



THE NEWS RHEUM ISSUE 2 MARCH 2012

Welcome to the second 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.

Supported by our Rheumatology unit, the volunteer team organises bi-monthly meetings at Clifton Hospital. The purpose of the group is to share information and offer support to people living with RA. We aim to help them 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, support and advice to RA patients and giving them and their families the opportunity to meet others living with the condition.

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. Forthcoming meetings dates are detailed overleaf.

Lyn Wilson
Group Coordinator



Visit our **WEBSITE** for up to date information on the group's activities, links to NRAS and lots of photos! www.badrag.org.uk

GRASSROOTS PLANTS US FIRMLY IN THE FUTURE!

We thought Christmas had come early when we were awarded a Grassroots Grant through the Community Foundation for Lancashire!

A very generous contribution of £1400 allowed us to purchase equipment which has helped our group find their feet. The funds have provided a laptop, printer, projector, screen, camera and laminator, and various accessories and consumables.

The items saw their first outing at our 'Afternoon Tea' event where we were proudly able to demonstrate our 'treasure' by displaying a presentation of "NRAS – the first 10 years".

Thank you to the Community Foundation for Lancashire for their financial support of our group and to Oliver Hoare at NRAS for encouraging us along the way.



GRANT SMITH THERAPY CENTRE LYTHAM



BADRAG members were invited to have a look at the facilities and the services offered at the Grant Smith Therapy Centre in Lytham. Mark Smith, centre manager, spoke to the dozen or so members who braved the weather to attend.

He spoke about the centre and introduced us to three of the practitioners who offer their services, physiotherapy, acupuncture and massage. Of particular interest to the group was the centre's hydrotherapy pool - the only one of its type in the area.



A tour of the facilities included the gym, hydrotherapy pool, sauna, consulting rooms and studio. Mark and his team were then available to answer individual questions. We hope to be able to visit the centre again later in the year.

FUNDRAISING FOR NRAS

2011 celebrated the 10th birthday of the National Rheumatoid Arthritis Society.

BADRAG members joined in the fundraising activities by recycling 35 ink cartridges, 26 mobile phones and 7 bags of jewellery items. £158 was realised from 'Name the Bear' and over £400 donated through the 'Be A Smartie 4 NRAS' campaign organised by Lyn Wilson. Christmas card sales raised £311 and our Afternoon Tea event a further £291. A terrific contribution; thank you to you all.



AFTERNOON TEA BREWS UP £600

Saturday 29th October ... The White Church.

The afternoon was a huge success and everyone enjoyed themselves. The atmosphere was welcoming, warm and 'buzzing'. Many of

our group attended and volunteered their help manning the variety of stalls, raffle, tombola and serving tea, coffee and homemade cakes.



We were delighted that members of our Rheumatology team, including consultants, nurses and occupational therapists rolled up their sleeves, got stuck in and supported us ... a real team effort!

HAPPY 1ST BIRTHDAY BADRAG



A quiz night with buffet helped us celebrate our first birthday in November.

After a year of much good fortune we hope that the year ahead will increase both our numbers of volunteers and attendees and raise awareness of our group and RA throughout the Fylde

MEETINGS!

Clifton Hospital 7pm—8.30pm

- Thursday 17 May 2012
- Thursday 19 July 2012
- Thursday 20 September 2012
- Thursday 15 November 2012
- Thursday 17 January 2013

Recent meetings have included speakers on physiotherapy, occupational therapy, drug treatments, DAS and more! See our website for details.

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