



THE NEWS RHEUM ISSUE 1 SEPTEMBER 2011

Welcome to the first issue of 'The News Rheum'; the newsletter of the Blackpool and District Rheumatoid Arthritis Group. We hope you will enjoy learning about our group and if you don't already come along to our meetings will feel encouraged to join us.

We are now up and running ... well, not quite literally 'running', but you get my drift! After a successful launch meeting by Clare Jacklin from the National Rheumatoid Arthritis Society in July 2010 we held our first local meeting on a cold and frosty evening last November. We welcomed over 40 people! Our guest speaker, Dr. Chandini Rao, Consultant Rheumatologist, provided a very engaging presentation on Rheumatoid Arthritis.

Supported by our Rheumatology team, and in particular Rheumatology Nurse Practitioner Janice Booth, the volunteer team organise meetings bi-monthly at Clifton Hospital. The purpose of the group is to share information and offer support to people living with RA with the aim of helping them to manage their condition thereby enabling them to make their day to day lives more rewarding. Our meetings feature a variety of guest speakers, offering information and advice to RA patients and giving them and their families the opportunity to meet others living with the condition in a supportive environment.

Being part of the NRAS family provides us with essential back up and publicity that ensures our group is a successful one. We look forward to welcoming you to our group.

Lyn Wilson
Group Coordinator



NEXT MEETING

HAPPY BIRTHDAY BADRAG!

Come along and join us in our first birthday celebration!



A quiz night with great prizes.
Light buffet and birthday cake.

THURSDAY 17TH NOVEMBER 7PM—9PM
CLIFTON HOSPITAL PERSHORE ROAD,
LYTHAM ST. ANNES FY8 1PB

MEET THE VOLUNTEER TEAM

| | |
|---------------|---------------------------------|
| Lyn Wilson | Group Coordinator |
| Sue Dicey | Treasurer |
| David Wignall | Website Manager |
| Lin Jones | Volunteer |
| Janice Booth | Rheumatology Nurse Practitioner |

CONTACT DETAILS:



Email: Admin@Badrag.org.uk
Answer Phone: 07989820265
Web: www.badrag.org.uk
NRAS Helpline: 0800 298 7650

BADRAG MEET THE MAYOR



His Worship the Mayor of Blackpool, Councillor Don Clapham, extended an invitation to BADRAG volunteers to meet with him. On a chilly Thursday morning a group of us met at the Town Hall where we joined Councillor Clapham in the Mayor's Parlour for light refreshments followed by a photo opportunity. Councillor Clapham was keen to learn about the difficulties faced by those living with RA and took time to increase his understanding of the disease. He kindly offered his best wishes for our new group and his support for the future.

NATIONAL RHEUMATOID ARTHRITIS SOCIETY



NRAS - The National Rheumatoid Arthritis Society is the only patient led UK charity focusing specifically on Rheumatoid Arthritis. They...

- Provide information, education, support and advocacy
- Raise public and government awareness of RA
- Campaign for equity of access to best treatment and care
- Facilitate the networking of people with RA and encouraging self - help

For further information or to become a member phone NRAS on 0800 298 7650 or ask one of the team at the next BADRAG meeting.

AFTERNOON TEA AT THE WHITE CHURCH

This year celebrates the 10th birthday of NRAS and groups throughout the UK are organising 'RAise It' awareness days during October. We are holding an Afternoon Tea event with a variety of stalls, side-shows and raffle. Do come along and support us; have a brew and a slice of homemade cake, perhaps a dabble in the raffle! Meet the team and group members and support NRAS as it continues to work for those with RA in the coming 10 years. We look forward to seeing you!



SATURDAY 29th OCTOBER 2PM—4PM CLIFTON DRIVE, FAIRHAVEN, LYTHAM.

SHOVELS DONATION

In July we were delighted to be presented with a cheque for £250 from monies raised in the Shovels Inn Fun Run, Hambleton. This money will help us to promote awareness of BADRAG and NRAS throughout the local area. Thank you to the Shovels and those involved for the generous donation.

FORTHCOMING MEETINGS

Please make a note in your diary!

- Thursday 17 November 2011
- Thursday 19 January 2012
- Thursday 16 March 2012
- Thursday 17 May 2012
- Thursday 16 July 2012

Clifton Hospital 7pm—8.30pm