

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

AUGUST 2017



A HUGE thank you to the team from the Primetals Sheffield branch for all their hard work making our centre look fabulous!!

Registered Charity Number 700382 Registered Company Number 22151

Multiple Sclerosis Therapy Centre (South Yorkshire) Limited
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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, Paul Richardson, Alwyne Hill, Sally Fellows, Philip Waterworth

Company Secretary: Tam White

Minutes Secretary: Tam White

Therapies on offer:

High Dosage Oxygen Therapy, Physiotherapy, Osteopathy, Foot Health Practitioner, Acupuncture, Alternative Therapies (Massage, Reflexology, Aromatherapy, Reiki, Hopi Ear Candling, Indian Head Massage)

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](https://twitter.com/MSTherapySYorks)

*Please submit all contributions to the next issue by **Friday 27th October.***

FROM THE EDITOR: Hello to you all. I hope you are having a fabulous summer and enjoying the bright sunshine and clear skies that we have been getting some days! And the rain is good for the gardens, so I don't suppose we can complain really. You may have noticed that we've had some changes recently - I am now a member of staff and we also welcome Helen who is coming in to the Centre one day a week as our new volunteer. And you will no doubt have noticed the gorgeous plants and flowers outside the building which look fabulous. This issue we have the usual mix of articles, advice, what people have been up to, and some puzzles to make you think and jokes to make you laugh...hopefully!! Take care and bye for now – Jo.

CHAIRMAN'S REPORT by Mike Jones



Every few months our editor nags me for a report for the newsletter. This can be a right pain at times as I struggle to find things to write about that I know will not be covered by others. I can always do my 'grumpy old man' bit and moan about the diabolical driving habits of other road users, as opposed to my near perfect driving! Or even grovel for more committee members again, but this time I am going to be positive (I think).

The new flower and herb beds are looking really good and the constant watering from above has brought them on in leaps and bounds. We did lose a few of the violas but almost everything else seems to be surviving well. It is nice to see that all the hard work by the team from Primetals has not been wasted. I must admit that I was afraid our local friendly vandals would destroy them but so far so good.

The Centre is still very busy, especially for the Oxygen Therapy, and we now have two external lines for non-pressurised use. Another piece of new kit that we should have soon is an electro-magnetic mat that goes on top of a couch and you lie on it. In all honesty I don't really understand it, but reports by those who have tried it say that it's very good.

Another positive for the Centre is that Jo, who did some volunteering for us, has now become a proper paid member of staff. I wonder if there is any chance of the Chairman getting paid instead of just being a general dogs-body!!!

A fairly short report this time but I have done quite a long article on our cruise and both my brain and my typing finger are worn out now.

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



Hello mi ducks!!! Well, crikey me, it's August and down came the rain again and again and again - Noah had the right idea, an ark is the way forward, either that or swimming lessons!! At least the rivers are in full flow, the dams are looking healthy and as for

green spaces they are, indeed, abundantly green ✓

OMG!!!! Have I got a lot of good stuff to tell you!!!!

We have a very welcomed brand new member of staff – everyone put your hands together to welcome Centre Assistant Jo Speight – Jo has been volunteering for us for a very long time and is already a trained Chamber operator, has helped with fundraising, assisted with general admin and is even your newsletter editor!! Bonus!!! x x

Oxygen therapy for the masses!!! Some common reasons people have given for not trying Oxygen Therapy - Claustrophobia X Ear problems X Need for a toilet stop X Wheelchair won't fit in the chamber X - No , no, no. These reasons are no longer a deterrent to the taking of this therapy. How so I hear you cry???? Normal Pressure Oxygen...it's arrived!!!! We have TWO new Oxygen Therapy lines which operate at Normal Pressure - outside the chamber!!! You may be wondering how that can make any difference when we have always said breathing oxygen under pressure is the **best** way to help heal the body. Well, it is true breathing oxygen under pressure is the best way because the body can absorb up to **5x more oxygen** into the blood stream when taken under pressure. However, any **extra** oxygen intake makes a difference - it helps!!! One of the best analogies I can give is if you go to hospital, because you are unwell or in pain, oxygen is often administered to help eliminate symptoms and improve the condition. This is the same. You breathe medical oxygen through an individual mask which increases the available oxygen allowing for a greater volume of oxygen to enter your blood supply. Because you are seated at the side of the chamber all problems related to being in a chamber are gone. There is no reason why oxygen therapy cannot be beneficial to you. If you have ever been curious about this therapy, if you would like to give it a go - **DO IT** - get in touch, you have nothing to lose and all to gain.

New therapy for the Centre - iMRS Pulsed Electromagnetic Therapy – you lay on a full body mat, use the **iSLRS** sound and light relaxation system and then - that's it - the magic happens! The iMRS Wellness System could: *increase your feeling of wellbeing, aid relaxation, reduce stress, anxiety and depression, relax muscles, and increase energy. It could improve sleep, pain levels, circulation, movement, bone density, immune function and the stimulation of neural cells along with faster nerve cell healing. It could lead to an improvement in cognitive process, help with the rehabilitation and mobilisation after serious accidents or illness. It could accelerate the healing of wounds and injuries, and also counteract the effects of electro-smog caused by mobile phones, computers, iPad and Wi Fi technology. WOW !!!!*

And if that's not enough reason to try this therapy...The blurb: the Electro Magnetic Field is one of the planet's essential forces on which all life depends. Without the Electro Magnetic Field there would be no life on earth. It is as essential to us as oxygen, water, gravity and light - the 4 elements we all understand. Once you begin to understand this 5th essential element and how it can impact on your cells, the building blocks of your body, you can transform your health and wellbeing. Without it, cellular metabolism begins to break down. When the first Russian astronaut Yuri Gagarin returned to earth his body was in a near-critical condition after only 48 minutes in space. Scientists quickly realised that he had left the Earth's magnetic field and when PEMF (Pulsed Electromagnetic Field Therapy) was applied directly to his body he recovered. Since then, all astronauts go to space with PEMF in their space suits and in the space stations. *There you go – cutting edge us!!*

Other therapies are available at your Centre RIGHT HERE, RIGHT NOW:-

Physio, Osteo , Acupuncture , Alternative therapies, Massages, Reiki, Indian head massage, a Foot Health Practitioner, Counselling, Hypnotherapy, Meditation and a Breathworks 'Mindfulness for Health' Course (starting in September). We care about you - mind, body and soul!!! Ring for further information on any of our therapies or to book an appointment.

PRIMETALS – update: we are now the proud owners of some very POSH planters teaming with herbs for your delight and delectation – please feel free to call and take cuttings for cooking, juicing, replanting at home or anything else you can think of. We have some very nice trellis with various trailing plants which are growing well and will eventually create a green wall to create a finished look to our main carpark. The team did a wonderful job in less than a day – stupendous effort and effect, Thank

you all concerned (and *so far* none of the plants or planters have been nicked or defaced !!!). **WEBSITE - work has started on our all new singing, dancing window to the world – Yeahhhhhh!!! – Long way to go yet but it's very exciting**
As always come and see us, join in or observe, chat or sit quiet we don't mind just pleased to see you and if our therapies can help or you would like to suggest a therapy that might help others let us know. You are always welcome. Enjoy your summer love Julia x x



FUNDRAISING... Firstly, can I say a big thanks to all who voted for us in the Sheffield Mutual Charity Award – we did really well but we didn't win the £5000 this time. Sponsored stuff...well, Fletcher's Flyers have done us proud with their parachute jumping – thank you Jane and Derek, daughter Vanessa, and all of the team - so far they have raised a whopping £3945!! How fab is that? And then there are our Dragon Boaters...the team from Beaumont Legal who took part in Doncaster's Annual Dragon Boat Race to raise money for our Centre. A huge thanks to you all, you were incredible. And lots of thanks to Peter Shutt for his amazing coast-to-coast walk...he has raised £627 so far and you can read about his adventures later. Also, donated to the Primetals gardening team were a selection of garden statues and ornaments, which were sold in a blind auction raising a total of £310.50....so many thanks to all of the donors and bidders.

My Collecting Experience - Good morning all...I'd like to tell you about my recent experiences of collecting for OUR MS Centre. I woke up thinking "wish I hadn't volunteered for this" BUT when I arrived at the supermarket, the POINT OF NO RETURN, I took up my position, sat up straight, put a big smile on my face and, in a confident voice, said GOOD MORNING to each and every one who passed. It's amazing how people responded - most people smiled back, some gave generously, some stopped for a chat. It's surprising how many people have friends and family with MS. An old lady told me I had a lovely smile and thanked me for speaking to her as she lived alone and wouldn't be going out again that day. I suppose what I'm trying to say is don't be afraid to go and collect - it's a rewarding task, whether you are sat in a wheelchair or stood, whether you have MS or you are a relative or friend. Please help us in our quest to keep up and running...don't just take out of the pot, put something back in it ... next time we need volunteers please put your name down and try it. It's fun. **Lesley Brown xx**



(Above are Fletcher's Flyers and below are the Beaumont Legal Dragon Boat Racers)



Our Coast-to-Coaster Pete Shutt with his mother Margaret Carter, daughter Mel Shutt, Charles and Angela Cousins, and Neil and Sharon Hussain (see page 9 for Pete's story).

Oxygen Therapy – Just to remind everyone to 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. Thank you.

Website and Facebook – Watch this space!!! You'll soon be able to log into our new revamped website. We're really excited as its long overdue and will be full of useful information. We're also relaunching our Facebook page, so look out for that too and send us a friend's request!

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, to give people an idea about what we are like. A glitzy box or bag will soon appear at the Centre so you can leave any comments for the website. Need some assistance? Feel free to ask.

And here are our Primetals cover stars hard at work – the outside of the building looks amazing now it is awash with gorgeous planters and vibrant colours.



My 2017 Coast to Coast Challenge by Peter Shutt

Day one - all train connections worked out. Left St Bees around dinnertime after dipping my boots in the sea and picking up a stone and a shell, like my bag isn't heavy enough! A good days walking, highest point was Dent Hill. Arrived at Ennerdale Bridge around 6:30 and camped at the Fox and Hounds pub for the night.

Day two - Ennerdale Bridge to Rosthwaite. Stopping at Black Sail (youth hostel) for dinner, classed as one of the most beautiful places to stay in Britain. All facilities available with an honesty box for teas and coffees. Past Black Sail and up Loft Beck to Honister slate works and onto Rosthwaite. Carried on through Rosthwaite village and camped at Stonethwaite which has a pub and a camp site. All you need really!

Day three - across to Patterdale bypassing Grasmere which is just too posh with too many tourists!! Up on to Tongue Gill - lots of waterfalls, lots of thunder and lightning. Worst storm I have been caught on a mountain in! After three hours of torrential rain to get down into Patterdale, I stayed in Alpine mountaineering hostel and dried out. One of the best drying rooms I've used.

Day four - left Patterdale with boots still soaking from day before. Changed socks every two hours to soak the water out of my boots. On route from Patterdale to Shap, I went past Angle Tarn up onto Kidsty Pike, the highest point of the standard walk. Down towards Hawswater and across to Shap Abbey.

Day five - Shap to Kirkby Steven. Across M6 early in the day with pretty straightforward walking, lots of farmland and disused railway tracks. According to Wainwright the best chip shop on the coast-to-coast is in Kirkby Steven, which must be true as the owner comes from Sheffield!

Day six - Left Kirkby Steven and headed to Keld passing the nine standard stones, an invigorating climb past the watershed of northern England which is every bit as wet as you might expect. After crossing a boggy moorland (which is not recommended in the winter) I had to compass down off the top due to mist and fog. On the way down into Keld I had my dinner made by a TV celebrity (she's on 'Countryfile' anyway!). Arrived at Keld early afternoon, too early to stop so continued onto Reeth, only another ten and a half miles so did two days together according to the book. Followed the river Swale, some of the finest landscape in the Yorkshire dales, and camped in a farmer's field just before Reeth. Even had permission to camp there!

Day seven - left Reeth towards Richmond; a straightforward day. Past an old Benedictine priory currently being converted for school trips. On arriving in Richmond met lots of people in clean clothes who didn't smell, so had dinner and carried on to Colburn where the pub allowed coast-to-coasters to camp in their garden providing you bought a meal and drank their beer. Not a problem really.

Day eight - left Colburn towards the A1 where there should have been a tunnel under the road...currently closed for roadworks! Had to detour to an army-style bridge over the A1 to Catterick. A day of mainly farmland with no big hills, and after 10 hours I was happy to arrive at Ingleby Cross, having crossed the A19 just before Ingleby Cross (generally known as the most dangerous part of the walk). Another pub garden to stay in but this time with toilet and shower facilities outside for campers.

Day nine - Ingleby Cross to Clay Bank. Steep climb out of Ingleby Cross where the walk joins the Cleveland way, so a good well-marked path and a good café halfway along. Arrived at Claybank Top, again too early to stop so continued to Lion Inn, along the combined Cleveland Way, Lyke Wake Walk and coast-to-coast walk. The Lion Inn has one of the most expensive menus I've ever seen in a pub! So a couple of pints, put tent up in a nearby field and cooked some pasta.

Day ten - left Lion Inn and went across lots of moorland heading towards Glaisdale, a nice little village, then continued through Grosmount where I saw a Harry Potter train! Onto Littlebeck where I asked if I could stay on a farm, but was asked to stay in their paddock instead of on the farmland!

Day eleven - left Littlebeck on the last day, quite excited to see the sea. Made my way down into Robin Hoods Bay where I dipped my boots in the sea, and threw the stone and the shell into the sea which I had picked up in St Bees, one for each of my grandchildren. The stone and shell are set to confuse geologists in years to come! A pint of beer then a lift home from a friend. Thank you Neil.

So...only a short walk! Just about 10 miles over the standard length of the coast-to-coast walk but sometimes detours are essential!

There are some photos of Peter's adventures at the Centre so have a look next time you're in.

Have you heard of the “**Accessible Sheffield**” scheme? It’s run by Disability Sheffield (www.disabilitysheffield.org.uk/accessible-sheffield) and includes the following:

Access Card - this translates your disability/impairment into symbols which highlight the barriers you face and any reasonable adjustments you might need. It informs providers quickly and discreetly about any support you may need. It can also give you access to things like concessionary ticket prices. Want to apply for one? Go to www.accesscard.org.uk. To qualify as a Sheffield Resident, enter the code DisabilitySheffield towards the end of the form...and hurry as there are a limited number of free cards. For a paper copy of the form contact Disability Sheffield on 0114 253 6750.

Carer Card – is like the Access Card, but this lets providers know about the support you may need as a carer. The card has been designed as a way to recognise and reward carers for the work they do. Disability Sheffield have talked to local shops and services, and many will offer discounts of between 5-20% for carers who carry the card. Again, you can apply online at www.accesscard.org.uk/carers-card/carers-card-application, or by phoning Disability Sheffield.

DisabledGo - works with Sheffield City Council to provide an access guide to 1000 Sheffield venues (shops, restaurants, leisure centres, hotels, parks, and many more). Information can be found on www.disabledgo.com.

(Source: M.S Society Rotherham and Sheffield Branch Spring 2017 newsletter).

*****NEW, EXCITING UP AND COMING FUND RAISING EVENTS!!*****

AFTERNOON TEA



TREASURE HUNT



Keep a look out in your emails and around the centre for details about these exciting, up and coming fundraising events at the centre.

ANYONE TRIED THIS? Whilst on my recent cruise I met a very nice Indian lady who said I should be taking hemp oil CBD. I have not yet tried it but would be interested to hear from anyone who has. Mary.

DON'T LET MS STOP YOU DANCING! By Gary Harding

I've always enjoyed dancing and was one of the few boys at my school who looked forward to country dancing lessons. At university I learned how to jive, but shortly after this, when I was 26, MS reared its ugly head.

The relapses came and the dancing stopped, until....my next-door neighbour (a midwife at Nether Edge Hospital) suggested I go to the International Folk Dancing group she belonged to as she thought it might help me with co-ordination problems I was having with my MS. The group was well-established and used to doing quite complicated dances, but I enjoyed the music and unfamiliar rhythms, and just muddled through the steps, being dragged around the circle or line of dancers most of the time!



It took me several years to get any level of proficiency and I certainly wasn't up to taking part in our annual summer performances at Bakewell Day of Dance and Sheffield Chance to Dance. However, our teacher was very patient and encouraging, and for several years now I have been taking part in our performances. With the unpredictable

variations in my MS, I never know if I will be up to doing a performance, but I can skip the more physically demanding dances if necessary.

For anybody who is interested in learning some of our dances, we are Horo Sheffield and we meet at Ecclesall Parish Church hall (junction of Ecclesall Road and Ringinglow Road) on Thursday evenings 8-9.30pm starting on 7th September 2017. Our group leader is Greg and our website is www.horo-sheffield.btik.com

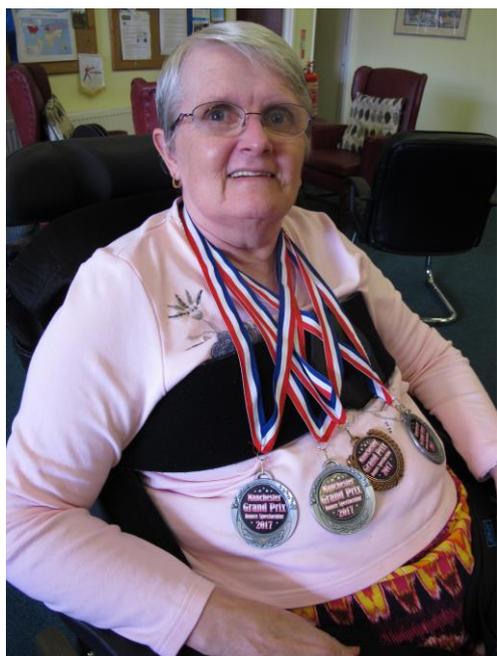
I have also tried wheelchair ballroom dancing (thanks to our intrepid medal-winning MS Therapy Centre member Vanessa). She knew that I did International Folk Dancing and said I should come to the "Wheels in Motion" wheelchair dancing group and try it myself. I told her that I had never done Ballroom Dancing before and in typical no-nonsense Vanessa style, she just said, "You can learn!"



I started going to their Saturday meetings in High Green, Sheffield, last October. I arrived at the Miners Welfare Hall in High Green and met 2 members of the team and support dog Poppy. It was the first meeting of the group since the summer break and I watched as group leader June took the members through a few “warm-up” dances: a waltz, a tango and a barn dance. One couple were using wheelchairs, whilst the other couples consisted of a wheelchair user (affectionately known as a wheelie) and an able-bodied person. The result was a smooth and co-ordinated progression around the dance floor to the rhythm of the music.

After a short refreshment break, I had a go as the able-bodied partner, with teacher Nicola using a wheelchair and talking me through the steps of a swing dance, which I struggled through, let alone doing them to the rhythm on the dance! However, it was very enjoyable and I was keen to try the next dance: a barn dance. Again, poor Nicola had drawn the short straw and I struggled to get my bearings whilst she and the other wheelchair partners expertly manoeuvred into position. This was fun, but harder than it looked when I’d watched the group doing their warm-up!

Then it was my turn in the “hot” seat! After being shown the technique for doing movements such as turns, I tried a waltz with Nicola as the able-bodied partner. I struggled to keep my body straight and use my core muscles to help with the turns and general posture, let alone moving to the rhythm of the music. It is certainly not easy and I have great respect for the wheelchair dancers, who make it look controlled and professional. So why not get out there and don’t let MS stop you dancing! (Thanks to Roger Morewood for photographs)



And speaking of Vanessa...she competed in
Wheelchair Dancing at Manchester recently with the
Wheels in
Motion team – Vanessa
and her team won 3 silver medals
and 1 bronze. Looking good Vanessa !!!

Do you want to be a Record Breaker?!! Have you any ideas for a Guinness Book of Records attempt? The wackier and crazier the idea, the better!! We're looking for group events so we can get everyone involved, or you could try an individual attempt, get sponsorship and raise funds for the centre. So... get your thinking caps on! No idea too absurd!



Did anyone watch the World Para-athletics Championships which took place recently in London?

A huge congratulations to **Kadeena Cox** – What an inspirational young lady! Kadeena was first diagnosed with MS in 2014, and has just competed in the Championships at London. She took home bronze in the 200 meters, silver in the 100 meters and gold in the 400 meters sprints.

Winthrop Gardens is a place of peace and tranquillity and can be found at Wickersley, Rotherham. The gardens offer a sensory and healing space to admire and reflect. A range of reasonably priced bedding plants, perennials, shrubs and climbers are available to buy. There's also a tea room for you to sample their freshly made scones, cakes, hot and cold snacks and a range of homemade items for sale. The sensory gardens are flat and the site as a whole is wheelchair accessible. It is a really nice calming place to spend a couple of hours.

The gardens and café are run by volunteers and are open on Tuesday, Thursday and Saturdays 10.30am – 4.00pm, definitely until the end of October and possibly after this. Parking is available at the site, although many people park on Morthern Road and enjoy the short walk down the lane. Winthrop Gardens can be found at Second Lane, off Morthern Road, Wickersley, Rotherham, S66 1EE.

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!!

Thoresby Courtyard and Hawkes of Steele

For a calm and relaxing day out Thoresby Courtyard and Hawkes of Steel is recommended by Darren, one of our members. There are shops around a courtyard which offer ladies fashion, jewellery, homeware, gifts and crafts, along with a museum. You can watch as items are being made from glass, sample infused vodkas and buy locally farmed beef and game products. Or just sit and watch the world go by with a pot of tea and a cake! For more information, visit www.whatsonatthoreseby.co.uk

The nearby Hawkes of Steele offers bird of prey and meerkat experiences. Darren's meerkat experience involved a talk before the meerkats were brought out and introduced one by one, then he was given some food which the meerkats ate from his hand. Darren got very close to the meerkats when they came up to his face and had a good look inside his mouth! The little devils also removed his phone from his shirt pocket and tried to get up his trouser leg before laying down on his arm and going to sleep (the animals at Hawks of Steele are rescued and love lots of attention).

Sensible clothes and shoes are advisable - no skirts or open trousers, and sandals may mean your toes get nibbled! Darren says the day was amazing, and he dreamt that night of meerkats! Want to give it a try? Parking is free and there's disabled access in all areas. And if you're planning an event yourself, they can even arrange for the birds or animals to come to you. For more information, visit www.hawkesofsteele.co.uk.

Need some advice about benefits? Disability Sheffield runs a benefits advice service for people with MS. Keith Campbell is available on Tuesday afternoons and Friday mornings - phone him on 0114 253 6774 or e-mail msbenefits@disabilitysheffield.org.uk. There are also many websites that provide a calculator so that you can work out what you can claim. These can be found in gov.uk, ageuk.org.uk, and turn2us.org.uk. It will take about 30 minutes out of your day but could be worth it.

Something else that people are often unclear about...if you have had your home adapted for a disabled person you can claim a rate rebate. This could be just one room like putting a toilet downstairs or changing the bathroom into a wet room. If you have made any changes it is worth phoning the council.

Mindfulness for Health is an eight-week course that will be starting on Friday 8th September. You can learn Mindfulness in a small friendly group, which will involve developing strategies and approaches to help ease your pain, fatigue and associated stress. The course will be led by Philip Waterworth, an accredited Breathworks mindfulness teacher, and the fee is £150 which includes a handbook and audio CDs or MP3 files.

Interested? Contact the Centre to find out more.

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

What a Muddle!!

A puzzle with a bit of a Summer feel to it. Unscramble the words – they’ll remind us all what we enjoy about it! Answers are on page 21.

- | | |
|---------------|---------------|
| (1) EBRISER | (11) CNPCII |
| (2) GGNDIRNAE | (12) BBUQRAEE |
| (3) CKIERCT | (13) SISMTWIU |
| (4) TAUHSN | (14) ILHYODA |
| (5) LDNSAAS | (15) ACPNGMI |
| (6) DEISSAE | (16) EFLRSWO |
| (7) SNMMIGWI | (17) NEIUNSHS |
| (8) CEI RCAME | (18) GIBHTR |
| (9) PINSRLREK | (19) EGXINARL |
| (10) NFDSIER | (20) YAZL |

Many thanks to Westfield Health whose donation of £5000 went towards our fantastic new Thera Trainer. Their chairman Graham Moore paid us a visit to see how it works. It is absolutely fab and available to everyone so come along and give it a try.



And a big thank you to Alwyne who has been our D.I.Y. hero, converting the reception door into a 'stable' door and doing lots of general fixing around the Centre.

LATEST DONATIONS MAY TO AUGUST 2017

Premier Stores £24.61...Zac Merton £1500.00...Ann and Philip Wheatley £100.00...Anon £500.00...Wendy Winstanley £15.27...Hallamshire Motor Club £29.04...Joan Hudson & Redwood Friends £100.65...Vicky Ramsey £10.32...Steve Bradwell £69.85...Sally Fellows £8.16...Jane Fletcher (skydive sponsorship so far) £1379.27...Phil & Ann Whiteley £100.00...Mr & Mrs A Smith £30.00...Sprotborough Country Club £25.55...Bill & Connie Holleley £20.00...Chris & Richard Frost & 7.30...Vicky Ramsay £5.81

A CRUISING WE WILL GO – by Mike and Mary

Here we are back home again after another cruise. This time we were on a larger ship than usual (3000 passengers instead of our usual 2000) and personally I prefer the mid-sized ships that we normally travel on. There was no one thing that was worse, just several smaller things that were not as good. On our usual ship, Aurora, we like to take a turn round the deck a couple of times a day. This was not possible on this ship, Ventura, as the 'prom deck' did not go all the way around the ship without climbing a set of stairs, which is not good with a wheelchair. On Aurora there was a dedicated cinema with several showings of a film during the day, but on Ventura there was only one showing per day in one of the entertainment venues and this always clashed with a craft activity that Mary likes to take part in. Before dinner we like to have a cocktail as a bit of a treat (Mary was trying to work her way through the whole list!!) but there was no small intimate bar like on Aurora. In this case bigger was not necessarily better.

As we had booked this trip later than usual (you need to book early to ensure an accessible cabin) we had booked an inside cabin which we had not done before. I must admit that I was pleasantly surprised at how big it was and how little I missed not having a window. There was lots of cupboard and wardrobe space, and ample room to manoeuvre the wheelchair. There was also a good sized wet-room complete with a proper pull-down seat in the shower.

We had booked a 2 week cruise to the Canary Islands (we didn't see a single canary in the whole fortnight!!) and the first port of call was at Madeira. Apart from cake and wine, Madeira is famous for its basket toboggans which go for about 2km down one of the steep streets in the town. In our three previous trips to Madeira Mary had always been told that the toboggan run was a 'no go' because of the wheelchair. As it was a nice day we came ashore anyway, went along the sea front till we came to the cable car to the top of the town and decided that we might as well take it to the top, have a coffee, and see the view. The queue was huge but for once the wheelchair was useful as one of the attendants saw us and took us straight to the head of the queue. Unfortunately the café was on the side of a steep hill and was not accessible. Whilst looking about aimlessly we were approached by a Taxi driver.



We explained that as we couldn't do the toboggan run, we just wanted to go back down again. He told us it would be possible to organise for a mere €40, so we thought we would give it a go. It was money well spent. By putting the taxi in the middle of the road we were able to transfer Mary into the passenger seat and the wheelchair was put in the charge of the cable car people. Down the road for about ¼ mile to the start of the run, part

with €30, then two fit blokes got Mary out of the taxi and into the toboggan, where I joined

her. Off down the hill with the two blokes steering from the back till we got to the finishing point. Bought a photo for another €10 and re-joined our waiting taxi to reverse the whole process. This was a fantastic experience, especially for Mary, who can now cross that off her 'bucket list'. We then did La Palma, Tenerife, Gran Canaria and Lanzarote before turning north for our last stop in Lisbon.

Lisbon was the only place where we had actually booked an organised tour in an accessible vehicle. There were two other wheelchair users in the mini bus and when everyone was all strapped in we set off. A 15-minute journey took us to the river where we joined a very nice riverboat (fully accessible) and after about four busloads off the ship we proceeded down river and under the 'Golden Gate Bridge'. Obviously it wasn't the real Golden Gate Bridge but one that had been built by the same company and from a distance it looked the same. The boat trip took about 1½ hours with soft drinks and snacks provided before returning to the starting point. We then re-loaded into the mini bus for another 1½ hour trip round Lisbon before returning to the ship. We barely scratched the surface of Lisbon's sights in the time that we were there and I would certainly like to spend more time there in the future. I was up on deck when we sailed and passed under the 'golden gate bridge' and the clearance between the ship and the underside of the bridge was only 10m.

Even though it wasn't the most exciting cruise that we have been on, the couple of highlights made it worthwhile. The other really good thing about the cruise was no cooking, no cleaning, no making the beds, entertainment laid on and 18 square meals a day!

Our Xmas cruise will be on the same ship in a balcony cabin and is the same itinerary but in the opposite order. This means that we finish up in Madeira on New Year's Eve where they have a fantastic firework display. Let's just hope that our balcony is on the correct side of the ship!

WHAT A LAUGH!!

- ♠ A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, 'I'm sorry, only one carrion allowed per passenger.'
- ♠ Two fish swim into a concrete wall. One turns to the other and says, 'Dam!'
- ♠ Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

- ♣ Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'
- ♣ Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.
- ♣ There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

The Senility Prayer: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference!

They weren't in my pocket. Suddenly I realised I must have left them in the car. Frantically, I rushed to the car-park. My wife has berated me many times for leaving my keys in the cars ignition.

She's afraid the car will be stolen. As I look around the car park I realise she could be right. The carpark was empty, I immediately phoned the police. I gave them my location, confessed that I had left the keys in the ignition and that it had been stolen.

Then I made the most difficult call to my wife. "I left the keys in the car and now it has been stolen." There was a moment's silence. I thought the call had been disconnected, but then I heard her voice. "Are you kidding" she shrieked, "I dropped you off!!"

Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me". She retorted "I will as soon as I convince this cop that I didn't steal your damn car!!"

Welcome to the golden years.....

Puzzle Solutions: (1) BERRIES (2) GARDENING (3) CRICKET (4) SUNHAT (5) SANDALS (6) SEASIDE (7) SWIMMING (8) ICE CREAM (9) SPRINKLER (10) FRIENDS (11) PICNIC (12) BARBEQUE (13) SWIMSUIT (14) HOLIDAY (15) CAMPING (16) FLOWERS (17) SUNSHINE (18) BRIGHT (19) RELAXING (20) LAZY

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 **October 27th**. Don't forget that it's **YOUR** newsletter. Thanks.



Do you have a complaint about the NHS?

Do you have a complaint about the NHS in Sheffield? VoiceAbility NHS Complaints Advocates can help if you or someone you know has not had the care or treatment you expect to receive from the NHS and you want to complain.

What is NHS Complaints Advocacy?
Complaints advocacy is a free, independent and confidential service commissioned by Sheffield City Council. We can provide you with information and practical support to assist you with making a complaint. Advocates can help you with drafting letters of complaint, attending meetings about your complaint and can assist you to progress your complaint.



For more information, please contact our helpline on 0114 4070081 or visit our website www.nhscomplaintsadvocacy.org

SOME CONTACTS YOU MIGHT FIND USEFUL:

BARNSLEY 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



Self-help is our way of action

Bradbury House
25 St Mary's Drive
Catcliffe
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)