

CONTACT



Self-help is our way of action

The newsletter of the
Multiple Sclerosis Therapy Centre
(South Yorkshire) Limited

Our way of keeping in touch

NOVEMBER 2017



A HUGE thank you to Emily Morgan who defied gravity to raise sponsorship for us!! Emily has raised an absolutely amazing £280 – go girl!! And to our Lovely Ladies who have yet again put together a fabulous hamper for our raffle.

Registered Charity Number 700382

Registered Company Number 22151

Multiple Sclerosis Therapy Centre (South Yorkshire) Limited
Bradbury House, 25 St Mary's Drive,
Rotherham S60 5TN

E-mail address: **info@mstherapy-syorks.org.uk**

Website address: **www.mstherapysyorks.co.uk**

Telephone Number: 01709 367784

Manager: Julia Conlan-Greaves

Centre Assistants: Lynne Foster, Judy Jones, Tam White, Jo Speight

Opening Times:

Tuesday, Wednesday, Thursday, Friday (9 am to 4 pm)

Committee Members:

Chairman: Michael Jones

Vice-Chairperson: Frances Ludlow

Treasurer: Craig Hardman

Members: Mary Jones, Sharon Eccles, Frances Ludlow, Alwyne Hill, Sally Fellows, Philip Waterworth

Company Secretary: Tam White

Minutes Secretary: Tam White

Therapies on offer:

High Dosage Oxygen Therapy, No Pressure Oxygen Therapy, Physiotherapy, Osteopathy, Foot Health Practitioner, Acupuncture, Alternative Therapies (Massage, Reflexology, Aromatherapy, Reiki, Hopi Ear Candling, Indian Head Massage), iMRS (intelligent Magnetic Resonance Stimulation)

This newsletter is for and by the members of the Centre. If you have something you think others would be interested in you are most welcome to send it to me.

The views expressed in this publication are individual and not necessarily the view or the policy of the charity and its supporters. Similarly, any article which contains information about another organisation must not be seen as implying support for that organisation.

Please email/post any contributions you would like to make to this Newsletter to the addresses above.

<https://www.facebook.com/pages/MS-Therapy-Centre/561299123908589>

Twitter @MSTherapySYorks

*Please submit all contributions to the next issue by **Friday 23rd February 2018***

FROM THE EDITORS: Hello to you all, and I hope you are well. We have a new editor for your newsletter as our fab volunteer Helen has joined me, and she has lots of ideas and enthusiasm which is what we like!! So, enjoy your reading and here's wishing you all a very merry festive season. Jo and Helen xx

CHAIRMAN'S REPORT by Mike Jones



Well, here we are at the end of October and I am pleased to say that I have finished making the Christmas cakes. At the Xmas party we will again be having a 'guess the weight' and an auction cake. If anyone was clever enough to remember how heavy the cake was last year I must advise you that I have altered the weight for this year! There is still quite an alcoholic content though.

As I am writing this report I know that I should really be out in the garden raking up the leaves and tidying everything, but these days I find it more and more difficult to work up the enthusiasm to work outside if the weather is cold. Doing this article comes under the heading of 'the lesser of two evils'.

For those of you who are unaware or just don't care, I would like to remind you all of how the Centre runs. We have a committee, or Board of Trustees, who meet for a couple of hours every two months and decide on things such as staff wages, should we buy major items of equipment, check that all paperwork is done correctly and all the other bits and pieces that make up the general running of the Centre. I would not describe committee meetings as the most exciting way to spend a couple of hours but they are most definitely a vital and very necessary part of the way we run. One of our current committee members has had to step down and we also have two others who are not in the best of health and are having to miss some meetings. With this in mind, I am yet again appealing for members to give up a couple of hours now and again to help in the role of ensuring that we go forwards in the best way possible for the future of YOUR Centre. If you are interested in becoming a committee member, or just want more information, please get in touch with Tam, Julia or myself at any time.

In the dim and distant past when Mary's legs were working we had a couple of coach holidays to Austria and Italy at Christmas but have not done anything similar for about 20 years. As we don't have a family dinner on Xmas day (too stressful) we have decided to have a Christmas cruise and are going to the Canary Isles with a stop at Madeira for the fireworks on New Year's Eve. We are really looking forward to it.

Finally, can I please ask you all to support the Grand Raffle and Xmas Party, the details of which I have no doubt will be elsewhere in the newsletter. Mike.

MANAGER'S REPORT and Fundraising Stuff by Julia Conlan-Greaves



CAN YOU HEAR THOSE SLEIGH BELLS RINGING AND JINGJINGERLINGERING TOO??? NOT YET??? NO? ME NEITHER!!! APPARENTLY **ALL** THE SHOPS AND TV ADVERTS **KNOW** THIS IS CHRISTMAS. ME — NOT QUITE FEELING IT YET.

I do, and always have, truly love Christmas with everything it entails. The carols, nativity scenes, trees and decorations. All of the sparkly, glittery, magical bits. The overindulgence of sweet, savoury, and just stuff. The odd little tippie of something fizzy or warming. Streets bustling with life, shops bursting with colour, textures and temptation, throngs of argumentative families, sullen kids and queues a mile long. The intoxicating smell of pine, cinnamon and gingerbread in everything from coffees to candles. Cold crisp walks, waking up to glistening pavements, icy roads and cars with windscreens obliterated by frost. Busy roads as people rush to loved ones, the merry tunes of car horns as road rage reaches festive fever pitch. What is not to love?!!!! All I can say is - whether you are the most organised of people with presents already bought and wrapped, cards written, stamped and ready or, like me, last minute panic, or if you think 'Christmas what Christmas?' I hope you have a warm, peaceful, contented winter. And if winter depresses you have a little look in the garden right now you and you will see the first buds of spring are already showing their colours.....but the fact that they are far too early is a rant for another day.

Just know that no matter what the weather, season or occasion there will always be a warm welcome for you here whatever time of year, complete with excellent therapies, good conversation and some mighty fine eats.

Highlights of 2017 – too many to mention... Things are a moving and a shaking in the old homestead. Our two new therapies have really taken off and people are loving them! You too can be part of the cool kids clan - just call in and enjoy the health benefits of much better oxygenated blood or get re-energised and relaxed by using our magnetic therapy and relaxation spa for the brain.

Now, Ladies and Gentlemen, Live from Catcliffe, I welcome you to.....

The Chamber Award 2017...

To recognize excellence in all things **Centre**

Your Nominees and categories for this year are....

The Supporters - The sponsored eventers – Whoop whoop – skydiving – indoor and out. Runners and walkers - throughout the land. Dragon boat people and the Incredibles – Brilliant!

The Grantors – The Supermarkets – The coin collectors – every penny of your support makes a difference.

PRIMETALS – blooming marvellous!! Their support throughout this year has been a real confidence boost. The aesthetics of the building are vastly improved; our aspirations could become a reality

The Volunteers – The steel backbone of the Centre. Our volunteers long standing and newly acquired are the greatest asset we have. They support you all in everything from restocking the shop to selling on e-bay, committee members, general assistants and of course the chamber operators – we would be truly sunk without them and the Centre would be a much sadder place without these brilliant people To you all we salute. They are fabulous Darrhhhling!

New therapies - Normal Pressure Oxygen Therapy - no additional pressure required!! Breathing medical oxygen through an individual mask increases the volume of oxygen available to enter your blood supply. **Any extra** oxygen intake makes a difference - if you are curious , try it-nothing to lose and everything to gain!!

iMRS Pulsed Electromagnetic Therapy -- the **iMRS** Wellness System and **iSLRS** sound and light relaxation system (spa for the brain) could help you to de-stress, relax, sleep better, reduce pain levels, help with circulation, movement, bone density, immune function, and encourage the stimulation of neural cells **WOW !!!!** So lay back – let the magic begin.

Ladies and Gentlemen you have heard the nominees, so now it gives me great pleasure to announce the winner of this prestigious virtual award is...

Der derderderderderdeeeerrrrrrrr!!!! – drum roll please!!!

The Chamber Award 2017, given in recognition of Excellence in all things Centre, goes to.....

All of the above YEEEEEEEEAAAAHHHHH!!!

Thank you to everyone who has been instrumental in any way in keeping the Centre as busy, fun, friendly and beneficial as it is today.

Please come and join us at our Christmas Party on the 13th December - it starts at 11am and goes on until either you want to leave or staff need to go home. It's a 'bring & share' day, there is always great food, a glass of wine, and a lot of fun. If you are a regular or if you have not set foot in the building for years you will be made most welcome. Happy winter x x love Julia x x x



Fundraising – Halllloooooo x **Crickey!!** Fundraising has been a lot harder this year!! Grantors are redefining priorities and have less cash to donate. Supermarkets are diversifying the way they support charities so collection dates are restricted. Plus, people's pockets are suffering in the general economic climate. It is TOUGH out there, but we believe in what we do and all staff are now involved with fundraising so ONWARDS AND UPWARDS!!!! Some of our news.....

Thankfully we have had a number of very kind and generous grants from various Charitable Trusts which is superb. A couple of these grantors have supported us continually over a number of years and their generosity and kindness makes a massive difference to a lot of people. Fingers crossed we are successful again next year.

Supermarket collections are not everyone's cup of tea but, boy, are they beneficial!!! They not only raise much needed cash, they also give us a great window of opportunity to raise our profile and let people know **WE ARE HERE**. It's true, we have been granted a lot less collection dates this year than last and, although the collections we had did really well thanks to the people who collected for us, we are £1,000 down this year on what we collected last year. That said we have made **£1687.01** through these collections in 2017 and that, my friends, is not to be sniffed at. So, as the request letters go out again, and hopefully some dates come back, please consider doing a supermarket slot for us - **this money counts**.

We have also been very lucky in the number of people doing spectacular things for us and raising sponsorship which is **brilliant!!** And to all of YOU who sponsor our heroes THANK YOU. One of the hottest sponsored ideas being discussed for next year is **Wing Walking!!!** Anybody interested in participating please speak up!!!! My only problem with taking this on as a sponsored event is it is quite expensive. This means that for the Centre to make any money on this courageous endeavour the

Wing Walker would either have to cover **all** expenses themselves and still raise sponsorship for the Centre (doesn't matter how much) or, to do this without personal cost or with some assistance towards payment, the Wing Walker will have to raise **DOUBLE** the amount of the cost of the fun. And that makes raising sponsorship a big commitment - so we shall see, but if you are interested.....

Now in-house Centre Stuff - our **Boutique In-house** shop is doing very well thank you and well worth a visit. Our e-bay selling is fab and our stock... amazing!! Pat on the back to everyone concerned in all of these endeavours and a huge **Thank You to you too x x**

Christmas cards - the latest designs are £2.00 pack of 5 – bargain!!!

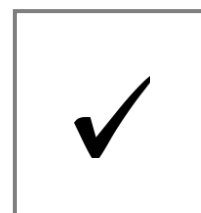
Grand Christmas Raffle – 100 Amazing Prizes –just **£1** per ticket – got to be in it to win it - Draw will take place at Christmas Party on the 13th December. All money goes to running the Centre.

Christmas Party – bring and share food and drink, try your luck on our tempting tombola, be transported to tropical islands, win the best festive fashion prize, pop in, stay all day, have a laugh, meet and make friends.

Say Hi xxXXXXXXxx plus.....

'Blind bidding' and a 'Guess the weight' of Mr Chairs brilliant Christmas Cakes - this is the only way you can get your hands on one of these beauties as these are now a rarity - demand grew too much so production en masse has stopped - sad times - happy if you win though!!!!

Oh... by the way.....To try and stop sponsors getting exhausted and sponsorship drying up we try to find new and inspirational things to do to raise funds. If you have any way-out or wacky ways for us to raise cash please let us know. No idea is too farfetched for us X x X



If you can't do that then PLEASE you CAN do this

Add this  to this  on your membership form and this simple action will allow the TAX MAN to give us an additional 25p on EVERY £1 you donate towards membership, therapies or the Centre. Please Gift Aid your donations to us.

The rules are simple - it costs the Gift Aider NOTHING, this is an allowance that the TAX MAN will give from the tax they already have to pay!!! The stipulation is that the Gift Aider must pay more tax per year than we would claim in Gift Aid. Most tax payers do this easily. The Gift Aider has to do ABSOLUTELY NOTHING for us to receive this cash apart from giving us their name, address and permission.

If you personally are not eligible to claim gift aid it is perfectly legal for us to claim it in the name of your partner, a family member or a friend, as long as they are aware that you have nominated them and they agree.

For 2016 our Gift Aid raised £38.000 this invaluable money goes directly into covering the costs associated with running the Centre. Please Please Please - more than ever we need your support, so please ensure that your membership form has a Gift Aider listed - Your Centre needs this help to survive.

Thanks from Me and the Fundraising Crew x x

New e-mail address – Just a reminder that the Centre's e-mail address is now info@mstherapy-syorks.org.uk

Computer Stuff...

Facebook AND Twitter – We have a fabulous new volunteer, Shakira, who is sooooo enthusiastic about helping us out with our Facebook page and Twitter account. WE WANT YOUR IDEAS....inspirational quotes, funnies, information, pictures, jokes, your views, health information.....absolutely anything you think people would like to read....THE SKY'S THE LIMIT!!! Find us on facebook at **MS Therapy Centre S Yorks Ltd** – AND SEND US A FRIEND REQUEST! Or on Twitter [@MSTherapySYorks](https://twitter.com/MSTherapySYorks).

You'll also soon be able to log into our **BRAND NEW website**. We're really excited as it's long overdue and it will be fabulous. Your views, opinions and feelings about

the Centre would be very welcome and could be used on the Website once it's up and running. So, LET US KNOW.....e-mail us your comments or leave them in the red box at the Centre....we'll even let you have a lollipop to say thanks. How generous are we???!!!



CHRISTMAS PARTY.....YAY!!!! This year our party will be on **Wednesday 13th December** from 11am onwards, so come along for loads of festive fun.....music, singing, games, lots of food and drink, fabulous raffle prizes and LOADS of friends. So get ready to **PARTY!!!!**

Is It Illegal To Be Grumpy At Christmas? And Other Festive Questions

As a change from the usual service and because this is a special festive edition of *Contact*, here are all your questions answered....whether you asked them or not.

Why do we decorate Christmas trees?

- We bring Christmas trees into the house because there isn't much to do at this time of year in the way of buying presents, wrapping presents, attending nativity plays, trying to keep the sherry away from the older members of the family, cooking meals and washing up. So to fill the time, it's a real treat to get down on our hands and knees and sweep up the pine needles that have dropped on the carpet.
- According to one story, it was Martin Luther who put up the first tree decorations. He was walking in the woods, so the story goes, and was inspired by the starlight twinkling through the pine trees. So he took a tree home and decorated it with candles for his children. Just one question, Martin, wasn't that theft?

What is Stir-up Sunday?

- This is the day in late November when we sing the praise to the blessed St Mary (Berry) and stir our Christmas puddings. Or rather, the day we write "don't forget Christmas puddings" on our shopping lists and hope that the blessed St Mary won't be looking as we shamefacedly stuff a pudding in our Tesco Bag for life.

- “Stir up Sunday” originally had nothing to do with puddings. It’s named after the church collect used on the last Sunday before Advent, “Stir up, O Lord, the wills of thy faithful people, that they, bringing forth the fruit of good works, may you be richly rewarded”. According to legend, the words “stir up” reminded people to make their puddings.

Who is Santa?

- The original St Nicholas is thought to be St Nikolaos of Myra, which – appropriately enough – is now in Turkey. He wasn’t fat or jolly, but he has always been remarkably popular. He is the patron saint of children, sailors, unmarried girls, merchants, pawnbrokers and perfume makers.
- According to my Oxford Dictionary of Saints, the tradition that associates Santa with presents started in the Netherlands, where children were given presents to mark the feast of St Nicholas.
- I note from the same book that there is also a St Nicholas of Flüe. Perhaps he’s the one who came down the chimney.

How is it that Santa never gets stopped for speeding?

- One of the most intriguing questions raised at this time of year is this: how does Santa do it? How does he manage to deliver all those presents during the limited window he is allowed on Christmas Eve (that is when the children are asleep)? How does he find time to clamber down all those chimneys? Does he really swig all that sherry and eat all those mince pies?
- According to one calculation I have seen, he has to visit 700,000,000 children in 233,000,000 homes. According to this same calculation, this means the reindeer have to fly at 1,800 miles per second (this doesn’t include toilet stops).
- So that is why Santa never picks up any speeding tickets. No one can keep up with the big fella. That’s probably just as well. It’s definitely illegal to fly a sleigh under the influence of all that sherry.

Whatever happened to the poor man who was spotted gathering winter fuel by Good King Wenceslas? We all know the carol. Good King Wenceslas is gazing out of his window upon the Feast of Stephen when he spots someone trespassing in the palace grounds. “Yonder peasant, who is he?” he demands. On hearing it’s a poor man gathering winter fuel, the Good King sets off through the deep, crisp and even snow with gifts of flesh and wine. That, however, is where the story ends. Did the good king and his page ever get to

deliver the gifts? And how did the other peasants feel about the way their neighbour was singled out by His Majesty?

Did they, too, demand flesh, wine and free firewood? It's surely time for a sequel...Wenceslas 11: Deliverance.

Is it illegal to be a bit grumpy at Christmas? It's the only holiday on which you are actually much, much busier than normal. It's the only holiday in which you'll hear *Merry Xmas Everybody* by Slade played over and over again, everywhere you go. It is the only holiday that is specifically designed to give you indigestion. It is the only holiday on which you have to persuade a sceptical child that a portly bearded man of middle age in a department store is the genuine Santa Claus – and that he has flown specially in from the North Pole to visit, say, Sheffield.

Is it illegal to be a bit grumpy at Christmas? I'd say it was compulsory!!

AND SPEAKING OF CHRISTMAS....**Raffle tickets** are available **NOW** for our Christmas Raffle. We have some **UTTERLY AMAZING PRIZES**....including a £150 Amazon voucher, a fabulously luxurious Christmas hamper (with wine and chocolates, of course!!) and an Amazon Echo Dot. And SO much more....raffle is drawn on Wednesday 13th December on party day, so get your tickets now!!!! At only £1 each, they'll soon be gone!!!

Fundraising - Many thanks to **Steve and Gillian Bradwell** who organised a fashion show and shopping event on 13th November at M & Co, Fox Valley, Stocksbridge with their Slimming World group to raise funds for the centre. We'll let you know exactly how much they managed to raise in the next edition.

Oxygen Therapy Reminder: Please make sure you arrive for appointments **at least 15 minutes early**, as a late session has a knock-on effect for the rest of the day...if you're not on time we'll go without you!!!!



JOBS FOR THE GARDEN

DECEMBER

- 1) Check winter frost protection and insulate outdoor taps
- 2) Harvest leeks, parsnips, winter cabbage, sprouts and remaining root crops
- 3) Deciduous trees and shrubs can be planted and transplanted
- 4) Reduce houseplant watering
- 5) Put seeds and nuts out for the birds

JANUARY

- 1) Check winter protection
- 2) Dig over vacant flower and vegetable plots, if weather allows
- 3) Check light levels are sufficient for house plants and move to sunnier spot if required
- 4) Keep putting food and water out for birds

FEBRUARY

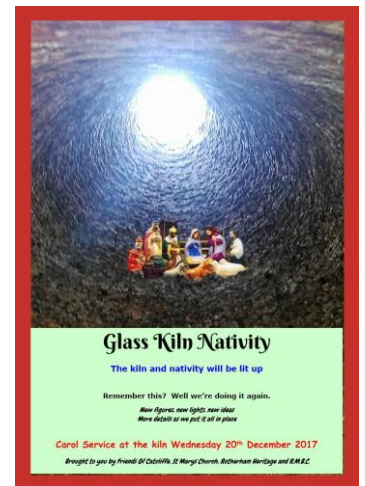
- 1) Prepare vegetable seed beds and sow some vegetables under cover
- 2) Prune winter flowering shrubs that have finished flowering
- 3) Prune evergreen hedges and tidy overgrown deciduous hedges

****We would really appreciate any help from our green-fingered members to maintain our raised beds, kindly donated by Primetals in the summer. We also need somebody to come and cut our grass, so if you're interested, or you know a good gardener, let us know.**



Just a reminder that your TEA AND COFFEE DONATIONS make all the difference to us.....at only 30p a cup (with Biscuits!!!) what more could you ask for? Donation pots can be found around the Centre. Thanks.

We would like to say a HUGE thank you to the Friends of Catcliffe who raised **£130** for us when they held a Beetle Drive at the Red Lion pub. Pictured are Jean, Sue and Judith with our Julia, along with a fab photo taken during their **Glass Kiln Nativity** last year. And the fabulous festive treat is back this year, along with a **carol service on December 20th**, so why not go along to Catcliffe Kiln and get festive!!!



Festive Facts – did you know?

- In early England, the traditional Christmas dinner was a pig's head prepared with mustard.
- Seven out of ten dog owners say they buy their dogs Christmas gifts.
- Charles Dickens wrote Christmas-themed stories every year on Christmas, but *A Christmas Carol* was his only success.
- In 1836 Alabama was the first US state to recognize Christmas as a holiday.
- In the Ukraine, finding a spider on the Christmas tree is considered to be good luck, so fake spider webs and spiders are common Christmas tree decorations in that country.
- Christmas cards were introduced by Hallmark in 1915.
- It can be as warm as 40 degrees on the ground and still snow.
- According to the "Guinness Book of World Records," the biggest snowflake on record occurred in Montana in 1887. It was eight inches by 15 inches.
- While you may have heard someone say, "It's too cold to snow," there is no truth to this. Snow can always fall if it is cold out and there is moisture in the air.



Winter Warming Recipe



Rich Beef Stew with Mustard Croutons

Ingredients

1½ lb/680g of Stewing Steak	2oz/50g Raisins
1 tbsp Corn Oil	¾ pt Light Ale
1 Large Onion	½oz/13g Cornflour
Salt & Pepper	2 Slices of Stale White Bread
1 tbsp French Mustard	Handful of Chopped Fresh Parsley
1 Beef Stock Cube	

Method

Cut the meat into even sized dice. Heat the corn oil in a flameproof casserole dish and brown the peeled and chopped onion and meat together. Add salt and pepper to taste, French mustard, stock cube and raisins. Stir in the ale, bring to the boil, cover and simmer gently until meat is tender – about 1½ hours. Moisten cornflour with a little water, stir into casserole and bring to boil, stirring all the time. Cook for a further 3 minutes. To make the croutons, cut the bread into small triangles. Place in a shallow bowl and sift English mustard over them, shaking the bowl gently to coat the bread. Shallow fry in very hot oil until golden brown on both sides. Drain well on kitchen paper. Garnish stew with croutons and chopped fresh parsley.

NEW TO THE CENTRE: We have a new therapy available in the centre called **iMRS** which can be used along with a Sound and Light relaxation system. The iMRS is a supportive therapy and wellbeing device which can be used for general wellbeing and vitality, as mentioned in our Manager's Report.

We also have two new **external 'normal pressure' oxygen lines** which run alongside the pressurised oxygen sessions. These give all the benefits of the oxygen and simply involve sitting in a comfortable chair outside the chamber, which is preferred by some people.

For more information or to book either of these, please enquire at reception.

PIP Benefits Application – Claire’s story: I have had a horrible experience applying for this benefit and wanted to share the story so nobody else goes through the same thing. I completed my PIP form and sent it off, and I received several text messages from the DWP saying that my form had been received, that it was being looked at, and that they would contact me. Then, a week and a half after I’d received these texts, we went to stay with my husbands’ sister in Scotland – to be honest, I felt like I needed a break after all the stress of filling out the forms...anyone who has had to do this will understand how I felt. So, we went to Scotland FOR A FEW DAYS to relax. When we returned it was two weeks since I had received the texts mentioned, and I hadn’t received any others...if I had we would have made the journey home as soon as we knew. We opened our post and had a DWP letter saying ‘we are coming to assess you’, so that was good. We also had a second DWP letter saying ‘you will not receive any PIP because you have missed your assessment’.

In the space of 10 days they had sent me the initial texts, sent the first letter BUT NO TEXTS TO INFORM ME OF THE DATE OF THEIR VISIT, and sent the letter saying I would receive nothing. Because I had applied for PIP, my DLA benefit was stopped as soon as they received my application so at the moment I am receiving nothing. We have sent in a complaint and my husband has been phoning LOTS and getting absolutely nowhere. So, I wanted to let everyone know that if you are in this situation please do all you can to let the DWP know you will be away, even if it is only for a short time. Because there is NOWHERE ON THE APPLICATION FORM TO WRITE THIS INFORMATION. So now I have the stress of battling with the DWP. I needed to let you all know so this doesn’t happen to anyone else.....Claire

SIGN YOUR NAME....PLEASE remember to sign in when you arrive at the Centre. Both names please, as there may be several people in that day called David! This is REALLY important for YOUR health and safety. Also, did you know that future funding could be reliant on footfall through the Centre, so more names could mean more money!!

Thoughts of a carer

I am occasionally asked by people how do I cope as a carer for someone with MS. It is not an easy question to answer and I am not sure at times how I do. When Mary and I got married 47 years ago it was 'in sickness and in health' and it never entered my head not to do just that. I feel that were I to be suddenly confronted with Mary in her current state (similar to how someone would have to after a car accident) then I would struggle to manage but as MS sneaks up on you a bit at a time you sort of adapt your life a little at a time to cope with it.

One day she can put her own socks and shoes on and then suddenly I find that I have to do it for her. One day she can do up her own bra and now I usually have to do it for her (I used to be far better at undoing it than doing it up!!!) but because things happen a bit at a time we seem to manage and adapt our lifestyle accordingly. Cooking was a major learning curve for me as I had never learned to cook prior to Mary getting to the point where she could no longer be trusted in the kitchen for fear that she would burn or scald herself. Mum fed me at home, then I joined the RAF and the Mess fed me and then I met Mary and she fed me. This meant that that I had to start from scratch in my mid 50's and I didn't find it easy. I admit that I do not enjoy cooking and despite the fact that I will never get a Michelin star, we eat reasonably well. I can now do a full roast dinner, shepherd's pies and good scrambled eggs and we very rarely have 'take away'. Somewhere in the cooking mix I discovered a knack for making cakes which is quite strange as all I do is follow the recipes.

The other major thing for me was changing the car for a WAV (wheelchair accessible vehicle) when it became too much of a struggle lifting Mary in and out of the Octavia. This also was the end of our involvement with motorsport after 55 years of either competing or organising.

Being a carer is not always easy and is a role that is often overlooked by people. We sort of get taken for granted most of the time. One of the few advantages of being a carer is that you get in for free at most 'attractions' though I think that I would rather have to pay and not have Mary in a wheelchair. One of the problems of being a carer is that as Mary needs more looking after, I am getting older and finding it harder to look after her as well as I would like to. As Mary can no longer help in the garden I also have that to do as well as the cooking and cleaning and suchlike though. The MS has not diminished her ability to 'supervise' though!!

Mike (Mr Chair)

LATEST DONATIONS – AUGUST TO NOVEMBER 2017

Marie Thornsby (Woodhouse Job Centre) £42.00...Mrs Headleand £5.51...Anon (in memory of Wendy and Peter Winstanley) £20.00...Emily Morgan (indoor skydive) £280.00... in memory of Vashti £1751.29...Liz Vick £1.61...in memory of Wendy Winstanley £124.50...Leesa Gleaves £6.17...Primetals £162.00...Frances Richardson £100.00...David Booth £20.00...Roger Morewood £20.00...Syd and Liz Moyle £331.53...Sheffield Town Trust £1500.00...Friends of Catcliffe £130.00...Sports Direct Parkgate £4.80...Brinsworth Club £9.14...Sally Fellows £8.62...Janet Parkin £21.64...Sainsbury's Dronfield collection £482.65...Gemma Mulcrone (10K run sponsorship) £258.00

CHRISTMAS OPENING HOURS – Just a reminder that the last day the Centre is open before Christmas is Friday 22nd December, and we will re-open Tuesday 2nd January.

Do you have anything for the next newsletter? Whether it's an article you've written, information about a service or activities, a good joke you'd like to share, a rhyme, photos.....anything you think people would like to see....It would be great if you could e-mail it to the Centre or bring it in when you visit so it can be filed ready for the next newsletter. Deadline **is Friday 23rd February 2018**. Don't forget that it's **YOUR** newsletter. Thanks very much and have a fabulous festive season.



And finally...to get you all in the festive spirit (photo sent in by Roger Morewood).

SOME CONTACTS YOU MIGHT FIND USEFUL:

BARNESLEY MS SOCIETY- Tel 07399 876532/ barnsley@mssociety.org.uk

There are a number of things going on here: an Elsecar social group meets occasionally at lunchtimes, various locations to suit members (tel Sue Baker 07399 876532 for more information). A 'Positive about MS' social group meets at the Neurological Rehabilitation Unit, Kendray, Hospital, Doncaster Road on the first Tuesday of each month 7pm-9pm (tel Carol 01226 435853 for more information). A 35+ Group meets at Sheffield Road Baptist Church on Thursdays at 1pm (tel Jean Charlesworth – 01226 247571). A Tai-Chi class is on Wednesday 10:30am-12:00pm at Wilthorpe Community Centre, Huddersfield Road, Barnsley £12 per month (tel John Coggins 07740 470296 for more information). Yoga and Pilates for MS is at Shaw Lane Rugby Club Monday 12:00pm and Thursday 12:15pm (tel 07399 876532).

Also, don't forget that the legendary Skegness Holiday Bungalow is now in their care: it is available all year round and costs from £200 per week or from £99 for a short break. Please contact Trish Wall on 01226 381524 for further details and bookings.

DONCASTER & DISTRICT MS SOCIETY - Tel 0845 0505314. Drop-in every Friday at the Linney Centre, Western Road, Balby – Reflexology, Aromatherapy, Reiki, massage etc. 10:00am-1:00pm. Halliwick Therapy Swimming Sessions every Thursday 11:00am – 12:00pm at the Dearne Valley Leisure Centre, Denaby.

DERBY and DISTRICT MS SOCIETY – Derby MS Activity Centre offers lots of different therapies and activities. Tel 01332 611810, e-mail centre@msderby.org.uk or see mssociety.org.uk/derby.

ROTHERHAM & SHEFFIELD MSC – phone or text 07858 643416 / rotherhamsheffield@mssociety.org.uk. Here for anyone affected by MS, not just members. They hold weekly exercise classes at our centre on Mondays and at Burton Street in Sheffield on Fridays.

NHS Direct 111

Royal Hallamshire Hospital – 01142 711900

MS Nurses (Leave a message) – 01142 712302

Chesterfield Royal Hospital – 01246 277271

Northern General Hospital - 01142 434343

Rotherham General Hospital - 01709 82000

MS Society Helpline – 0808 800 8000 (Free)

Disability Information Service Sheffield – 01142 536745 or e-mail info@disabilitysheffield.org.uk. Gives free confidential advice re disability related issues such as rights, organisations, adaptations, leisure, independent living...

MS Insurance Services – 0800 7833157

FREE computer help for people with disabilities – 0800 269545

Online support groups are growing in popularity, since they are so easy to access and members will have a very varied knowledge and experience of a huge variety of topics and issues. Here are a few that it may be worth having a look at:

- Shift.MS – a social network started to create a positive community and to empower MSers. It focusses on: Reducing isolation and increasing social support, Helping users to acknowledge and actively manage their condition, and Creating a self-sustaining community organisation run by its members.
- The UK MS Support Group – A Facebook group for MSers, their families and carers. This is a ‘closed’ group, meaning that anyone can ask to join but only group members can see any information that is posted
- MS Recovery – A Facebook group which covers areas such as diet, exercise, meditation and relaxation, as well as medical issues
- muMS UK – A Facebook group looking into the possibility of setting up local meetings for members. Contact sarahkmay@hotmail.co.uk



Bradbury House
25 St Mary's Drive
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Rotherham S60 5TN
Tel: 01709 367784

THERAPIES TIMETABLE

Oxygen Therapy sessions are available on: Tues, Weds, Thurs and Fri, various times.

Physiotherapy sessions are available on:

alternate Tuesdays 10:00am – 1:40pm

Wednesdays 9:00am – 4:30pm

alternate Fridays 10:00am – 2:00pm

Osteopathy sessions are available on:

Tuesdays and Thursdays 9:30 am – 3:30pm

Acupuncture available every Friday with practitioner Michelle Esberg, various times.

Counselling with Jennifer South, appointments to suit.

(Please note: the above are by arrangement through the Centre).

Alternative Therapies (massage, reflexology etc.) are available on:

Wednesdays and alternate Tuesdays by personal arrangement with the therapist Cath Willey (07947474622)

Foot Health is available on request and by personal arrangement with the practitioner Deborah Cooke (07706957606)

Hypnotherapy (relaxation) is available on request and by personal arrangement with practitioner Wendy Lowe (07855619567)