

Dear Members

Well it's mid-summer with the summer solstice upon us already....where is the time going? I do hope everyone is enjoying meeting up with family and friends again.

As you may know, I've had a complex pelvic reconstruction, (trust me, it's like scaffolding in there!) I had 2 weeks in The Nuffield Orthopaedic Hospital in Oxford, followed by 2 weeks in a rehab clinic called Linden Hill.

My sisters have been with me at home for 3 weeks as I had some nerve damage and wasn't allowed to put weight through my leg. At last I have permission to weight-bear using crutches, so in the words of Gloria Gaynor, **"I will survive."**!!

I am looking forward to seeing everyone soon. As Confucius said, "It doesn't matter how slowly you go, as long as you do not stop." Wise words indeed.

Best wishes

Kim



TAI CHI UPDATE

Our Monday tai chi group has returned to meeting in person in St Matthews hall, but we are limited in the number we can take each week. So far, only those people who joined Pauline on her Zoom classes earlier this summer have been able to come, and it is looking like it will be September before we can fully regroup.

Our last class this term is **Monday 12th July**. We will start again on **Monday 13th September**, hopefully with our full complement of members.

Discussions are ongoing as to whether we can offer a second class in September to replace the Thursday Caversham class.

BOAT TRIP



*All being well, our boat trip and cream tea on the Thames on **Friday 16th July** will go ahead as planned. There will be extra safety precautions on board so all we need is a sunny day, and it should be an enjoyable afternoon out for everyone. Please see the attached form and send your reply slips and cheques back to Deborah as soon as possible. If you don't have a printer, then please put your cheque in the post with a covering note. We are limited to 30 people.*

DATES FOR THE DIARY

Friday 16th July Thames River trip and cream tea
Thursday 23rd September Coffee Morning (details to follow)



Don't forget

Coffee Morning



On 27th May, 17 members ventured out to the Crowne Plaza by Caversham Bridge and spent a thoroughly enjoyable morning sitting outside in the sunshine overlooking the river. For some, it was the first time of socialising in a group since last year, so let's hope it's the first of many.

We have pencilled in a date for another Coffee Morning, all being well, on **Thursday 23rd**

September. Confirmation and details will follow in the next Uplift.

Patricia Morton

It is with great sadness that we have to report the sudden death of long time member Patricia



Morton. She and her husband Reg have been loyal members of Arthritis Matters since its inception, having been committee members in the very early days. In fact Reg very kindly still audits our annual accounts.

Our sympathy goes to Reg and the family.

NIRVANA

Several members are now using the Dead Sea Salt pool at Nirvana for exercise and warm water therapy. The salty nature of the water allows you remain completely buoyant whilst in the pool, enabling you to both relax and exercise different parts of your body.

For more information, contact Hilary

Ha Ha!



My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands, that's where I'm taking you when this pandemic is over." Turns out, we're spending two weeks behind the fridge!

Get Well Wishes

Marilyn Rose Kim Seabrook

Christine Critchfield

Peter Emanuel



AGM

Once again we have been unable to hold a members' AGM due to Covid restrictions on indoor gatherings, but the accounts for the year have been completed in accordance with Charity Commission regulations, and have been successfully audited and submitted.

Welcome

A warm welcome to Jenny Crook who has re-joined Arthritis Matters after a period away. Some of you may remember her from hydro.



Did you know?

For those of you who are phone savvy, you can find your "Vaccine Record" on the NHS app. Don't confuse the NHS app with the NHS Covid-19 app (the one you use to check in at venues). They are both blue and easily confused! You can download the NHS app and register your details, then view your Vaccine Record. You never know, you may need to show this in order to attend certain events.



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