1st April 2010. 6 DAYS SHORT-BREAK, HOTEL DE LA MER, TORQUAY

We recommend you take out insurance. If anyone is interested in joining us we may have availability-please contact us for more info.

Itineraries will be sent out to all our fellow holidays makers nearer to the departure date.

FINAL BALANCE NOW OVERDUE. £165 per person sharing Double or Twin room and £195 for single room.

Friday 23rd April. CANAL TRIP, WELSHPOOL

Coach departs PRH 10.00 am and returns at 5.00 pm. We have a 29 seater coach booked. NO SIDE LIFT. Access by steps only.

Bring your packed lunch with you - tea, coffee & squash provided. Only 24 places available. We also have a day booked on 10th September.

CLOSING DATE: 9th APRIL

Strictly Members only. Price: £10.00

Tuesday 11th May. MEET & GREET/BINGO NIGHT

Entertainment & refreshments will be provided.

Price: Members £3.00/Non-members £5.00

Friday 28th May, BLACK COUNTRY LIVING MUSEUM

Step back in time, visit the open-air museum with historic buildings from all around the Black Country. Ride on a tramcar or fairground swingboat. Take a packed lunch and eat at the indoor or outdoor picnic area or eat at the Canalside Café or the 1930's Fish & Chip Shop.

Coach departs Princess Royal Hospital 10.00 am and Returns at PRH at approx 5.00 pm. CLOSING DATE: 14th MAY.

Price: Members £12.00/Non-members £15.50

Tuesday 29th June. ANNUAL GENERAL MEETING

Please come and support us. If anyone is interested in joining the Committee, we would be pleased to hear from you. Ballot papers will be sent out nearer the date. Refreshments provided.

DON'T FORGET TO BOOK YOUR TRANSPORT WITH SHIRLEY on 243923 - 7 DAYS BEFORE EACH EVENT

PLEASE NOTE: ALL PAYMENTS ARE NON-REFUNDABLE AND WILL ONLY BE REFUNDED IF WE ARE ABLE TO FILL YOUR PLACE.

WE NORMALLY USE SIDE LIFT COACHES SO THEY ARE ACCESSIBLE TO ALL OUR MEMBERS.

CLOSING DATES - PLEASE NOTE NO BOOKINGS WILL BE TAKEN EITHER BY BOOKING FORM OR PHONE CALL AFTER THE DATES STATED.