



## THE NEWS RHEUM ISSUE 3 NOVEMBER 2012

Whilst I'm sad to see the end of summer (can I actually call it that this year?), I'm pleased to see the leaves changing colour signifying that autumn is well under way. I don't know about you but there's nothing I like more than a crisp, sunny autumn day, a time to unwrap the numerous pairs of woolly mittens, scarves and snug tea-cosy hats, tuck into some comforting soups and warm myself by a good fire. The snag is, this dreamy scene is accompanied by dark; dark mornings, dark nights! Ah well, time to curl up with a good book or favourite film and prepare for the long winter ahead.



We are BADRAG, Blackpool and District Rheumatoid Arthritis Group. Meeting two-monthly at Clifton Hospital we aim to support those who live with RA by providing information, advice and an opportunity to meet with others living with the condition.

We look forward to welcoming you to our group.

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](http://www.badrag.org.uk)

### ROUND THE ISLES FOR RHEUMATOID

On the 1st April 2012 Martin Lee, a 32 year old Consultant Rheumatologist from Poole took on the challenge of raising £100,000 for NRAS by completing a 2,600 mile clockwise solo circumnavigation of the UK mainland ... in a kayak! Leaving the Ahoy Centre in Deptford, London he returned 97 days later having paddled for 570 hours, 2223 miles in an incredible 2,050,200 paddle strokes, thank goodness I wasn't counting!

BADRAG will be raising funds towards Martin's challenge at our 2nd Birthday meeting in November. Proceeds from our raffle and the sale of second hand books will support this very worthwhile cause.

Details of the challenge can be found on Martin's website [www.martinkayaking.co.uk](http://www.martinkayaking.co.uk)



## HAPPY 2ND BIRTHDAY BADRAG

November 2012 sees the celebration of our second birthday with a quiz night ... time to get those thinking caps on ... light refreshments and, of course, birthday cake!



## RECYCLE FOR NRAS

Empty ink cartridges, (Dell, Canon, Lexmark and Hewlett-Packard only please.), old or broken mobile phones and jewellery can all raise funds for NRAS.

## BLUE BADGES

### Do you have one? Is it still valid?

Some local authorities are no longer issuing reminders to Blue Badge holders

when their badges are about to expire. Make sure yours is still in date otherwise you may find you are on the receiving end of an unwanted parking fine!



## HAVE YOU GOT THE KNIT FACTOR?

Are you a keen knitter, just started out, or perhaps just fancy giving it a try... then why not join in the NRAS Knit Factor challenge and have a go and help raise funds for NRAS?



Get knitting your winter woollies – scarves, hats, jumpers, cardigans, mittens or gloves – send them in to NRAS and they will put them on their eBay shop to help raise funds to support those who live with Rheumatoid Arthritis.

## MEETINGS 2013!

Clifton Hospital 7pm—8.30pm  
Various speakers from the Rheumatology Dept and NRAS.

- Thursday 17 January 2013
- Thursday 21 March 2013
- Thursday 16 May 2013
- Thursday 18 July 2013
- Thursday 19 September 2013
- Thursday 21 November 2013

Recent meetings have included speakers on diet, podiatry, pain management and drug treatments.  
See our website for details.

## MESSAGE FROM LYN!

A brief message to say “thank you” to all those who have sent get well messages during my recent absence from meetings. Many thanks too for the beautiful flowers which brightened up many a dull day; they were very much appreciated.

## SPLINT COVERS



Fed up with boring old beige? Cheesed off with having to regularly wash the things? Then why not try a splint cover? They

come in a variety of designs and colours in a stretchy, snug, lightweight fast drying fabric. Available online from [www.cover-my-cast.com](http://www.cover-my-cast.com)

## CONTACT DETAILS:

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