

Hello everyone

Welcome back.....nice to see you, to see you NICE! Hopefully you are fit and well as summer draws to a close and autumn is in the air. At long last we have some good news to bring you. The committee has been working very hard on many fronts to try and bring about some semblance of normality, and although we have been down several blind alleys, we do have the exciting news that tai chi is starting again. Hooray!

That brings me to a quote from Albert Einstein *"Life is like riding a bicycle. To keep your balance you must keep moving"*. Hear hear, the same applies to all of us, specially those of us with creaky joints!

Best wishes

Kim

Sadly, there will be **no** official Arthritis Matters Coffee Morning this month as the Calcot Hotel is currently closed and group gatherings are not yet viable, **BUT**.....
A few members of the committee are meeting informally at the **Crowne Plaza Hotel** by Caversham Bridge on **Wednesday 16th Sept** for a coffee. If any members feel like doing the same, it would be lovely to see some friendly faces. The hotel, like all coffee shops and restaurants at the moment, has its own Covid restrictions and guests are asked to wear masks on entering, maintain social distancing and remain in small groups.
So why not drop by and say hello from 11.00 onwards. There is plenty of free parking either in the hotel carpark or the public Promenade car park. (2 hours)



TAI CHI



We are delighted that St Matthew's Church in Southcote is ready to welcome us back for our Monday afternoon tai chi classes., albeit with certain restrictions in line with current Government recommendations and those of St Matthew's Church. Classes will be limited to 12 people, and we will not have access to the kitchen, but if you are one of our regular members and feel ready to resume tai chi, we'd love to have you back. Pauline promises to be very gentle! Please email or telephone Kim if you are interested (see over for contact details) and she can put your name down. We may need to work on a rota basis if we have more than 12. We will then confirm your place and send you a copy of our updated guidelines. Apologies, but for now, please **DO NOT** turn up without having reserved a place.

Classes start on Monday 21st Sept 2pm.

There is no news yet on when the Caversham class will resume.

NIRVANA SPA

Although Nirvana is now open for members and day spa visitors, we have not yet had the go-ahead for our members to start using the Dead Sea salt pool. They are still operating under quite tight health and safety restrictions, so it may be a while before we are able to go there.

But we are in close communication with them so will keep you posted..... Watch this space!



Get Well Wishes

Good luck to Deborah with her forthcoming ankle surgery





Hopefully the hair crisis is well and truly over now, but now we're all heavily into masks. How are you getting on with mask wearing? I suppose it's just something we have to get used to for the time being. This sign made us smile!



**IMPORTANT!
Please read!**

HYDROTHERAPY UPDATE

As you will probably be aware, the hydro pool at the RBH has been closed since Lockdown and due to current uncertainties, we don't know when it might re-open.

After our campaign 3 years ago we were given an undertaking by the hospital to keep the pool at the RBH for the foreseeable future, until there was an alternative with similar facilities in the area. We have recently been informed that the West Berks NHS CCG (Clinical Commissioning Group) who commission and fund physio/hydro treatments for GP patients, is conducting a public consultation on whether hydrotherapy is value for money, compared with land physio costs. Whilst Arthritis Matters funds hydro independently from the CCG, their decisions may affect the future of the pool itself. Now we know that hydrotherapy is an essential therapy for people who have difficulty weight bearing (for whatever reason) and for whom land physio is not such an effective alternative. We appreciate we're asking for your help - again - but we need to tell them the extra benefits of hydro and how big a difference it makes to people's lives, so PLEASE please complete the survey on this link: <https://www.surveymonkey.co.uk/r/hydrotherapy> or email them at comms.bwccg@nhs.net THIS IS OUR CHANCE TO HAVE OUR VOICES HEARD. The closing date is 2nd November.



ZOOM COFFEE MORNING

Here's a glimpse of what a Zoom Coffee Morning looks like! Members shared their Lockdown news with each other.....crafty activities, gardening, walks, recipes, masks and much much more! What a busy lot we are! Apologies if you can't spot yourself, some people's backgrounds were a little too dark.

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
- Email :** kimseabrook@btinternet.com