

Hi Everyone

I do hope you enjoyed our slightly soggy summer! Well it's goodbye to August and hello to September, my favourite month..... It brings the harvest moon and, with a bit of luck, a wee cheeky Indian summer. With autumn round the corner, we have lots to look forward to. In the words of Voltaire, "Wine is the divine juice of September" (in moderation, of course!). It would be lovely to see some of you at our tai chi class, or for a cuppa at the Crowne Plaza, as we try to get back to some form of normality.

Best wishes

Kim



TAI CHI



Our Monday afternoon classes resume in full on **Monday 13th September, 2pm**, at St Matthews Church hall in Southcote.

We hope to see most of our regulars and maybe even some new members. There are no restrictions on numbers now but Covid precautions will still be in place, (hand gel, plenty of ventilation).

The weekly cost is **£5**, payable at the class, and this includes tea and biscuits at the end of the session.

Non-members are welcome to join us too, but we will ask for a payment of £6 per session.

The class caters for all levels of ability and mobility, so there is no need to feel awkward. Some of us have been coming for years, and are still at the basic beginners level! Pauline, our instructor, adapts the class to suit all needs.

Any queries, telephone Kim 0118 9776172 or Hilary 0118 9580807



PLEASE NOTE

We are no longer able to hold the Caversham tai chi class, but are looking into the possibility of setting up a new class on a different day in a different venue.

In order to go ahead with this, **WE NEED YOUR HELP**.....If you have ever done tai chi, or may think about doing so in the future, please fill in the attached questionnaire so that we have an idea of how many people might be interested. We don't want to arrange a new class and then find that nobody turns up! Even if you are quite happy attending the Monday class, please fill in and return the slip.

DATES FOR THE DIARY

Thursday 23rd September 2.30pm

Tea/coffee afternoon at the Crowne Plaza

Wednesday 3rd November, 10.30am

Coffee Morning, Crowne Plaza

Friday 17th December

Members' Christmas Lunch, Holiday Inn South
(Details to follow in November Uplift)

WHAT AN AFTERNOON!

We could not have chosen a better day for our river cruise and afternoon tea, with sun and the occasional cloud decorating the blue sky.

The Caversham Lady was arranged to be Covid secure, with tables of six separated by plastic screens so that even the most nervous of us felt reassured. The crew were very helpful in assisting those in need of a safe boarding.

We were soon on our way, passing the Caversham tai chi venue at the Canoe Club, and were soon admiring how overgrown the riverbanks were as they returned to nature having had little attention in these strange times. The catering ladies had provided large glasses of water to greet us, and now they began to organise the food and take drinks orders, which came quickly and were topped up throughout.

The food had a varied selection of nicely presented sandwiches that suited most tastes. The dainty scones were very tasty, with replenished supplies of thick cream and home-made jam. These were so good that one of our company who "never ate scones", tried one and then had a second!

As the river banks drifted past, we saw a variety of wildlife including swans, Canada geese, a cormorant, a heron, fishermen and swimmers!

Going through Mapledurham Lock produced a sudden bump, but luckily no tea was spilt! The usual variety of pleasure boats were out for the day, some of the larger ocean-going ones towering over us.

The more mobile of our group were able to go out onto the foredeck and enjoy the breeze from the speed of the vessel, but with all windows open there was a gentle breeze throughout the inside.

This was a very pleasant way to pass an afternoon, and our thanks go to our committee for planning and executing the trip, with special thanks to Deborah for her excellent organisation.

I would recommend that you don't miss the next one!



By **PAUL WILSON**

Hydrotherapy Update

Matters are rumbling along very slowly. In July, Kim and Deborah attended a Zoom stakeholders meeting at which Steve McManus, CEO of the RBH, and Alok Sharma MP were present, along with representatives from various national physiotherapy associations. Plans were made for future meetings to explore further options.

A warm welcome to new member **Wimsom Francis**

hello!

Good wishes to Gill Thorp who recently dislocated her hip and spent a night in the RBH. She is now recovering after having it put back in. Ouch!

INVITATION

Do come along to the Crowne Plaza (by Caversham Bridge) for an informal cup of tea or coffee and a catch-up with fellow members on:-



Thursday 23rd September, from 2.30pm onwards.

The Calcot Hotel is no longer open, hence the need for a different venue.

Contact us:

Chairman: Kim Seabrook 0118 9776172

Secretary: Arlene Riley 0118 9545182

Newsletter: Hilary Goldson 0118 9580807

Treasurer: Karen Jay 0118 9893134

Website: www.arthritismattersreading.co.uk

Email: kimseabrook@btinternet.com