

Hello everyone

I do hope you are all well and keeping your chins up.....not that we see many chins these days
Ha ha!



There's some good and some less good news to bring you this month, so do have a read of this newsletter. We do still seem to have plenty happening though.

Well, autumn is well and truly here and the nights are drawing in, but don't let us be downhearted. To quote William Colin Bryant "Autumn, the year's last, loveliest smile".

Best wishes

Kim



WHAT'S ON

With the Covid restrictions still continuing, we are not able to meet for large gatherings of more than 6 people, so for now we have no official coffee mornings planned. However, a few of the committee will be meeting at the Crowne Plaza on **Wednesday 4th November**, so if any members feel like going out for a coffee that morning, then there will be familiar faces there from 10.45am. Obviously you would need to keep in separate small groups, and not mix.



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Similarly, our Christmas Lunch at the Holiday Inn, planned for **Thursday 17th December**, will not take place, but keep the date free, and we may come up with other ideas. Watch this space!



Hospital Update

The RBH Rheumatology clinic has moved from the RBH to the Berkshire Independent Hospital in Wensley Rd, Coley. Park, for the foreseeable future. Parking and access are so much better there!

NIRVANA SPA

We have good news to bring you about the Dead Sea Salt Therapy Pool at Nirvana.



Members of Arthritis Matters have been invited to use this pool for exercise and therapy for a special rate, and this arrangement is due to start in the next couple of weeks. We have done a full risk assessment, and those who are interested in taking up this offer will receive a comprehensive guidance sheet of do's and don'ts, once they have put their name down. The cost will be £10 a session, plus £2.50 for a towel and robe (optional). Only fully paid-up members of Arthritis Matters for 2020 are eligible, so please check that you are up-to-date.

Please note: Sadly, this offer does not grant us access to use the rest of the spa!

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We already have a list of names from when this was first mooted, so if you gave your name to **Hilary**, then you need do nothing more. If you now wish to add your name to the list, please let **Hilary** know, asap.

Email: hilarygoldson@hotmail.co.uk Tel: 0118 9580807

We will then send you all the details.

Any questions, please let us know.

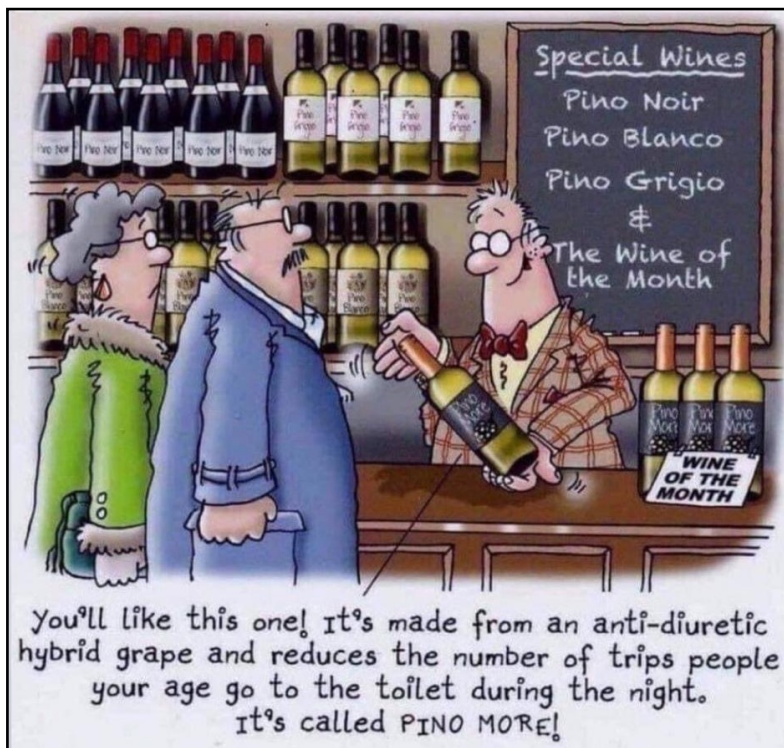
This made us chuckle!

'Hello, is that the Covid Marshalls?
There's seven people outside my
house...definitely more than six,
yes...no not a family'

'But it's a bus stop Hyacinth'



...and for all you wine-lovers.....!!!



TAI CHI UPDATE

Our Monday tai chi classes with Pauline at St Matthews Church hall resumed last month, and are going very well. We have a limit of 12 people, but so far, nobody has been turned away!. Please remember to let Kim know if you would like to start coming.....the classes are very gentle and just the tonic for those who feel in need of some gentle exercise.

For now, please do not just turn up... arrange it with Kim first. Tel: 0118 9776172



Hydrotherapy Pool Update

There is still no news of when or if the hydro pool at the RBH will re-open. We realise that all of you who used the pool are really missing it, and hope that you have completed the on-line survey which the CCG have set up. It's the West Berks CCG that hold the purse strings for NHS spending, so it's important that as many of you as possible give your opinions. If nobody replies, then they will assume hydrotherapy is not considered important, or good value!

The first question on the survey asks whether you have had hydrotherapy, either through the NHS or privately, (i.e. with a charity group like Arthritis Matters), and further questions follow about how beneficial it has been. This is where you might like to use some of the ideas we sent from our previous newsletter. The survey can be found on:

<https://www.surveymonkey.co.uk/r/hydrotherapy>

DO PLEASE COMPLETE THE SURVEY!

AMAZON SMILE

Arthritis Matters has set up an account with AmazonSmile. This means that anyone shopping with Amazon can donate .05% of the cost of millions of items to Arthritis Matters, without any cost to themselves.

To participate, you must first go to smile.amazon.co.uk then select the 'get started' button, enter 'Arthritis Matters', press 'search' and select 'Arthritis Matters', then shop as normal. Please feel free to pass on this information to friends and family.

Thank you

GET WELL WISHES

Deborah Catherall

Ellen Godden

Christine Critchfield

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