

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 2018



A big thanks to staff at Beaumont Legal who raised money through the Manvers Dragon Boat Race.

Registered Charity Number 700382
Registered Company Number 2215138

Multiple Sclerosis Therapy Centre (South Yorkshire) Limited
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Website address: www.mstherapysyorks.co.uk

Telephone Number: 01709 367784

Manager: Julia Conlan-Greaves

Centre Assistants: Judy Jones, Tam White, Jo Speight

Opening Times:

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

Committee Members:

Chair (Acting): Helen Rodgers

Vice Chair: Sharon Eccles

Treasurer: Craig Hardman

Members: Sharon Eccles, Sally Fellows, Kevin Groundwell, Alwyne Hill, Shakira Hussain, Mary Jones, Mike Jones, Gail Morgan, Helen Rodgers, 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), Counselling, Hypnotherapy.

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 October 27th 2018.***

FROM THE EDITORS:

A big hello from the new joint editors Sally Fellows and Leesa Graves. This is our first newsletter and we hope you find it informative and fun to read. 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 us.



FROM THE CHAIR by Mike Jones

Ex Chairman's Report

By now most of you will be aware that I have resigned as Chairman. I was intending to retire at the next AGM but I decided that it would be better if I brought it forward to the committee meeting just gone instead. This was not a decision that I made lightly and there were several reasons that led to my final choice. One of my major issues is the current trend of having to 'cover our backs' with reams of paperwork in case of litigation. I have lived in a time when slipping on a pool of water was your own stupid fault for not looking where you were going rather than seeing who you could blame for it. Hot water came from hot taps and it wasn't necessary to have warning notices. I suppose the next step will be warning notices that there is a danger of the water being wet!! I think that "Health and Safety" has gone a bit mad.

Maybe I am getting too old and can't keep up with modern technology. Maybe after 10 years it is time for someone else to step up to the plate and introduce some fresh ideas. In my opinion there is so much time and effort going into the 'blame culture' scenario and all of the associated paperwork that we are in danger of losing the point of what we stand for. I shall now get down off my soapbox and wish the best of luck to whoever succeeds me.

Mike Jones.

If there is anyone who might be interested, or would like more information on the Chairman's role, please contact myself or Julia.

MANAGERIAL AND FUNDRAISING by Julia Conlan-Greaves

HI TO YOU ALL!!!!

Well, crikey me!!! Look at us!!!

New Chairperson (well acting Chairperson at the moment) but there is an opening for a New Chairperson so if you are interested it could be **YOU!!**

New Newsletter Editors - Girl power!!! I think you will agree they have done a mighty fine job – thank you girls.

New Event for September!!!! Which may be a one off but if it proves popular could run again for many years.

It's all happening isn't it!!!

Well, truth be told, it's not **ALL** happening here because we still haven't got a willing friend who will come and cut our grass, even though we **DO** have the choice of **TWO** fabulous donated lawnmowers to choose from. Please - if anyone could donate an hour of gardening time to help us we would be so grateful - with an hours gardening here and an hours gardening there it wouldn't take long before our garden looked less like wasteland and more like a loved welcome space which will make a massive difference.

So.....Please, if you could?? There is of course some awesome remuneration if required - you can have unlimited tea, coffee, cake and biscuits, we could even give cash if you so desire!!!!

Really important other stuff...

Noticeboard news -

Price change – As from August 15th there will be a rise from £6 to **£8** for your second or consecutive Oxygen Therapy sessions to be taken in any one week. **Your first session remains at a very reasonable (cheap) £10**

Physio Appointments – don't forget, if you would like to be added to our waiting list for a regular physiotherapy appointment, or if you would like to take advantage of an ad-hoc occasional physiotherapy appointment – **let us know, we will help where we can.**

As usual there are lots of things happening here besides our therapies including our massive community collective jigsaw - drove people crazy but they loved it, another to come. And the constant sale of some rather fab clothes, shoes and curios, alongside books and CDs by the score. There is always an eclectic mix of people creating some very entertaining conversation and, yes, we do have cake (and healthier options) and teas of every kind and good coffee - but we are so much more than that!! Don't believe me - come and see for yourself - You will always be very welcome - Love, hugs and laughter - Julia x x

That was short for me wasn't it? It's because I want to tell you about our

brand new September event... **Go For It!**

Health, Happiness & fitness

We will support you – *You can support us*

For one whole month

You, Family and Friends

Can get involved, get sponsored and achieve your goals

Who? Everyone! No-one is excluded from this - we have cards for hand exercises, wheelchair yoga, even eye exercises!

What? is this craziness – it can be a personal goal or a collective ambition. It may be something really important to **YOU**, e.g. making yourself stand for 1 minute 5 times a day, giving up carbs, or joining with your family to do a sponsored walk around a park, or creating a Centre team to play darts or curling (yes we have a proper carpet curling set at the Centre).

When? is this happening – September 1st is the start of the event but you can make your change last for one hour, one whole month or for the rest of your life...you decide.

Where? are we supposed to do this – Here, there, everywhere and anywhere - you choose your challenge, you choose where and when.

Why? Because you would be crazy not to – take stock of your current lifestyle and choose one (or more) of those niggling things that you feel you should change but never do – and change it. **YOUR LIFE, YOUR CHOICES!**

Me, I am spoilt for choice on the things I could give up - I drink far too much (very strong black unsweetened) coffee every day, survive on carbs (love, love, love bread), devour chocolate and cake whenever available..... hang on a minute it, I've never noticed before but it seems to be that most of my diet can be coved under a 'C' word!!! (ain't that the truth!).

It's not all about giving things up. You could start something new – drink more water, achieve your 'fruit and veg '5 a day'', do finger, arm or leg exercises, or use our measured track at the Centre to complete a 5k track in your own way!!

5k too much? Then add every step you do at the Centre to ours to help us complete.....

The National Three Peaks Challenge - walking the three highest peaks in Scotland, England and Wales.

The three peaks are:

- Ben Nevis / Beinn Nibheis (1,345 m or 4,413 ft), the highest mountain in Scotland.
- Scafell Pike (978 m or 3,209 ft), the highest mountain in England.
- Snowdon / Yr Wyddfa (1,085 m or 3,560 ft), the highest mountain in Wales.

A total walking distance of **23 miles** (37km)

'HOW CAN WE DO THAT?' I HEAR YOU CRY. Easy!!!! Well, not exactly easy – but we can!!

Some 'brilliant' person did a step count on completing this challenge and the count is **79,864 steps**

We can do that easily within the Centre

How can you be on this winning team? Register as one of our 'walkers' and count your steps in the Centre throughout September - EACH step will take us nearer to EACH summit. So, if you follow our trail round the Centre or take 4 steps with our physio they will all count.

We will have badges and everything when completed!!

(Step count information - Fitbit Charge HR that measured 54,046 steps for the Saturday, which included Ben Nevis and the majority of Scafell Pike, and 25,818 steps for the Sunday, which was the remainder of Scafell Pike and the entirety of Snowdon. In total for the challenge the Fitbit Charge HR was the most accurate in terms of actual steps walked).

The main aim of this event is to re-evaluate some choices, make a change, have fun, try new things and raise some money to support our therapies which really are proven to help a lot of our members. You could do a sponsored walk for us, a bake off/bake sale in your own kitchen, come to the Centre for the first time or your usual time - there will be loads going on - table games and games to improve your mind, some scheduled events like curling and possibly drumming!!! We have the exercise equipment, a distance marked track, exercise sheets for everyone, we have 'drop a £1 in penalty boxes' in case you are supposed to be giving up cake/carbs/swearing/ whatever you choose and have a little relapse. YOU CAN BE AS INVOLVED AS YOU LIKE - Embrace it, ignore it - over to you !!

Go for It!!!

Health. Happiness & fitness

We will support you – You can support us

for one whole month

You. family and friends

Can get involved. get sponsored and achieve your goals

September 2018



SUPER HERO

AFTER I HAD FINISHED MY REPORT AND LONG BEFORE IT GOT PUBLISHED LOOK WHAT OCCURED !!!!! THANK YOU THAT MAN - YOU KNOW WHO YOU ARE

A HUGE thank you to our cover stars, the Beaumont Legal staff who have once again braved the Dragon Boat Race to raise money for us. Here's how the day went for them... 'Whilst we didn't win the race, we did do enough to get a place in the Ladies Final. However there was a football match of most importance on, so some folk left early to watch it and we didn't have enough rowers to compete but I'm sure if we had competed, we would've won! Sadly, we didn't win the fancy dress either, although Gary did dress up as Cruella de Ville. The winners of the fancy dress were an Autism charity and they had gone all out dressed up as Vikings and were worthy winners. Besides, we need to let someone win every now and again!!' (Francesca, Beaumont Legal).



Cannabis for MS

(information taken from the MS Society's Website)

On the 26th July 2018, the Home Secretary confirmed that the government will make Cannabis derived medicinal products available in the U.K. This news comes following a recommendation from the Advisory Council on the Misuse of Drugs (ACMD) that Cannabis derived products should be prescribed by clinicians. In theory these products should be available to be prescribed by Autumn but there is no information as of yet as to how the system will work.

Evidence clearly shows that cannabis for medicinal use can help people with MS to manage pain and spasms. It is crucial that people with MS, who could benefit, are able to access cannabis-based medicinal products when they are available.

The Government must now begin working to develop a framework and clinical guidance that allows the safe prescribing of cannabis-derived medicinal products. We'll continue working to ensure people with MS who could benefit will be able to access this vital treatment.

Spread the word – Let people know we are here!!!



Please - when you next have an appointment with your GP, or at the hospital, Health Centre or Dentist, or go to a craft or fitness class...would you take our information leaflets and help spread the word? Your help would be very much appreciated.
Your centre needs you.

DID YOU KNOW?????? **If you have an Ebay account you could sell an item and donate to our charity AND it's easy.** If the item sells, automatically payment to cover postage will go into **your** Paypal account and payment for the item will go straight into **the Centre's** Paypal account. AND if you are selling to benefit a charity in this way you are exempt from seller fees.

All you have to do is:

- Login to your e-Bay account as usual.
- Click 'Sell' and write your listing.
- At the end of the listing you will see the option 'Make a Donation'. Tick the box.
- From the drop-down menu select the percentage you want to donate to charity.
- Then click to select us - **Multiple Sclerosis Therapy Centre (South Yorkshire) Ltd** as a beneficiary.

That's it! A short description of our charity will appear on your listing, along with the 'charity ribbon' icon below:



David Hadfield



It is with great sadness we report the death of David Hadfield, a long-standing Centre member, who died unexpectedly in June. David was an avid football fan and Sheffield United supporter. He would often attend the home games to cheer them on. He would surely have loved to have seen England do so well in the recent World Cup.

David had previously worked as an area manager for the Ratner jewelry chain and also behind the bar at the Millhouses pub. He was a great joker, once dressing up as a beauty queen and winning Miss Millhouses 1993!

David was very committed to the Centre and regularly took part in the supermarket collections with his dad Alan. Together they raised thousands of pounds for the Centre over the years.

David lived with his parents Angie and Alan and is survived by them and his brother Tony. Our heartfelt sympathies go out to them as David was much loved and will be very sadly missed.

It was with grateful thanks that we accepted the family's decision to ask for a donation to the Centre in lieu of flowers at David's funeral

Their generosity and kindness raised **£466.88**

Primetals

A very big thank you to 'Primetals Technologies Limited' Rotherham and Cheswick Branches, who selected us as their charity for 2017–18. Their help and support has been an enormous boost to us, not only financially but in many other ways. They helped us to create and launch our brand new vastly improved Website, bought us new laptops and provided training in many aspects of IT, finance and administration. And in our garden, they created a series of raised beds filled with herbs and flowers, fenced the boundary of our car park and made us look 'finished'

Thank you to you all... working with you has been fun, informative, invaluable and very much appreciated.

LATEST DONATIONS

(Up to 10/08/18)

Di Antcliffe £5.40, Jim Ashby collection box £60.78, Steve Bradwell £9.95, S & L Moyes £8.56, ANON £500, Lucy Scriven £249.50, Sally Fellows £8.61, Margaret Wilson £18.12, Carol Thomas £100.00, Don Axon £68.00, Audrey Fisher £50.00, Sprotborough Country Club and Julie Glover £35.26, Leesa Glaves £10.53, £14.88 Audrey Collier collection box £14.88, Pat Headland collection box £3.97, Vicky Quinn collection box £5.82, Lucy & Sarah Scrivens £131.90, Emily Morgan collection box £7.73, Beaumont Legal £309.14, Shakira Hussain £130.00

Queen Victoria and Johnson Memorial Trust £1,000

Sheffield Church Burgesses Trust £2,000

The Zachary Merton & George Woofindin Convalescent Trust £2,500



With your help – with your tick in the *giftaid it* box we have received the magnificent sum of **£17570.39** back from the tax man for 2017

Thank you one and all!



Leave a Gift in your Will

Make your legacy.....Please consider leaving us a gift in your will safe in the knowledge that every penny makes a positive difference in people's lives. No matter how large or small, by leaving a gift to the MS Therapy Centre (South Yorkshire) Ltd, you would be helping us to continue offering therapies and support to our members in the present and in the future.

You can add a charitable gift free of charge when you write or amend a Will, and leaving a gift to us could have benefits for you, as it reduces your Inheritance Tax bill.

iMRS2000 : PERSONAL EXPERIENCE - ONE YEAR ON

As told by Carole Boner and Stuart Boner 30 July 2018

1. BACKGROUND.

We became aware of the concept of PEMF (pulsed electromagnetic field) and its claimed benefits, trawling the internet looking for treatments that might help Carole with her MS symptoms. Specifically, Carole suffers leg spasms, fatigue, jumpy legs and lower back pain. Over the years we have tried various other therapies and pain killers with little success. PEMF appeared to have a growing body of support claiming it had helped many in coping with chronic illness and painful conditions. From the outset, we were clear PEMF is not a cure for MS, rather it is a therapy that reduces inflammation, promotes healing and generates a feeling of wellbeing. Further internet research suggested that of the various manufacturers of PEMF equipment, the iMRS2000 is built to a high standard and generally well regarded by those in the industry.

In July 2017 we took delivery of our iMRS2000 package, initially on a one month trial. Subsequently we decided to purchase the set adding the iSLRS sound & light facility.

2. USAGE.

At the start we were enthusiastic users of the equipment. Carole used the mat 3 - 4 times per day, initially 8 minute sessions on low intensities. Most mat sessions were followed by a pad session where Carole either sits on the mat, or places it behind her lower back; targeting the area she suffers pain. Occasionally she also uses the probe on areas like her knee where she suffers quite sharp pain, especially after hard physio' or exercise sessions.

Over time the number of daily sessions has reduced to more like 2 - 3 per day but, we have extended these sessions to 16 minutes and increased the intensities for the morning sessions. The iSLRS is not so well used as if Carole uses it in the evening she finds it keeps her awake, as do high intensity mat sessions. However, Carole does use it on the red light setting prior to physio' or extended exercise as she feels it increases her energy levels.

Stuart also makes use of the iMRS. He does a little bit of running which can result in joint and muscle injuries and pain. He finds a session on the mat, or more directly with the pad on an injured area, results in a quicker recovery often feeling much better by the next day. Quite the opposite to Carole he finds the iSLRS system very relaxing and easily falls asleep when using it.

3. SO HAS IT BEEN WORTH IT?

The iMRS200 is an expensive piece of equipment. We would strongly advise anyone who is thinking of buying it to try the set at the Centre a few times and/or take it on a month's trial as we did. We say this because in our experience different people react differently to the effects of PEMF. To get the full benefits, it takes a lot of effort to get into a daily routine of using it up to 3 - 4 times every day, this is quite a commitment. Carole has felt less fatigued during the day since she began using it. It does seem effective in reducing inflammation and pain for acute conditions such as injured muscles, sore joints, bad backs. This can happen with just one or two focused higher intensity sessions.

We continue to use our iMRS2000 on a daily basis because we think it is helping

Carole control her symptoms. Moreover, we have now got organised so we take it on holiday with us. It seems the long flight and sitting around on sun loungers aggravates Carole's lower back pain. She finds a couple of short mat sessions eases the back pain, not something you want on holiday.

We are in the Centre usually twice a week so if anyone wants to know more, just ask.

MONEY MONEY MONEY!!

The Centre now accepts Direct Bank Transfer payment for therapies and treatments - CAFBank, Sort Code 40-52-40, account number 00008236. Easier for you. Please give your payment a reference such as Oxygen Therapy or Physio. Ask staff for more details.

The continuing saga of the Jones household

When last I put finger to keyboard there was quite a lot of snow on the roads and the drive. Hard to imagine now, with the thermometer at 28C. As usual we are never satisfied with our weather; too hot, too cold, too wet or too dry but never quite perfect.

After the NHS care package finished (about 5 weeks) we were told that the future care would be provided by a local firm based in Mosborough and at the same time the Social Services would assess our income to see what we would have to pay. The intimation was that it wouldn't be a lot and that they would let us know in due course. As we had decided, we had two carers in the morning to get Mary out of bed and washed, and I managed the rest of the day. This worked well and the carers were all nice and did a good job, and I started to relax. What a mistake

that was. After about 7 weeks we had the first invoice from Social Services to cover the first 6 weeks which was for just under £600.

At this point we decided to have a re-evaluation of things. Whilst £100 a week is probably a reasonably fair figure for what was being provided I couldn't help but feel that £100 a week would be better in our bank account than theirs. To complicate things, two years ago we had booked a 25-day cruise to USA and Canada and up to June 1st I could cancel with very little loss of cash. If we went on the cruise I would have to manage Mary on my own anyway so we decided to cancel the carers. We have since had another invoice for £500 and I think that there is still about £200 to pay. It is now 5 weeks since I started on my own and after a bit of a shaky start I now feel confident that I can manage on my own. This will undoubtedly change in the future but for the time being I am coping.

Having made the decision to go ahead with the cruise it was now time to sort out the insurance. We normally pay about £350 to cover the two of us and the first quote I got from our usual insurers was just under £1800. As soon as you mention blood-thinning tablets and a stroke (no matter how minor) in the last 3 months the prices just rocket up. With the aid of the internet I got down to £800 but the cover wasn't quite good enough bearing in mind that we were going to USA. Julia said "why not try the people you booked with?" so I rang Bolsover Cruise Club to find that they have a tie up with P & O and Holiday Extras and we have finished up with decent cover for the two of us for £1065. It is still a lot more to find but as this might well be our last cruise we decided to 'go for it'. We have also booked a shower/commode chair from a firm in Southampton called Disability at Sea who deliver to and collect from your cabin for another £300. As I write this article it is just 8 weeks before we go and we are really looking forward to it.

Mike

Shakira's 28th Birthday Walk



On Monday 2nd July I walked 15 miles around Sheffield to raise money for the Centre. I asked family and friends to donate money instead of a present. 45 minutes into my walk I was flagging and thought that I had set myself an impossible challenge but I managed to pull through and complete my walk in 6½ hours.

Currently I have raised £103 and counting, as I am still encouraging people to give me their pennies. I have also asked people to donate online though the Centres Facebook page.

Thanks so much Shakira from us all, you are a real star!!

Centre Parking

Please be courteous to others when you are parking. If possible, drop the person having therapy off then park in the bottom car park. Make sure you don't park too near to, or opposite, our drive – it makes it really difficult for the buses to get in and out. Your help would be appreciated.



Oxygen benefits – Mary

Does oxygen help?

For those who don't know me I was diagnosed with secondary progressive multiple sclerosis in 1998. Over the years this has become primary progressive and I have tried many and varied treatments including oxygen. Last December I was at the stage where I could stand, weight bear and shuffle to transfer onto the bed/chair etc.

This all changed in January when I had a brain stem stroke. As strokes go this was minor, affecting only my swallowing. However, I couldn't get through to the physio that my lack of sitting balance had been bad for 3 years and had nothing do with the stroke. This resulted in me spending the best part of 5 weeks in bed and being hoisted everywhere. As you can imagine this didn't do my legs any good and any weight bearing I had was gone.

After I came home and resumed normal life it was suggested that I try oxygen again. There were several members at the centre who had had strokes and they were benefiting from oxygen treatment so I gave it a try. When I was part way through my first session (sitting outside the chamber) a physio slot became available and I took it. Tanya had me standing in the wooden frame and I managed very well for 20 minutes. I continued with the oxygen, sometimes twice a week, and standing in the frame with physio. Unfortunately, I never managed a perfect stand (always with my knees bent and pressed together.)

After about 6 weeks I managed a perfect stand with legs straight and knees apart. I stayed in this position for 20 minutes and hope this improvement continues.

Unfortunately, this hasn't continued which could well be due to hay fever and the hot weather both of which make me tired and all I want to do is sleep!!

Hopefully, this will improve.

Mary Jones

RECIPE



APPLE FRUIT CAKE

Ingredients

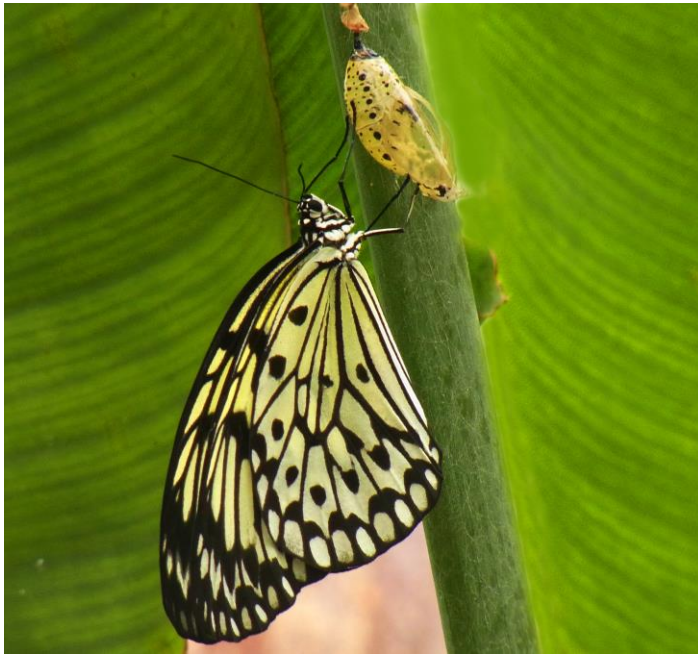
1lb/450g cooking apples	6oz/150g sultanas
Water	2oz/50g peel
½ lb/225g plain flour	2oz/50g raisins
1 level teaspoon bicarb of soda	2oz/50g chopped walnuts
1 level teaspoon of powdered cinnamon	2oz/50g chopped crystallised ginger
½ level teaspoon mixed spice	5oz/ 125g butter
½ level teaspoon ground ginger	6oz/150g soft brown sugar
Rind of 1 lemon, finely grated	2 eggs
Caster sugar for dusting	

Method

- Preheat oven Gas 3, Fan 170°C, 325°F
- Grease and line an 8 inch round or 7 inch square cake tin.
- Cook apples until quite soft using a minimum of 1 to 2 tablespoons of water. Sieve or liquidize and leave to cool.
- Sieve together flour, bicarb of soda, cinnamon, mixed spice and ground ginger. Add sultanas, peel, raisins, walnuts and crystallized ginger and mix

together.

- In another bowl cream together the butter, soft brown sugar and finely grated lemon rind. Beat in the eggs.
- Fold in dry ingredients alternately with the cooked apple. Place in tin. Dredge top with castor sugar and bake in the centre of the oven for 1¼ hours, or until a skewer comes out clean.
- Leave in tin until cold, wrap in foil to store in airtight tin.



This summer has been exceptional so far. This is the time of year when insects and butterflies are abundant. This one is a White Tree Nymph, it is more common in Malaysia and has beautiful black veins and transparent white wings. Thanks to Roger Morewood for the photo, taken at North Anston Butterfly House.

Diane's 50th Birthday Challenges

To celebrate her 50th birthday Diane Toop is completing 5 challenges to raise money for us!!! Running the LONDON MARATHON in April.....doing a WING-WALK in June.....**CLIMBING BEN NEVIS IN AUGUST**.....a COAST-TO-COAST CYCLE in September.....and the Bridlington HALF-MARATHON in October!!! Go girl, you are amazing!!! PLEASE show your support by sponsoring Diane – there are forms around the centre or you can sponsor her through Justgiving (www.justgiving.com/fundraising/diane-toop1)



Did you know....?

Did the recent hot weather floor you? Did your balance, energy levels and functional ability absent themselves until it cooled down?

Well, this has a name - Uhthoff's Phenomenon! (pronounced Urtoff)

Wikipedia describes this as:

'Uhthoff's phenomenon (also known as Uhthoff's syndrome, Uhthoff's sign, and Uhthoff's symptom) is the worsening of neurological symptoms in multiple sclerosis (MS)

and other neurological, demyelinating conditions when the body gets overheated from hot weather, exercise, fever, or saunas and hot tubs. It is possibly due to the effect of temperature - nerve impulses are either blocked or slowed down in a damaged nerve but once the body temperature is normalized, signs and symptoms may disappear or improve'.

Wilhelm Uhtoff was a German ophthalmologist who in 1890 noted that his optic neuritis patients experienced worsening symptoms when overheated, which he thought was due to physical exercise.

However, over the years this has been recognised as a recurring event in neuro patients getting too hot as described above.

So now we know!



JOBS FOR THE GARDEN

AUGUST

- Deadhead flowering plants to encourage new buds.
- Don't neglect pots and hanging baskets. Feeding and watering will help keep them looking good well into the autumn.
- Keep ponds and water features topped up.
- Harvest vegetables as they ripen.

SEPTEMBER

- Start to reduce the frequency of houseplant watering.

- Clean out cold frames and greenhouses for use in the autumn.
- Keep up watering of any new plants.
- Plant spring bulbs.

OCTOBER

- Move tender plants into the greenhouse or conservatory.
- Mow lawns and trim hedges for possibly the last time.
- Cut back perennials that have died down.
- Plant spring/winter bedding plants in prepared ground or pots.

NOVEMBER

- Clear up fallen leaves especially from lawns, ponds and beds.
- Protect tender plants from early frosts.
- Apply an autumn mulch to protect plants and improve soil condition.
- Put out bird food to encourage winter birds.

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 27th October 2018.

DON'T WASTE TIME

We all have a limited time on earth
Think for a while to take stock
So use that time for it's worth
Enjoy every second that you have got

Our greatest gift on earth is time
View the world in state supine
We're only here for the blink of an eye
Wallow in its beauty, don't let it pass you by

Once time has gone you can't get it back
So be expedient when making your track
Enjoy your life whilst on this earth
Relish it now for all it's worth

Life is too precious for us to waste
Harvest the sunshine and rain on your face
Have fun in life no matter how old
Be proud of your input, be tenacious and bold

You can do anything with the time you have got
So choose good friends and love for this slot
Don't look back regretting how it could have been spent
Laugh and enjoy life in effervescent (by Ian C Barron)

About Osteopathy...Jason Gaffney - your Centre's Osteopath.



Osteopathy treats dysfunction of the body through manipulation, helping to reduce pain and increase flexibility and freedom of movement. Treatments follow a detailed history and examination to find the best treatment options for your problem.

Predisposing and maintaining factors are also assessed to find the cause of the patterns of dysfunction, using a combination of observation, palpation and functional testing. A treatment plan is then discussed with you.

Treatments are very individual depending on your needs. Techniques include a combination of gentle manipulation of the joints of the body and soft tissue massage, along with advice on exercise, posture and health.

Now from someone who has this therapy..... Someone asked me today what are the benefits of osteopathy - apart from listening to the joys of Jason's dulcet tones, it really is helpful in easing the stiff movement of my legs and also with the back pain I suffer from being in a wheelchair 90% of the time. I have also been given some neck exercises which do help with the trigeminal neuralgia.

When I first came to the centre I was under the impression that physio was the thing I needed but as there was a waiting list it was suggested I had a chat with Jason, I did, and he massaged the deep tissues in my legs and this helped with the movement. It is painful at the time but is worth it in the long run. I now have a regular fortnightly osteopathy appointment and alternate with a fortnightly physio appointment, I find this works well for me and between them they help me keep moving and relatively ease my pain. If you haven't tried it, it's well worth a go. Basically don't knock it till you have tried it.

Has anyone got any feedback on their therapies? We would love to hear from you.

Leesa

SOME CONTACTS YOU MIGHT FIND USEFUL:

BARNSELEY 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 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 MS SOCIETY – phone or text 07858 643416 / sheffieldrotherham@mssociety.org.uk

Here for anyone affected by MS, not just Centre members. They hold weekly exercise classes at our centre on Mondays and at Burton Street in Sheffield on Fridays.

MS Society National Centre – 020 8438 0700 / info@mssociety.org.uk

MS Helpline Freephone – 0808 800 8000 (week days 9am – 7pm) / helpline@mssociety.org.uk

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

THERAPIES TIMETABLE

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

Physiotherapy sessions are available on:
alternate Tuesdays 10:00am – 1:00pm
Wednesdays 9:00am – 4:15pm
alternate Fridays 10:00am – 1:45pm

Osteopathy sessions are available on:
Tuesdays and Thursdays 9:30 am – 3:30pm

iMRS is available throughout the week.

Acupuncture available every Friday with practitioner Melvin Timm, 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)

Meditation classes are monthly on Thursday mornings, with Phil Waterworth – contact the Centre.