



ArthritisMatters

UPLIFT

JANUARY 2026

Charity Reg. No. 1109966

Dear members

A Happy New Year and welcome to 2026! What a chilly start to the year..... I hope you all have your hot water bottles at the ready as the UK Big Freeze continues. Some of us will be thawing out by doing our Exercise and Tai Chi classes (see below for details), but do remember how important it is to keep warm and keep moving as we go into the bleak mid-winter. The good news is that the evenings are already starting to get lighter!

Hope to see you soon, maybe at one of our Coffee Mornings.

Best wishes

Kim



Members' Coffee Morning and Talk

You are warmly invited to our Coffee Morning and talk by Lisa Wiggins, Community Police Officer, on **Tuesday 24th Feb** at Henry Street Garden Centre. She will offer advice on keeping safe from scams. Coffee and cake will be served at 10.30am, followed by the talk at 11.00am.



Due to the increased costs of providing refreshments at our various venues, we do need to ask members to make an increased contribution towards the cost of our Coffee Mornings, which has remained at £3 for many years. This will now go up to **£5**, which we feel is still good value.

MONDAY EXERCISE CLASS

*The class at St Matthews Church Hall, Southcote resumes on **Monday 12th 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!*

Contact Hilary for further information.

Please note this class is currently full, but spaces may become available.

A warm welcome to new member
Barbara Moore



TAI CHI

*Our Wednesday Tai Chi class at the Beansheaf Centre in Calcot is having a short winter break and will resume on **Wednesday 14th January.** Contact Kim for details: Tel 07462746195*



DATES FOR THE DIARY

Tuesday 24th February

Coffee Morning and Talk on "Keeping safe from Scams".

10.30am-12.00pm at Henry Street Garden Centre

Thursday 26th March

Coffee Morning 10.30am-12.00pm Calcot Hotel

CHRISTMAS LUNCH

A huge number of members attended our Christmas Lunch at the Holiday Inn, and a good time was had by all! The hotel was beautifully decorated and we were made very welcome by the staff. After a tasty 3-course meal, we had a Christmas quiz to tantalise our ageing brains! The hotel had very kindly donated a raffle prize of an overnight stay at the Holiday Inn, with breakfast, and this was won by

Brian Louegrove.

Second prize of a selection of luxury spa goods donated by Nirvana Spa was won by **Barbara Eassom.**



Trouble cutting your toenails?

Happy Feet is Age UK's footcare service in Reading. Its 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

Please note: As well as the Southcote venue at Southcote Family Church, on Thursdays, there is now a **new venue** in Tilehurst at the Devonshire Care Home on the Oxford Road.

What do snowmen sing to celebrate?

Freeze a jolly cold fellow 

What do you get if you cross a snowman with a shark?

Frostbite



Get Well Wishes

We hope that the following are all recovering well from their recent surgery:

Maureen Tott
Karen Broadhurst
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

Welfare: Cyrilene Tollafield 07714509876

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