

### Dear Members

Hello 2021:

Well I hope you are all hanging in there..... maybe you've heard of the phrase "Groundhog Day" or "Déjà vu"! So let's hope it's 3rd time lucky coming out of Lockdown Number 3. So vaccines are the new va va vroom.....have you had yours yet?

After a long winter of discontent, snow, storms, cold, damp, we can now look forward to summer with a bit of a spring in our step, and I hope to see everyone *Somewhere Over the Rainbow*.

Best wishes

Kim



P.S. Being the drama queen that I am, I now have a screw loose (in my hip!) and I need surgery in April to correct it, and then hopefully I'll have the summer for rehab.

### MEMBERSHIP 2021

It has been a very difficult year for all charities, as the ability to hold events and activities has been severely hindered by Covid restrictions.

We have decided to have a membership subscription 'holiday' this year, as it looks likely that activities will again be limited, certainly for the first half of the year.

So those of you who are fully paid up from last year need do nothing at all to retain your membership.

Several members have not paid their 2020 subs, either because it got overlooked or because they no longer wish to be a member. If this is you, you will receive a gentle reminder from Deborah our Membership Secretary, kindly asking you to send your payment if you wish to remain a member.

Even though we have very little happening at the moment, membership does entitle you to receive our regular Uplift newsletters, and join in any activities we are able to run, either on Zoom or in person.

### TAI CHI UPDATE

*As we write this, Covid regulations do not allow us to meet in person for tai chi, but Pauline is running short Zoom sessions on Mondays at 2pm for any of her regulars to join in at home, at no charge. If you haven't tried these yet, but think you might like to give it a go, please let Hilary know and she will add you to the list. Obviously it's a bit more difficult managing the space at home, but a lot of it is seated so it does keep us exercising our bodies and minds. Thank you Pauline. Hopefully we may be able to return to our normal classes in the not too distant future.*



### COFFEE GET-TOGETHER

We realise that everybody is missing social contact at the moment, so why not give Zoom a try and log in to our get-together on **Thursday 11th March, 10.30.am**. It would be lovely to say hello to members we haven't seen for a while, and exchange any news you might have, or hear how you've been filling your time. Bring your own coffee! Please email Arlene by March 9th so that she can send you the log-in details. Why not do it now!



[arlene.riley@outlook.com](mailto:arlene.riley@outlook.com)

If you don't do Zoom, then do please feel free to phone any of the committee for a chat.

## UPDATE ON HYDROTHERAPY

The local CCG completed their review of the provision of local hydrotherapy services and the report concluded that it was not cost-effective to provide hydrotherapy unless a GP felt there were extraordinary circumstances. We are not sure where this leaves us at Arthritis Matters, because we are a self-funding group, but for the foreseeable future there will be no Monday evening hydro classes. At the moment, we have no information from the hospital about the future of the pool. What a huge shame! In the meantime, please do consider the offer from Nirvana Spa to use their Dead Sea Pool facility. It is still closed at the moment, but as soon as the Government agrees that swimming pools and spas can re-open, then we can use it. It is not a group class, but there are screens at the side of the pool showing exercises for different parts of the body, so it is possible to do individual exercises suitable for your own needs. Do take a look at the Nirvana website. If you didn't register your name with Hilary before Lockdown, then it's not too late, so get in touch and she can send you the information pack.

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



## Jean Robbins

*It is with great sadness that we have to report the death of dear member Jean Robbins. She and her husband Keith have been great supporters of Arthritis Matters for many years and have attended many of our social events. Jean died peacefully in the RBH after a long illness. Sadly, because of Covid restrictions, members of Arthritis Matters were unable to attend the funeral, but were there in spirit. Our very best wishes go to Keith and the family.*



Kim has been busy knitting Easter chicks



## Spring Word Search

R	B	M	G	N	I	T	U	O	R	P	S	D	B	A
I	D	S	Z	O	S	P	U	G	I	I	L	F	Q	B
V	F	Y	R	K	U	W	P	L	G	I	E	S	S	Z
R	D	A	L	E	S	R	C	H	I	R	N	G	A	S
T	A	U	U	F	W	J	I	E	G	P	E	Q	G	O
S	F	I	C	Y	R	O	B	I	N	S	B	E	E	S
U	F	S	N	C	G	E	L	J	J	Z	J	I	N	P
N	O	W	T	E	N	G	T	F	G	F	Q	L	K	R
S	D	Q	B	C	D	H	N	T	A	R	F	M	B	I
H	I	H	M	L	F	P	T	I	U	K	S	Q	J	N
I	L	B	L	O	O	M	A	Y	W	B	H	W	H	G
N	S	D	R	I	B	S	I	I	Q	O	Z	Q	Z	M
E	L	U	C	Y	R	B	S	T	L	R	Y	Y	I	
P	O	R	T	W	K	P	Z	O	M	S	C	G	F	N
H	A	T	C	H	C	R	A	M	M	K	Q	V	M	K

APRIL  
BEES  
BIRDS  
BLOOM  
BLOSSOM  
BUTTERFLY  
DAFFODILS

EGGS  
FLOWERS  
GREEN  
GROWING  
HATCH  
MARCH  
MAY

RAIN  
ROBINS  
SPRING  
SPROUTING  
SUNSHINE  
TULIP

## Amazon Smile



A little reminder..... Members, why not think about using Amazon Smile when you buy things on line from Amazon. If you choose Arthritis Matters for your chosen charity, then we get a small percentage of the cost of the goods. Just type Amazon Smile into your search engine, rather than just Amazon, and you will see exactly the same selection of goods for sale.

## Contact us:

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