

Hello everyone

Welcome back after a summer of highs and lows, weather-wise. I hope you managed to make the most of the sunny spells and successfully dodged those nasty sudden downpours. Maybe we'll be lucky and have a bit of an Indian summer.

Well it's time to get active again, so please make a note of the information about tai chi and hydrotherapy classes. You will also see that we have an Afternoon Tea get-together at the Calcot Hotel on **Tuesday 10th September**, so do come along and meet fellow members.

Best wishes

Kim



WELCOME

A warm welcome to the following new members:

Janet Hayes, Verite Reily Collins, Arlene Wynter, Marilyn Rose, Merry Wahogo



TAI CHI

After our summer break, classes will start again on:

Monday 16th Sept St Matthews Southcote

Thursday 12th Sept Caversham Canoe Club

Any queries, please phone Kim, 0118 9776172



Congratulations to member Kathy MacPake who tied the knot with Bernie on July 20th in Wokingham. We wish them both every happiness and a fulfilling life together.

UPLIFT DELIVERY

We currently post or hand deliver our quarterly newsletters, but this is proving quite time-consuming and costly. As some of you have indicated that you would be quite happy to receive it by email, we would like to find out how many other members would be happy to do this as well, when possible.

This is also a good chance for us to check that we have your correct email address, so please could **everyone** email Deborah, our membership secretary dcatherall2@hotmail.co.uk, indicating whether you would like our newsletter delivered by email, or not. A simple "Yes" or "no" will do!

When there are additional invitations or attachments with the newsletter, then it will be delivered as before. Thanks for your help!

Fundraising

Our tombola stall at the League of Friends Fete in June was the best yet. We raised the terrific total of **£409.21**. Well done to everyone who helped or donated prizes.

DATES FOR THE DIARY

Tuesday 10th September 2.30-4.00pm

Members' Afternoon Tea, Calcot Hotel

Wednesday 23rd October 10.30-12.00pm

Members' Coffee Morning, Calcot Hotel

Thursday 12th December

Christmas Lunch, Holiday Inn

(Details to follow in November newsletter)

SUMMER OUTING



The Arthritis Matters' summer outing on the Thames was deemed to be a great success - the best yet, aided of course by the beautiful weather. Our boat, the Caversham Lady, was ideal, with easy access for members with mobility problems. We boarded at 1 o'clock and almost immediately the tea and coffee started flowing and continued to do so throughout the 3 hour journey.

A toast was made in remembrance of Pete Dance, a much missed member and also as a thank you for 'Pete's Treat'- our afternoon tea.

We cruised upstream, through Mapledurham lock, as far as Whitchurch lock, passing amongst other things Hardwick House (thought to be the inspiration for Toad Hall in 'Wind in the Willows'), an alpaca stud farm and Mapledurham House. Many beautiful houses were passed en route and people could be heard fantasizing over which one to buy - should they suddenly come into money!

There was plenty of wildlife to see, Canadian and grey lag geese (lots of them!) swans and three cygnets, herons, cormorants, great crested grebes, red kites, gulls and lucky Mary even spotted a kingfisher. Afternoon tea was delicious, with tasty sandwiches and scrumptious warm homemade scones, with homemade strawberry jam and cream. There was the inevitable discussion of whether one should put the cream or the jam on first and also what the correct pronunciation of scone is.

There was more than enough to eat (in fact, several of us were pleased to be going to hydrotherapy afterwards, to try and work off some of the calories!)

Finally, a special mention should be made of the crew, all of whom were very friendly, helpful and obliging, nothing was too much trouble. All in all, an excellent trip.

Karen Jay



HYDROTHERAPY



Starts Monday 2nd September

Gill has contacted everyone to check their availability in order to plan the groups for this session. We are oversubscribed so it is important to let her know if you wish to sit out, or if you have any planned absences. That way we can accommodate as many people as possible.

Luckily the pool has been behaving itself over the summer, so please assume hydro is on unless we contact you.

Disability Awareness Day August 2019

This is an event we try and support each year, as we feel that it is important to raise awareness of the many community groups and charities that exist in Reading for disabled people, whilst at the same time promoting our own charity.

This year it took place in the main thoroughfare of the Oracle, which proved to be an excellent location, with many busy shoppers and visitors stopping to take a look at the various charity stalls.

Pauline led 2 sessions of tai chi which people enjoyed, and joined in, and there was a constant stream of people stopping at the Arthritis Matters stall to talk, ask questions, take leaflets and buy merchandise. A very successful day all round.

Get Well Wishes

John Owen

Ellen Godden

Jenni Notton

Contact us:

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