

Dear members



I do hope you are all managing to keep cool in this rather hot, humid weather. I have been out of circulation of late because I've had a new knee, which proved to be somewhat complicated. It has been rather a long and drawn out rehab, but I'm getting there slowly, and working daily on my exercises. I should be driving again soon. I hope to see many of you on our special 20th Anniversary boat trip, with extra celebration cake! How time flies! I wonder how many people have been members from the very beginning? Do let us know if that is you.

Best wishes

Kim

We very sadly have to report the recent deaths of two of our much loved members.

Paul Wilson

Paul was a member, and great supporter of Arthritis Matters for over a decade, after a long and varied career travelling the world as a pilot. He had a wealth of amusing and fascinating stories, retold with his characteristic dry humour. Amongst his claims to fame were being a member of the Red Arrows team and a test pilot for Concorde. His wisdom, warmth and kindness will be sorely missed.



Russell Vince

Russell was a long-standing member of Arthritis Matters, and, although a man of few words, attended many of our socials and events, including our tai chi class. Along with lots of other charities, Arthritis Matters benefited from his fundraising activities with the Reading District Oddfellows, in his position of Provincial Grand Master. He quietly knew what needed to be done, and just got on with it. We shall miss him.



DATES FOR THE DIARY

Wed 9th July	Thames Boat trip	Departs 1pm Caversham Pier
Tues 30th September	Coach trip to Romsey and Christchurch	
Tues 4th November	10.30am Coffee Morning	Calcot Hotel
Thurs 11th December	Christmas Lunch	Holiday Inn South

AGM

The 2025 AGM at Henry Street was well-attended, despite being without both Karen and Kim due to medical issues. The following committee members were re-elected at the AGM:



Kim Seabrook
Chair



Karen Jay
Treasurer



Deborah Catherall
Membership Secretary

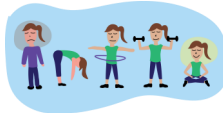


Hilary Goldson
Newsletter

EXERCISE CLASS

Our exercise class at St Matthew's Church Hall, Southcote, will finish on Monday 16th July and resume again on **Monday 15th September.**

This class is currently full, so please contact Hilary if you are interested in joining the waiting list.



TAI CHI

Tai chi classes at the Beansheaf Centre in Calcot will stop for the summer break on **Wednesday 2nd July**, and resume on **Wednesday 6th August.**



Postal Newsletters

Some members have expressed a preference for having the newsletters posted rather than emailed, as many people are not able to print reply slips for events. This obviously adds a considerable cost with the current price of stamps, but as a compromise, we will be sending any newsletters that involve reply slips for events through the post (or will hand out at tai chi etc) and the other newsletters will continue to be sent electronically.

Membership Update

Thank you to all those who have renewed their membership this year. If you have forgotten, then this is your last chance to renew. For those who have decided not to renew, for whatever reason, then this will be your last edition of our newsletter. Do stay with us as we have a busy and exciting schedule of events and activities coming up.

If you wish to pay your subscription, please contact **Deborah** on **0118 9427356**, email: dcatherall2@hotmail.co.uk or any committee member.

Annual membership fees are £15 each, £25 per couple/family

A warm welcome to new Members:

Janice Twigg

Mary O'Sullivan

Contact Us:

Chairman: Kim Seabrook 07462746195

Membership Secretary: Deborah Catherall
0118 9427356

Newsletter: Hilary Goldson 0118 9580807

Treasurer: Karen Jay 0118 9893134

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