



Dear members

Happy New Year to you all.

It's January - dull, dark and damp and as I write this it's blowing a hoolie! However, we can look forward with optimism as "things can only get better".

As you will see, we have our Coffee Morning and Talk on Feb 9th to look forward to, and the committee is working hard to rearrange the postponed visit to Henley River and Rowing Museum some time in the Spring. Watch this space!

"It might be stormy now, but the rain won't last for ever". Quote from author Kylie Walker.

Best wishes,

Kim

MONDAY EXERCISE CLASS

The class at St Matthews Church Hall, Southcote resumes on **Monday 8th January, 2.15pm.** So shake off those post-Christmas blues and fire yourself up for more gentle physical work-outs with Vicky. It might be stretchy bands, squidgy balls, gentle weights or whatever she decides to tease us with each week!

The class is mostly seated and includes warm up and warm-down stretches. £5 per session for members of Arthritis Matters, £6 for non-members.



TAI CHI

Our Tai Chi class at the Beansheaf Centre in Calcot is having a short winter break and will resume on **Wednesday 7th February.**



Members' Coffee Morning and Talk

You are warmly invited to our Coffee Morning and talk by David Bullock on **Friday Feb 9th.** The talk is entitled "The Man who would be Jack", and is about that notorious Victorian villain Jack the Ripper. Don't be put off by the subject matter, it will be both interesting and entertaining! And there will be coffee and cake included too!

This event is being funded by Arthritis Matters, from the money raised from last summer's Thames Valley Tractor Run organised by member Jenny Bourke's husband.

So put the date in your diary now!
We'd love to see you there.



DATES FOR THE DIARY

Friday 9th February, 10.30am. Coffee Morning and Talk, Henry Street Garden Centre
Thurs 14th March, 10.30am. Coffee Morning, Henry Street Garden Centre
Re-arranged date for visit to Henley River and Rowing Museum is to be finalised very soon.

CHRISTMAS LUNCH

51 people attended our Christmas Lunch at the Holiday Inn, and a good time was had by all! After a tasty 3-course meal, and a Christmas quiz to puzzle over, we were entertained by a short demonstration of tai chi by our instructor Jon. The hotel had kindly donated a raffle prize of dinner for 2 plus an overnight stay, and this was won by Pauline Allen. Congratulations, Pauline!



Welcome

A warm welcome to new member



Paddy Bunch

Get well wishes

Lynda Oldfield



Good luck to Gill Thorp for her forthcoming Knee replacement.

Our **special offer** for members to use the **West Berks Therapy Centre** in Thatcham still stands, and several members are making good use of the specialised equipment to boost their fitness and keep mobile.

Perhaps now would be a good time for all of us to be thinking about improving our fitness and mobility.

Contact Karen for more details: Tel: 0118 9893134

News from the RBH

The Trauma and Orthopaedic team have introduced a one-stop clinic to help patients suffering with the pain of osteoarthritis in their hands and wrists. Thanks to a special new x-ray machine, patients can now be seen, assessed, diagnosed and treated with steroid injections in a single first visit to the hospital, within weeks of an initial referral from their GP.

The Rheumatology Department has appointed a new Physician Associate and a specialist Occupational Therapist who will work full time in the department alongside the team.

NIRVANA SPA

Our offer of 3 free sessions in the Dead Sea Pool is still open, so if you haven't yet tried it out, and think that you might like to, please contact Karen or Hilary for more details.

Access into the pool is down a gentle slope, with hand rails, and there are instructors around the pool to help with any specific requirements you may have. You don't need to be able to swim as the salt water keeps you afloat.

Contact Us:

Chairman: Kim Seabrook 0118 9776172

Membership: Deborah Catherall 0118 9427356

Newsletter: Hilary Goldson 0118 9580807

Treasurer: Karen Jay 0118 9893134

Welfare: Cyrilene Tollafield 07714509876

Website: www.arthritismattersreading.co.uk

Email: kimseabrook@btinternet.com