

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 2018



Registered Charity Number 700382
Registered Company Number 2215138

Multiple Sclerosis Therapy Centre (South Yorkshire) Limited
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Manager: Julia Conlan-Greaves
Centre Assistants: Tam White, Jo Speight

Opening Times:

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

Committee Members:

Chair: Steve Crosby

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

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)

FROM THE MANAGER AND FUNDRAISER

Ho Ho Ho !!!!! Tis nearly the season to be jolly and stuff!!

Hope all is sailing smoothly along in your sea of life. We have had a few crashing waves over the last eleven months but now we seem to be in calmer waters – Wow, look at me painting metaphorical pictures!!!!

There has been a long period of big changes at the Centre and, I can't lie, life has not always been easy, and I am sure there will be more in the coming months, but hopefully these will all be positive and open lots of new doors. One of these changes, as some of you may know, is our lovely Foot Lady Debbie has decided to leave us after Christmas and I am sure you will all join us in wishing her well in the future. However don't worry, all of you who may be considering future foot health, as Debbie leaves **RYAN** will be joining our team. He is a smashing chap with lots of experience and a ready smile, he will be a real asset to our Members.

We are also looking at introducing some new therapies and/ or exercise sessions for the New Year, so if you have something you would like us to include let us know – we will do our best to provide it - all very exciting!!!!

Seasonal stuff!!

Christmas – Cards we have a lovely selection of cards for sale at great prices.

The Grand Raffle I am sure that by now you will have received raffle tickets to sell which help raise funds towards the costs of our therapies. I salute and thank each and every one who sells them for us, we know there are a lot of charities, all deserving and all asking for support at this time of year, so any help you give us really is appreciated. I may be blowing our own trumpet but our **100 Grand Raffle** prizes are **ALWAYS** really good from the first right through to the last. Plus, they are all wrapped and ready to go under the tree. So even if you win a prize you don't need you can just pass it on to someone you know – one present less to buy!!!

Panto - Aladdin!

An amazing Christmas Gift to the Centre from the fabulous **Manor Operatic Society** – they have very generously given us the opportunity to do a bucket collection at each one of their Matinee performances of Aladdin running from the 27th to the 31st December then on the 5th and 6th January at the Sheffield City Hall. Manor Operatic Pantomimes are legendary for being amazing and this one will definitely keep up the tradition, it will be a magical.

It will also bring our Centre a super cash injection to help us on our way in 2019. All collectors would need to be at the City Hall for 4pm and we will be finished by 5pm at the latest. There are six exit doors some will need one collector and others two. **Please** if you could join us for any of these dates (family and friends welcome) we would be thrilled to hear from you asap.

PARTY – Oh yes!!! Party Central will be right here on Wednesday 12th December - Great food, great drink and fantastic company – what more could you ask for!! Perfect way to start the festive season off with a swing. All you need to do is turn up with a smile and bring something to share – sweet, savoury or drink. The rest will be here waiting for you to enjoy

As always you are welcome to pop in any time, new friends, old friends, people we have yet to meet, if we can help we will even if it's a bit of banter and a cup of something warming.

Our wish for you - love, hugs and laughter.

Julia x x

PS NEW CENTRE EVENT – Go For it!!!! *All of September Thank you so much everyone who took part from stopping caffeine to walking more everyday – you were brilliant – might do it all again next year.....*

FROM THE EDITORS:

Welcome to our December newsletter. Our new Chair, Steve Crosby, introduces himself below. This issue has info on events, articles and therapies available at the Centre. As always, we would welcome any articles of interest for inclusion in the newsletter. Next issue closing date is **1st March 2019**.

Wishing you all a Merry Christmas and a Happy and Healthy New Year!
Sally and Leesa

FROM THE CHAIR:

An introduction to Steve Crosby, new Chair of the MS Centre

My name is Stephen Crosby and I come from Peterlee County Durham. I came to Sheffield in 1984 to do Mathematics at University and loved the place. So I decided to stay. I have two lovely children and live in Swallownest. I also have MS.



I can't really remember how I found out about the centre. All I know is I have been coming for quite some time. I did have a couple of years away but started again at the back end of 2016, and have tried to attend twice a week ever since. I do Oxygen Therapy and go down to 2ATA/32 feet.

Although I have been coming for a very long time I have only recently been active in the centre. I have been lucky enough to be able to use the Centres facilities to manage both my Multiple Sclerosis and Lymphoma, and when it transpired that the centre could also help with my daughter during her pregnancy I felt obliged to try and help in any way I could. I successfully applied for the post of Centre Chair and I am happy to help in any way I can.

In my spare time I am a member of a Table Tennis team and play when I can. I have found this is a really good therapy for my MS. It keeps me active and is a great way to meet people.

Which celebrity would you invite round for tea?

Wow, I have never really thought about anything like this. I really enjoy meeting people in general. It is really easy to get bogged down with day to day things and it's nice to speak to other people. You never know who you are going to meet or what they might say and that's great. But If I had to pick someone to have tea with I would say someone like J.K Rowling to see how she went about the process of coming up with Harry Potter and then there is also the link to MS as well.

If you were shipwrecked on a desert island with food and water which 2 things would you want to have with you?

Firstly my Black Labradoodle "George" - he is a big bundle of fluff and excellent company. He would make me get up and move around even when I didn't really want to. Then there is a good book. I am currently reading Anne Franks Diaries but I love anything from a good science fiction novel like "Ready Player One" by Ernest Cline to a good thriller like "The Midnight Line" by Lee Child.



With your help – with your tick in the *giftaid it* box we have received the magnificent sum of **£17,170.39** 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.

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.

LATEST DONATIONS

(up to 28/11/18)

Fruit £4.05, Carol Hargate £1.62, Alwyne Hill £5.63, Lorraine Baveja £1.77, Beaumont Legal £452.13, small reception box £6.43, Cheryl Rush £23.10,

Vanessa Bailey £15.03, St Johns Methodist Church Swinton £141.00, Collitex £260.25, Sheffield Town Trust £2000, the Hadfields £9.42, Sally £10.04, Vicky Ramsay £8.95, Syd & Liz Moyle 15.02, The Fitzwilliam Wentworth amenity trust £1000, John Birch £3.40, Mrs Lister £10, Diane Toop £1200, Zach Mertan £2000, Freshgate Trust £1000, E.E.Barber £50, Jim Ashby £98.35, Emily Morgan £500.

Where does that FAB Christmas Hamper come from? The truth is out....!

Thanks once again to our lovely ladies, Jane Gray and Cynthia Drury-Smith, who have once again put together a fabulous hamper for us to use as a raffle prize. They have been doing this every year **for quite a while now** - the hamper looks amazing, and who knows... you might be the lucky winner.



Richard's been out to tea...

Here is Richard, our Santa cover star, who has done a HUGE amount of fundraising for us over the years. Guess who our Richard shared his 70th birthday with? Find out in our next edition (there's a bit of a clue on the painted stone!).





CHRISTMAS PARTY.....YAY!!!! This year our party will be on **Wednesday 12th 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!!!!

[Helping young people get to grips with MS](#)

The MS Trust has a You Tube channel, MSTV, that features videos, blogs and info for children and young people affected by MS, either themselves, parents or friends.

It tackles the disease, its symptoms and the fallout surrounding a diagnosis of MS in a modern and accessible way with simple and informative clips and videos etc. using young people. My daughter (now 24) had a look and said she wished it had been available when she was younger as it would have explained a lot of my symptoms and clarified a lot of her confusion. (She was 6 when I was diagnosed) It can be found at [youtube.com/mstvuk](https://www.youtube.com/mstvuk)

From Open Door (MS Trust) Nov 2018.

Sally Fellows

Have you ever thought of trying riding? This local group (below) have sent us their info...



High Hopes Riding for the
Disabled, New Holme Farm,
Barnsley Road, Thorpe Hesley,
Rotherham S612RR
Telephone 07881683781

High Hopes is a registered charity that relies totally on donations, fund-raising activities and good will to enable them to provide the therapeutic sessions for the disabled.

The group is based at Thorpe Hesley but takes riders from all over Rotherham.

The group has 50 adults and children that enjoy the full therapeutic benefits that riding provides. They have physical or learning disabilities or sometimes a combination of both

Medical professionals recognise there is significant benefit to the disabled rider. The warmth and three dimensional movement of the horse is transmitted through the riders body gradually making them more relaxed and supple, strengthening core stability, reducing spasms and improving balance, posture and co-ordination. Riding allows the individual to not only achieve therapeutic goals such as improving muscle tone and posture but also develop their social and communication skills.

Go Diane, you're an absolute star!!!

Diane Toop has now completed her FINAL challenge, the **Bridlington half-marathon**. Diane is an absolute star, and has given so much of her time and energy (and dedication!) to raise money for us.

The **London marathon**, **wing-walking**, **climbing Ben Nevis**, **cycling Coast to Coast**...nothing has been too much for her!! Read more at <https://www.justgiving.com/fundraising/diane-toop1> A HUGE thanks to Diane from us all. There are a couple of photos below, and plenty more on the JustGiving site for you to have a look at.



BUTTERNUT, LENTIL & COCONUT CURRY

INGREDIENTS

- 1 butternut squash
- 2 low-sodium vegetable stock cubes
- 1 tbsp coconut or groundnut oil
- 2 large onions, peeled and finely chopped
- 3 garlic cloves, peeled and crushed
- thumb size root ginger, peeled and grated
- 2 handfuls of coriander, finely chopped
- 1 red chilli, finely chopped/1 tsp chilli flakes
- 400g can coconut milk
- 250g red lentils
- 2 tbsp ground turmeric
- 1 large lime, juiced
- salt and black pepper
- handful of spinach, fresh or frozen

METHOD – serves four

1. Peel the squash, halve and remove the seeds, then cut into 1 inch chunks.
2. Dissolve the stock cubes in 1 litre of boiling water.
3. Heat the oil in a large saucepan set over a medium heat.
4. Add the onions, garlic, ginger and chilli, then fry gently for a few minutes until the ingredients are soft.
5. Turn up the heat and add the squash, stock and coconut milk to the pan and bring to the boil. Check the curry for seasoning and add a little salt. Reduce the heat to a gentle simmer and place the lid on the pan, then cook for ten minutes.
6. Remove the lid and add the lentils, turmeric and black pepper, then simmer for a further 15-20 minutes over a medium heat until the squash and lentils are tender. Add a little more water if the curry starts to dry out.
7. Take the curry off the heat and stir through the spinach, lime juice and coriander. The curry should be a thick consistency but add more water if needed.
8. Serve in large bowls, with rice and low-fat yoghurt if desired. Enjoy!

JOBS FOR THE GARDEN

December

- Insulate outdoor taps and prevent ponds from freezing
- Reduce watering of houseplants
- Keep bird feeders topped up and make water available
- Check your winter protection structures are securely in place
- Continue to clear up fallen leaves from paths, ponds, lawns and beds

January

- Clean pots and greenhouses ready for spring
- Mulch beds and borders with leaf mould, manure, compost or shredded bark
- Plan your vegetable crop rotation for coming season
- Disperse worm casts in lawns with a stiff brush

February

- Prepare vegetable seed beds and sow some vegetables under cover
- Prune winter flowering shrubs that have finished flowering
- Divide bulbs such as snow drops and plant those that need planting 'in the green'
- Prune hardy evergreen hedges and renovate overgrown deciduous hedges

March

- Protect new spring shoots from slugs
- Plant summer flowering bulbs
- Lift and divide overgrown clumps of perennials
- Mow the lawn on dry days (if needed)
- Hoe and mulch weeds to keep them under control early

The ongoing saga of the Jones household – Our American Cruise

As told by Mike

My last epistle finished with about 8 weeks to go before our cruise and I still had a few niggling doubts about it. September came and as usual we went down the day before to the Premier Inn at Andover to avoid the hassle of potential hold ups on the way down. With time to spare on Sunday morning, and with the sun shining, and as members of the National Trust we went to Mottisfont House and had a walk (push) along the side of the river. What an excellent way to kill a couple of hours.

Despite the very heavy traffic for the Southampton Boat Show we arrived at the docks bang on 1.30pm, got through Check in and customs and were in the cabin just after 2.00pm. The shower commode chair (delivered by Mobility at sea) was already in place in the wet room and it was just a matter of moving the beds and lockers to where we wanted them. The cases arrived about half an hour later and by 4.00pm we were having a cup of tea. Owing to the Boat Show traffic problems, sailing was delayed by an hour and by the time we had done the compulsory life jacket drill it was time to change and to renew our acquaintance with Andersons Bar before going to the Restaurant for Dinner.

The next 6 days were at sea and it was fortunate that both Mary and I are good sailors as we went through the edge of hurricane Hannah in winds up to force 8 and quite heavy seas. After about three nights in Andersons bar we met up with a couple from Barnsley and we continued the friendship right through the cruise. At about this time one of the bar waiters, Joe, got to know our preferences and made sure that he looked after us every night. We got to know quite a lot about him and his girlfriend back home in Manilla and needless to say he got a pretty good tip from us at the end of the cruise.

Sunday 23rd we arrived in New York. Photos were taken as we passed under the Verrazano narrows bridge and the Statue of Liberty and, of course, the New York

skyline. Cruise ships moor up in lower Manhattan and we finished up on the dock next to USS Intrepid. This was an old aircraft carrier now converted to a museum that included a Concorde, a nuclear submarine, as well as lots of planes. US Customs and Immigration were a very time consuming affair. All passengers were allocated numbers and we were called forward in batches for 'processing'. We were sat for the best part of 2 hours in one of the ship's public areas before being called. Once we were called, the process was quite quick, and a very pleasant lady took our photos, checked out ESTA's, did our fingerprints electronically and stamped our passports in a fairly short time. Fortunately you only have to go through this once and then all you needed to go ashore anywhere in the US was your cruise card. As our evening trip to Times Square had been cancelled (oversubscribed) we went for a walk along the banks of the Hudson before returning to the ship. Next day we went into town on our own (another trip cancelled) and despite the work involved as it was all uphill going we went as far as Macy's. As Mary needed a loo, we went in and got lost trying to get out. The accessible toilets are on the 5th floor and having got there and used the facilities all the lifts seemed to be going up and none going down. After a few minutes of this we did the obvious thing and went up to the top and then came down. As we were quite close to the Empire State Building, and as Mary had never been there before we decided to go up to the observation deck on the 86th floor. We were going to go up to the 104th floor but were advised by one of the building employees that the windows were so far up from the floor that Mary would be unable to see anything so we settled for \$70 rather than \$98. As it was a clear day the views were well worth the money. After waffles covered in chocolate and ice cream for lunch we meandered our way back to the ship. Not a clean city, not particularly wheelchair friendly and definitely not a place I would want to live.

Tuesday 25th The next day should have been Rhode Island but the sea was too rough for the tenders (lifeboats) so we went straight to Boston for an overnight stay. As the ship was berthed about 20 mins drive from the town, shuttle buses

had been laid on to take us into town. For all that the Americans brag about how great they are, Boston was the biggest c**k up ever. There were 5 wheelchairs and carers waiting to go into town and as their system could only cope with 2 at a time we were expecting a bit of a wait. The first accessible bus broke down with someone halfway up, and then they didn't have another one available. Even the coach company's Managing Director couldn't get order out of the chaos when he came to sort it out. It wasn't just the wheelchair users but the able bodied passengers were having nearly as much trouble as us. After 2½ hours we finally got a bus into town. It was worth it though as we went to Quincy's market and Fanuill market where it seemed to me that at least 75% of the stalls were for 'food on the go' from every culture you could think of. Mary then decided that she wanted to 'walk' the Freedom Trail and so we did a fair chunk of it before heading back to the ship. Although the problems with the coaches were not the fault of P & O but all down to the coach company, P & O did pay the cover charges for all 5 couples in one of the speciality restaurants on board as an apology for the time we were kept waiting....

To be continued next edition!

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 1st March 2019**.

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 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 please contact the centre.

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

Meditation classes are monthly - contact the Centre.