

## Message From The Chair

Dear Members,

How are you all after that very hot spell? Me, well I am a hot weather person, but that was a little too uncomfortable even for me.

We all enjoyed the short break to Llandudno, the weather was very kind and we were able to go out and about, we even got up the Great Orme with the aid of transport. The hotel was very accommodating even though Gerald and I were down in the basement. The comfortable beds and good food and not forgetting the bar left nothing to complain about.

Sue and David did a wonderful job with the organisation as usual and are going ahead again for next year, but we do need a few more people to book. The cost of the coach has increased even though we have negotiated a good price with Warner's, which makes a difference to the overall cost. Read the advert for it. I know that some people are going to say, it's too early to think about next year, unfortunately we have to make reservations and you know that cannot be left to the last minute, so think on my friends.

Of course the next big do, is the Christmas Draw and Dinner which will be held at St. Georges' as it was last year, everyone enjoyed the food and the evening. Hope to see more new faces this year.

We would like to welcome Judith Jenkins and Yvonne Warbey who volunteered to join the Committee at the A.G.M. in July, and Peggy Watkins who will be co-opted at the next Committee meeting in August.

No more for now, take care

With kind regards

Pat Watkins, Chairperson.

### GRANTS AND DONATIONS RECEIVED DURING THE LAST 12 MONTHS

Donnington & Muxton Parish Council

Hadley & Leegomery Parish Council

Hollinswood & Randlay Parish Council

Ketley Parish Council

Lawley & Overdale Parish Council

Madeley Town Council

Oakengates Town Council

St Georges' & Priorslee Town Council

Stirchley & Brookside Parish Council

Wellington Town Council

Wrockwardine Parish Council

Wrockwardine Wood & Trench Parish Council

The Pride Fund

Telford Mayoral Grant

Muxton Golf Club

The Estate of Mrs Joan Holl

Kerrie Graham

All members who gave donations with their renewal memberships (too numerous to mention)

We would like to thank Les for all his hard work in obtaining the grants for the group.

The Committee.



**AUGUST**

**Adrian Jenkins**  
**Christine Smith**  
**Mirella Doyle**  
**Jane Davies**  
**Linda Wallace**  
**Alan Pumford**  
**Yvonne Warby**

**SEPTEMBER**

**Pat Watkins**  
**Garry Keable**  
**Elizabeth Hatfield**  
**Judith Jenkins**  
**Joan Mason**  
**Coral Adams**  
**Hazel Diss**  
**Josie Cornelius**

**OCTOBER**

**Joan Pumford**  
**Maria Regis**  
**Gerald Watkins**  
**Denise Mortier**  
**Rosalind Norman**  
**Barbara Pickering**  
**Phyllis Furniss**  
**David Horton**  
**Les Scott**  
**Olive Mortimer**  
**Liz Bailey**

We send Best Wishes to  
Adrian Jenkins,  
Mirella Doyle,  
Coral Adams,  
Gerald Watkins,  
who will be celebrating a  
special birthday this year.



# HYDROTHERAPY

## VOLUNTEERS

Can you spare two hours on a Thursday evening perhaps once a month to help at the hydrotherapy pool? Full training will be given. Please phone Jane or David



## HYDRO REMINDER

We would like to remind all members attending the Hydro pool that payments are due the first Thursday of every month for the 4 or 5 weeks of that month. If you are unable to attend due to illness your payment will be carried over.

The Committee

## GRAND PRIZE DRAW DONATIONS

We are still in need of good quality items for our grand prize draw to be held on the 6th December at the Christmas party at St Georges' Sports and social club. You can pass on any items to a member of the committee



The Committee



## Future newsletters and booking forms

Please do not be deterred from booking events and trips. If you are interested in any of the events/trips it is not always practical to pay everything all at once and we are open to accepting partial payments providing each event is paid for the week prior to enable us to order food etc. We always quote a closing date to give you the opportunity to come along. We also welcome payments in instalments, if this helps.

## CHEQUE PAYEE

We have been asked by the Group's bankers, to avoid fraud, to ensure all cheques are made payable to the full title of the Group:  
Telford & Wrekin Arthritis Support Group.  
Shortened versions will not be accepted in the future.  
We ask for your co-operation in this exercise.  
With thanks - The Committee

## COMMITTEE TELEPHONE NUMBERS

Pat Watkins. Chairperson. 01952 618381  
Rosalind Norman. Secretary. 01952 243180  
Pat Wordley. Assistant Secretary. 01952 619341  
Dave & Sue Burton. Events Co-ordinators & Newsletter. 01952 502968  
Jane Davies. Co-Hydro pool Co-ordinator. 01952 957098  
David Horton. Co-Hydro pool Co-ordinator. 01952 929618  
Kath Grocott. Membership Secretary. 01384 838666  
Les Scott. Treasurer. 01952 400890

# HOLIDAY 2020 ISLE OF WIGHT

Monday 27th April - Friday 1st May

## **Warners, Norton Grange Coastal Village, Isle of Wight.**

A chalet village with stunning views of the Solent, it is moments from a maritime museum, underwater archaeology centre, and a model railway and the site was even occupied by the Royal Navy during WW11. Fresh seaside chalets built by Warner provide peaceful spaces to relax after a night enjoying a range of excellent live entertainment. Also there is a range of daily activities including archery, rifle shooting or a quick round on the 9 hole pitch & putt golf course. Norton Grange's restaurant, Castaways, has a broad menu including local and seasonal produce. The short break consists of coach and ferry travel, bed breakfast & evening meal. We require a deposit of £50 per person (non-refundable) to confirm your place and this will be forwarded to Warner's at the end of August to confirm our booking. We recommend you take out travel insurance in case of illness etc.



WARNERS NORTON GRANGE



OSBORNE HOUSE



NEEDLES LIGHTHOUSE



# FORTHCOMING EVENTS

Tuesday 24th September. MEET & GREET, St Georges' Club. Doors open 7.00 pm

We are having a talk this evening from the Emotional Wellbeing and Arthritis NHS Foundation. This should be very interesting. You are welcome to discuss any problems on a one to one basis.

Refreshments provided. Price: Members £5.00/Non-members £8.00. Closing date Monday 16th September

Tuesday 29th October. MEET & GREET, St Georges' Club. Doors open 7.00 pm (NEW)

Come and enjoy a night out with a Halloween theme. A chance, if you so wish, to dress up in scary outfits.

Refreshments included. Price: Members £5.00/Non-members £8.00. Closing date Monday 21st October

Friday 6th December. GRAND PRIZE DRAW/CHRISTMAS PARTY, St Georges'. Doors open 6.30pm (NEW)

This year we are again doing a combined Grand Prize Draw and Christmas Party. A final chance to purchase your draw tickets. We are offering a three course meal consisting of starter: vegetable soup or melon. Main: turkey, beef or vegetarian and sweet: Christmas pudding or apple pie with custard, followed by tea or coffee. Please tick your choice on the booking form and keep a note in your own records.

Price: Members: £8.00/Non-members: £16.95. Closing date Friday 22nd November

Monday 27th April - Friday 1st May. SHORT BREAK TO WARNERS, NORTON GRANGE, I.O.W. (NEW)

The accommodation, coach and ferry are all booked. Please see article on Page 3 for more information. It is bed, breakfast and evening meal. We have a limited number of rooms especially singles so please book early to avoid disappointment. We require a £50.00 per person deposit (non-refundable) to confirm your booking. Final payment is due no later than 31st January 2020. Included in the price will be 2 excursions with a free day to check out the surrounding area.

Price: £300.00 sharing a twin or double room and £340.00 for singles.

CLOSING DATES ARE CRUCIAL BECAUSE WE NEED TO NOTIFY ST GEORGES'/PLACES OF VENUE IN SUFFICIENT TIME TO ORDER FOOD ETC. THIS ALSO APPLIES TO COACH TRIPS AS WE HAVE CLOSING DATES WITH COACH COMPANIES. WE HAVE EXPERIENCED SITUATIONS IN THE PAST WHERE WE HAVE GIVEN ST GEORGES' THE NUMBERS AND MEMBERS HAVE NOT TURNED UP AND WE HAVE BEEN LEFT WITH THE BILL (SOME OF OUR EVENTS ARE FREE TO MEMBERS AND IF YOU BOOK AND DO NOT TURN UP THE GROUP IS LEFT TO COVER THE COST)

## **BOOKINGS WILL ONLY BE ACCEPTED WITH BOOKING FORM & PAYMENT**

IF YOU ARE UNABLE TO GO ON A TRIP (DUE TO ILLNESS ETC) WE WOULD APPRECIATE A PHONE CALL EITHER THE PREVIOUS EVENING OR THE SAME MORNING SO WE DO NOT DELAY THE COACH. CONTACT DAVE & SUE on 01952 502968

CLOSING DATES - PLEASE NOTE NO BOOKINGS WILL BE TAKEN EITHER BY BOOKING FORM OR PHONE CALL AFTER THE DATES STATED.

PLEASE NOTE:

ALL PAYMENTS ARE NON REFUNDABLE AND WILL ONLY BE REFUNDED IF WE ARE ABLE TO FILL YOUR PLACE. WE ALWAYS USE SIDE LIFT COACHES SO THEY ARE ACCESSIBLE TO ALL OUR MEMBERS.

DON'T FORGET TO WRITE THE EVENTS/TRIPS YOU HAVE BOOKED ON YOUR CALENDAR OR IN YOUR DIARY