



**ArthritisMatters**

# UPLIFT

**FEBRUARY  
2020**

Charity Reg. No. 1109966

Hello everyone

A happy New year to you all, and welcome to 2020 and a brand new decade. As I write this, the weather has brought us no joy at all: it's blown a hoolie and drenched us in rain, so things can only get better!

And what with the drama of Brexit and Megxit, where is it all going?

But in the meantime, Arthritis Matters continues to flourish and we look forward to a busy Spring ahead. Due to their popularity, we've squeezed in an extra Coffee Morning at The Calcot Hotel (see dates below), and our hydro sessions and tai chi classes are both back in business and as popular as ever.

So here's to an active and pain-free year, and hope to see you soon.

Best wishes

Kim



## WELCOME

*A warm welcome to the following new members:-*

*Patrick Cuddihy*

*Philip Shore*

*Maureen and David Tott*

*Clare Padmore*

*Jessica Jones*



## GET WELL WISHES

*Ann Ivill*

*Pete Tollervvey*

*Ellen Godden*

*Sally Wilson*



*It's good to hear that Ellen is now back home after a lengthy spell in hospital.*



## TAI CHI

*Both tai chi classes continue to flourish:*

*Monday 2.00-3.00pm*

*St Matthew's Church Hall, Southcote*

*Thursday 12.00-1.00pm*

*Reading Canoe Club, Caversham*

*The final class this term at Southcote will be Monday 30th March. Classes will resume after Easter on Monday 21st April.*

*If you think you might like to try tai chi, do come along to one of our classes.*

*Classes cost £5 (£6 for non-members)*

*For further information, give Kim a call.*

*0118 9776172*

## DATES FOR THE DIARY

**Wednesday 12th Feb, 10.30-12.00pm** - Coffee Morning at the Calcot Hotel



**Tuesday 17th March, 2.30-4.00pm** - Afternoon Tea at the Calcot Hotel

**Wednesday 20th May 7.30pm** - AGM + Talk on Power of Attorney (Rivermead Leisure Centre)

**July (date to be confirmed)** - Summer Outing. Details to follow in next newsletter

### Christmas Lunch

We had a most successful lunch at the Holiday Inn, attended by nearly 50 members. A delicious 3-course meal, followed by coffee, gave members a chance to meet others, join in the light-hearted quiz, and enter the special Christmas raffle, the main prizes of which were kindly donated by the Holiday Inn.

Lesley and Paul Wilson won the first prize of an overnight stay with breakfast at the Holiday Inn, and Chris Critchfield won a dinner voucher for 2.



### Newsletter delivery

**Did you know....? A first class stamp costs 70p and a second class one costs 61p.**

We are trying to cut costs on postage by sending more information by email.

We produce 4 newsletters a year, keeping you informed of all the news from Arthritis Matters. There are certain times when there are extra enclosures to be included, in which case you will receive it through the post. At other times, for example this one, it is a straightforward newsletter, so those who agreed to receive it by email will do so.

If you haven't yet notified us of your preference, please contact Deborah, our Membership Secretary:

[dcatherall2@hotmail.co.uk](mailto:dcatherall2@hotmail.co.uk)

Remember you can also visit our website for more information about our activities.

[arthritismattersreading.co.uk](http://arthritismattersreading.co.uk)

### AGM

*Our AGM in May will be followed by an informative talk on a subject which probably we all should learn a bit more about.....Power of Attorney and Making a Will.*

*If any member has any matters they wish to raise at the AGM, please notify our Secretary, Mrs Arlene Riley. [arlene.riley@outlook.com](mailto:arlene.riley@outlook.com)*

### SUBSCRIPTIONS 2020

Arthritis Matters subscriptions for 2020 are now due. As in previous years, a single adult annual fee is £15, and the fee per couple/family is £24. We feel this gives good value for money, and enables members to participate in some of the events and activities that we subsidise. For example, last year, members were able to enjoy the following:

- Access to hydrotherapy
- Tai chi classes
- Coffee mornings at the Calcot Hotel
- A summer boat trip on the Thames, and cream tea
- A Christmas Party at the Holiday Inn,
- 4 newsletters a year

Subscriptions may be paid in person at our **February Coffee Morning** or at tai chi or hydro. (Cheque or correct cash, please) If you hand your subscription to a committee member, please make sure it is in an envelope marked "Membership". Alternatively, members may send their cheque (payable to **Arthritis Matters**) to: **The Membership Secretary, Deborah Catherall, 87 Oaktree Rd, Tilehurst, Reading, RG31 6LA**

Any queries, Tel: 0118 9427356



And here's something to cheer up those winter blues....

When you get a bladder infection, urine trouble!!

A dentist and a manicurist married. They fought tooth and nail!!

### Contact us:

**Chairman:** Kim Seabrook 0118 9776172

**Secretary:** Arlene Riley 0118 9545182

**Newsletter:** Hilary Goldson 0118 9580807

**Hydrotherapy:** Gill Thorp 0118 9572796

**Website:** [www.arthritismattersreading.co.uk](http://www.arthritismattersreading.co.uk)

**Email :** [kimseabrook@btinternet.com](mailto:kimseabrook@btinternet.com)