

## How do I Join?

Come along and join the group we pay subscriptions of £2 a month, this include refreshments. There are no forms to complete and there is no contract!!! All you need to do is just turn up at one of our meetings whenever it suits you and bring a friend along also. The group covers people with all pain related illnesses e.g. Lupus Osteoarthritis Fibromyalgia etc.

You may wish to speak to someone before you decide to join in order to find out more about what we do, if so please contact either of us on the number below at any time. We will be glad to answer any questions you may have:

**Edith: 01902 676136**

**OR**

**Andrew 07941937205**

Look forward to seeing you soon!!



**The Lotus Flower grows in mud at the bottom of a pool, but rises above the surface to become a beautiful flower. Buddhists say this is how people should rise above everything.**

**A symbol of the victory of the spirit over the senses.**

Patron: Professor G Kitas

President: Sharon Petford CNS

## Rheum for you 2020



## Dudley Rheumatoid Arthritis Support group & other inflammatory conditions

We meet on the 1st Thursday of each month at King William Pub  
16 Pensnett Road  
Holly Hall, Dudley  
DY1 2EY  
1.30pm—3.30pm

The Dudley Group of Hospitals   
NHS Trust



## WHO ARE WE?

We are two people who attend the DGOH Rheumatology clinics as we both have Rheumatoid Arthritis and other inflammatory conditions.

We feel that the service has offered a lot of help and support to us with the management of our Pain so far and we feel that we would like to help and support others living with the same conditions.

For this reason we decided to set up a support group who meet monthly.



## Where do we meet and what do we talk about?

Our meetings are held on 1st Thursday of each month at  
The King William Pub  
16 Pensnett Road  
Holly Hall, Dudley  
DY1 2ET

We start at 1.30pm and finish at around 3.30pm.

Our meetings are very relaxed and informal and everyone is welcome to attend, regardless of age or how long you have had inflammatory conditions. Please feel free to bring along a friend or relative.

We usually ask a speaker to come along to our meetings to talk about different topics of Interest, a list of this years meetings can be seen opposite.

As you can see its not all work and no play- we have a number of social events planned throughout the year too.

\*Speakers Subject to Change\*

## Meeting Programme 2020

Thurs 6th Feb: **Therapy Dog**

Thurs 5th Mar: **Tia Chai**

Thurs 2nd April: **Nicola Clay**

Thurs 7th May: **Bob Chessworth**

Thurs 4th June: **Physio**

Thurs 3rd July: **Outing**

Thurs 6th Aug: **AGM - Mayor**

Thurs 3rd Sept: **Podiatry**

Thurs 1st Oct: **Dudley Zoo**

Thurs 5th Nov: **Dr. Klocke**

Thurs 3rd Dec: **Christmas Lunch**

\*Subject to change\*