

Arthritis Group

Report by: Gladys Temple

The members of the Arthritis Group met at Loveday House for their April meeting. Mary Peile (Vice Chairman) welcomed everyone and as this was the first meeting since Peggy Bray resigned as Secretary and Edna Marper as Chairman, both were presented with flowering plants.

Mary then introduced Christine Hudson who talked about 'Homeopathy and things' Christine suffered from Arthritis when she was 20 years old and decided to go down the route of homeopathic remedies. She is now a pensioner and can still do the splits. In 1960 she began to study properly and qualified in 1979 when she set up a clinic. There are many different types of arthritis and every person is different so the first introduction session will take about one and a half hours. You will be asked all about yourself as well as the problems you have. What you eat and your family genes all contribute to the person you are and therefore to the health of your body. There are over 2,000 different homeopathic remedies, so finding the right one for you she has to be a detective. As your body regenerates itself constantly it is essential that you put in the correct food and drink to make sure it regenerates healthily so we were given examples of things that were bad for us. Gladys Temple thanked Christine for a wonderful insight into the world of homeopathy.

Mary Peile welcomed 14 members to the May Meeting of the Arthritis Support Group. She was pleased to report that our



Peggy Bray, Edna Marper, Gladys Temple & Mary Harrison

Chairwoman Christine Smithson was back home.

Mary introduced Paul Gibson Rheumatology Specialist Nurse from the Cumberland Infirmary to speak about the latest NICE guidance on Osteoarthritis. There are 115,000 hospital admissions each year with the consequences of arthritis, 44,000 hips and 35,000 knees replaced each year as well as 3.2 billion work days lost. Up until about 10 years ago it was believed that arthritis was caused by wear and tear but opinions are changing and it is believed that it is part of the process, which the body uses to repair itself. Some people are more prone than others. 40-60% is inherited but ladies are more prone and being overweight can have a huge impact. Exercise and weight loss are the best help, heat pads and painkillers also help. Paul left leaflets and booklets for us to read at leisure.

Mary Peile thanked Paul for a very interesting talk. Gladys Temple read a record of the April Meeting and took names for the trip next month to Earl Street Mobility Centre. Names were also taken for the trip to Ambleside in July. The Community Bus will

leave Loveday House at 1:30 on Friday 6th June for the trip.

Poem

MY HEART GROWS COLD
By Jemma Doughty
Aged 12

*My love is like a jet black rose
Blooming within the nettles
When it blooms it's bewitching*

*But as the year goes on and the
days get colder and darker
My love starts to wilt and my
heart grows hungry
And yearns for adoration*

*Growing ravenous
Surrounded by an ice age
That covers the fields
That once were in my roses
view*

*But my rose, my beautiful rose
It can not survive no more
And neither can my heart*

*This might not be what I live
for
Or what I longed for
But I am content in the
knowledge
I will spend eternity with my jet
black rose*

Silloth First Responders

Report by: First Responder
Peter Gilmore

On behalf off all the Responders I would like to thank everyone who has donated money over the last year to help with the running costs of the team.

A big thank you especially to the Town Council who have sponsored our pagers since we set up at a cost of nearly £1,000 a year. I would like to think that other responder teams get the support that we do from their local council as it is a great help.

Last year was the busiest year we have had since we started with 120 call-outs, this was 40 more than last year. It varied from four call-outs in a day (three call-outs in one hour) to no call-outs in four weeks. I would also like to thank everyone that has sent thank you letters or cards to the team. So far this year we have had over 20 call-outs up to 25th April.

We would like to welcome our newest team member Laura Sprott who passed her assessment at the start of April, she has already attended numerous call-outs. I would like to say a big thank you to all the team for their time spent training twice a month and attending call-outs.

On Saturday 19th April eight Responders attended a Heartstart Instructors course which was held at the Golf Hotel with teams

from around the County attending. This now means that we have eight trained Instructors who can hold the Heartstart course. The course lasts for about two and a half hours and is aimed at giving members of the public training in cardiopulmonary resuscitation (CPR), how to put someone in the recovery position, how to deal with a suspected heart attack, serious bleeding and how to deal with choking. The course is run by the Ambulance Service and the British Heart Foundation fully recommend this course to anyone who does not know the basics in CPR, as this could save a life.

We have two course dates set so far this year, they are:
Saturday 14th June & Saturday 16th August. There will be a morning course starting at 10am and an afternoon course starting at 2pm. On both days these will be held in the Golf Hotel Silloth. If you would like to take part on any of the courses please phone Peter on 32622 or email me: peter.gilmour2@btinternet.net

The Heartstart course is free, it will only cost two hours of your time.

We can hold the course for groups (Rotary Club have already done their's), businesses or members of the public. If you would like to have

a course run for a group please call me.

The team is often asked how you can get in touch with us if you need us, we are only called out by the Ambulance Service when you phone for an ambulance.

The paramedics and technicians we have covering the Silloth area are some of the best and great to work alongside. But it can take them anything from 15-30 minutes to get here.

So, as recommended by the British Heart Foundation and any doctor you talk:

- If you get chest pain phone for an ambulance straight away, don't wait a few hours to see if it goes away.

If you would like any more information on Silloth First Responders or would like to take part in a Heartstart course please call peter on 016973 32622.

If you would like a great night out we are holding a fund raising night on Saturday 28th June at Stanwix Holiday Park. With two excellent bands, the "Young Drifters" and "Dexter and the Revelations" this promises to be a night full of entertainment and music from the giants of Motown, Soul, 70's & 80's. Tickets are only £10 and are on sale at Stanwix Park, The Golf Hotel or any Silloth First Responder.

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