

Dear members

Well the clocks have just gone forward as we spring into April. I hope you weren't caught out by any April Fool's jokes or pranks!

We have a "fool" programme of events for the coming season (see below), so I hope we may see you at one of these jolly gatherings. We recently had a record turn-out for our coffee morning at the Calcot Hotel, which was lovely to see, albeit a bit tight for space! However, a good time was had by all.

Arthritis Matters is celebrating its 20th Anniversary later this year, so we will be having a celebration to mark this occasion a bit later on. Watch this space!

Best wishes

Kim



AGM

Thursday 15th May 10.30am

This year we will be combining our AGM with a members' Coffee Morning at Henry Street Garden Centre.

The meeting will start at 10.30am and should take about 30 minutes, after which members can mingle, have coffee and cake and take part in the raffle.

We will meet in the side room at the far end of the restaurant.

If any member has anything they wish to raise at the AGM, please notify our Treasurer, Karen Jay,

Email: karenjay@gmail.com Tel: 0118 9893134

Paperwork for the AGM will be distributed to members by email (or post, for those without email) before the meeting.

A warm welcome to new members

Ted Millichap Susan Smyth
Lynda Carter Jennifer Kill

TAI CHI DATES

There will be no class on Wednesday 9th April
After that, classes will continue each week through the spring and summer.



EXERCISE CLASS DATES

The Spring Term finishes on Monday April 7th.

The dates for the summer term are **Monday 28th April to Monday 14th July**, (No session on May 5th or 26th due to Bank Holidays)



DATES FOR THE DIARY

Thursday 15th May, 10.30am

June 10th or 12th 10.30am

(awaiting confirmation)

Wednesday 9th July

AGM + Coffee Morning Henry Street Garden Centre

Coffee Morning and Talk Henry Street Garden Centre

Thames Boat trip + cream tea (details to follow)

MEMBERSHIP RENEWALS

It's that time of year again!

It is now time to pay your membership fees for 2025.

There is a small increase in fees for couples this year, as this has remained the same for several years now. Each couple will now pay £25 per year. (Was £24)

Fees are due from April 1st.

Individual fee £15

Family/couples fee £25

Please pay in one of the following ways:-

- By cash, in an envelope marked "membership", handed to Deborah or any committee member, in person (at Exercise, Tai chi or Coffee Morning)
- By cheque, payable to **Arthritis Matters**, handed to or sent to Deborah Catherall, 87 Oaktree Rd, Tilehurst, Reading. RG31 6LA
- By bank transfer BACS
Sort code: 60-17-21
Account no: 88725006

Please put your initial and surname as the reference.

NIRVANA SPA

More than 30 members turned up at Henry Street Garden Centre for coffee and a talk by Ginny Mancey about the benefits of exercising in the Dead Sea Salt Pool at Nirvana Spa. Ginnie explained how



the mineral content of the warm water can work on your whole body, making an all-round therapeutic and invigorating experience, whatever your level of fitness or mobility.

There is always help

available from the fully-trained staff round the pool.

If you haven't been before and would like to try it, you need to email Ginny at

ginny.mancey@nirvanaspa.co.uk to arrange a guided session with a member of the team. Mention that you are a member of Arthritis Matters.

If you have been before, then just phone 0118 9897500 to book a date and time slot of your choice. A session usually lasts about 45 minutes, and costs £15, payable as you leave. (Your first session with a member of staff will cost £20)

SPECIAL OFFER!

Arthritis Matters will pay your first 3 sessions, including your guided session, so keep your receipts and present them to our Treasurer, Karen. She will then refund you.

Any queries, please ask Hilary or Karen, who both use the pool regularly.

Get Well Wishes

Karen Broadhurst

Lynda Oldfield

Paul Wilson Gill Thorp

Simon Collard

Romayne Flight

Alice Gostomski



Trouble cutting your toenails?

Happy Feet is Age UK's footcare service in Reading. It's aim is to help maintain and improve your independence and mobility. During an appointment, your feet are assessed and your toenails cut. There is a fee for using this service, which is available to anyone over 50 who is unable to cut their own nails.

For more information, or to make an appointment, Tel: 0118 9502480

Contact Us:

Chairman: Kim Seabrook 07462746195

Membership Secretary: Deborah Catherall
0118 9427356

Newsletter: Hilary Goldson 0118 9580807

Treasurer: Karen Jay 0118 9893134

Website:: www.arthritismattersreading.co.uk