



Self-help is our way of action

CONTACT

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

Our way of keeping in touch

JULY 2019



**Multiple Sclerosis Therapy Centre (South Yorkshire) Limited,
Bradbury House, 25 St Mary's Drive, Rotherham S60 5TN
Telephone Number: 01709 367784**

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

Website Address: www.mstherapysyorks.co.uk

Registered Charity Number 700382

Registered Company Number 2215138

Manager: Julia Conlan-Greaves
Centre Assistants: Jo Speight, Lynn Bell, Sharon Burton.

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: Frances Ludlow

Minutes Secretary: Julie McNamara

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 address on the front cover.

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

Twitter [@MSTherapySYorks](https://twitter.com/MSTherapySYorks)

Please submit all contributions to the next issue by 31st October 2019

FROM THE MANAGER AND FUNDRAISER



Hello Summer, hello smiley happy people - hope you are enjoying sunshine times and happy days (it's actually the 27th June as I write this, it's been dull and rainy for weeks now, it's blooming cold out there without even the slightest hint of sunshine!!). However, whatever the weather, you are always confident of a warm welcome here!!!! (I am well aware that that was a bit cheesy even for me!!). But it's true, you are always welcome here, unless it's a Monday, or after 5.45pm, or before 8am, other than that

Our new team members are settling nicely into the wonderful world of working here, and with the support of our excellent therapists, I feel like we have a strong base on which to flourish. So, let's see, do you know of, heard of, tried, are curious about any new and exciting therapies? Would you like us to investigate and perhaps add them to our list? Or have you other ideas of events you would like to see here? YES! Then don't be shy, please come and discuss your suggestions with a member of staff. Could be the start of great things!!!

Here are a couple of starter ideas for you.

How do you feel about social groups being held here during our opening hours??? It could be a: - Bring and Share lunch club, Gardening -Raised Beds, Friendship groups, Book club, Slimming club, Political Debating Group, Crafting (of any kind). Let us know we would be happy, happy, happy to help. Any ideas will be considered, and *the list of possibilities is endless.*

On this subject - We have been told of a lady who would come and do a half day Flower arranging/Christmas decoration class- would anyone be interested????

What about guest speakers??? I would be more than happy to look into holding 'speaker sessions' here if there is the interest, and if you would turn up on the day.

It could cover any topic and could be delivered by one of our members who is passionate about the subject or a professional speaker brought in for the event.

The list of possibilities is endless.

Would any of you lovely people like to hold a fundraising event for us –You could perhaps hold a garden or tea party, have a stall at your local Fete or Gala, enter a sponsored event, hold a cake stall here, help at a supermarket collection, take a small collection box home for you and one for your friends to throw all your loose change into.

Fundraising this year has been tough!! We would absolutely appreciate any help you can give. Every penny raised would be spent right **here** keeping **this** Centre open and ready for you when you need us.

Hey!! ITS STILL THE 27TH JUNE AND GUESS WHAT!!! THE SUN NOW HAS HIS HAT ON!!!!!!! YIPPPEEEEE X X X X

Julia x x x

EDITORS COMMENTS

Welcome to the summer 2019 edition of the MS therapy centre newsletter. You will find mugs shots of all the volunteers at the centre doing their good work, always on the lookout for new help! Also theatre reviews from yours truly, info on some of the new therapists and information on vitamin B12 deficiency. We would welcome any contributions in by the end of October 2019 please. Enjoy the rest of the summer!

Sally and Leesa

Visits to the theatre

We went to the Manchester Royal Exchange to see 'Westside Story' in May. I had grown up with the original LP in the early 60s, I knew all the songs! We went by train which was pretty easy as the staff will help you with ramps. The theatre was quite near the station and it was a lovely evening so we strolled along. The Royal Exchange is a commanding 18th century building which was originally the corn exchange in Manchester. Inside it has very high ceilings and large Corinthian type columns but the actual theatre is a modern capsule inside the building. I found this extremely ugly but it functions as the theatre space and seats three floors.

West Side Story was written by Leonard Bernstein and Stephen Sondheim in 1957 and is based on Romeo and Juliet, this time as a gang war in downtown New York. Two gangs, the Sharks (Latin American) and the Jets (Native New Yorkers) fight it out as Tony and Maria from the opposing gangs fall in love. The songs are legendary and were performed with such exuberance and authenticity I thoroughly enjoyed it and was singing along. Excellent dance routines and very entertaining, as the set was simply three large frameworks within the theatre space. These were used very effectively throughout the dancing and also as the upstairs platform for Maria's house when singing to Tony on the ground. They played it as the original film in 1950s costume and with American accent. It's a pity they haven't brought this to Sheffield as the run was very popular and sold out every night. I only managed to get a ticket as I had a wheelchair seat with a companion! Occasionally one gets a perk!

A couple of weeks later and we went to see Matthew Bournes' Swan Lake at the Lyceum in Sheffield. It's the traditional Tchaikovsky score with an adapted storyline. Parts of this are very different to the original Swan Lake, however two men Siegfried the prince and the Stranger/Black Swan meet and fall in love. There is a disco scene, a ditzy wannabee girlfriend and paparazzi. There is even a red backdrop that slowly changes to the Swan Vesta frontage, and then the swan flies off! It's often called the male Swan Lake as the corps de ballet are all men dressed in feathered trousers. This show may have been the best thing I have ever seen. It was spectacular, funny, very inventive and a joy to watch.

Kinky Boots (Lyceum) on the other hand wasn't as much fun. This was originally a film based on a true story of a failing shoe factory in Northampton who discovered a new market for shoes for drag queens. I loved the film, the musical not so much. However the six drag queens (seven with the main character) made up for it as they were totally over the top, synchronised and spectacularly dressed. They were joy to watch. I was a bit disappointed with the rest of the cast but I suppose they were ordinary factory workers, although I had hoped that they would jazz it up a bit.

I also went to see Life of Pi at the Crucible at the beginning of its run. I had read the book and seen the film and thought the idea of it on stage sounded quite intriguing. The animals were represented as lifesize puppets, with an actor manipulating the puppet skeleton from within, and one or two actors controlling the legs and head on the outside. This worked very well as you are quickly taken up with the reality of its portrayal within the story, that of a young man shipwrecked on a boat for 228 days with a tiger. The acting was excellent with an international cast, the staging, lighting and special effects were astounding and it was a remarkable piece of theatre.

Next stop at Barbra Streisand at the Hyde Park festival on the 7th of July!

Sally Fellows

VERY HANDY HINT

The next time you are travelling on the motorway and feeling peckish or the car is running on fumes, try this. Google justoffjunction.co.uk and up will pop a list of shops/cafes/supermarkets that are a few minutes away but off the motorway and much cheaper.

(sent by e-mail by Mary)



CHIROPODY

Paul Burke

Caring for your feet is so important and should be as much a part of your daily routine as brushing your teeth. You should keep your feet clean, free from infection and check for any signs of change.

Regular chiropodist appointments are considered preventative care, as they can spot and help potentially painful conditions in the earliest stages and avoid unnecessary damage and suffering.

A great deal can be done to improve comfort, relieve pain and help maintain mobility.

Treatments include:-

- Removal of corns and calluses
- Treatment of verrucae
- Nail surgery (e.g. in-growing toenails)
- Treatment of athlete's foot and nail infections
- Diabetes can inhibit the circulation and dull sensations in the feet, reducing awareness of pain and injury and possibly leading to ulceration
- Treatment of bunions
- Treatment of chilblains.

On your first visit Paul will take a full medical history, perform a careful examination of your feet and assess any treatment necessary. In most cases, treatment will start during this visit with follow up appointments arranged if required.

Chiropodists liaise with other medical specialists including physiotherapists, chiropractors, orthopaedic surgeons or even dentists. If Paul identifies any problems that may require a second opinion, you may be referred to your GP.

Background Paul qualified with the British Chiropody and Podiatry Association in 1990 and since then has built up his own practice in Sheffield, whilst working within a GP practice. In 1996 Paul took over the operation of a 2nd practice, which developed into, 'The Parkview Therapy Centre'.

In January 2015 Paul decided to retire from working in the clinic and now offers a professional and friendly service at the Centre one Tuesday morning a month, and we are very pleased to have him as part of our team.

Please contact the Reception for an appointment.

Cost £20.00 per 30 minutes.

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Social Prescribing could help you!!

Ask your doctor if you can be linked to social prescribing, many of our members have been and are finding it helpful.

It is a way to be linked into many services which can support you through life including help with benefits advice, befriending and lots more

What is it?

Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations.

Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support. The Bromley by Bow Centre in London is one of the oldest and best-known social prescribing projects. Staff at the Centre work with patients, often over several sessions, to help them get involved in more than 30 local services ranging from swimming lessons to legal advice.

Social prescribing is designed to support people with a wide range of social, emotional or practical needs, and many schemes are focussed on improving mental health and physical well-being. Those who could benefit from social prescribing schemes include people with mild or long-term mental health problems, vulnerable groups, people who are socially isolated, and those who frequently attend either primary or secondary health care.

The Rotherham Social Prescribing Service for People with Long-term Conditions has been successfully running for some time: A GP Perspective
This service reduces social isolation and loneliness. Many of the patients referred to Social Prescribing are socially isolated and lonely. This is both a consequence of poor mental and physical health and a cause of deterioration in existing conditions. GPs noted that following many patients' referral to Social Prescribing they became more active - both physically and in the community - leading to a marked increase in their confidence and an overall improvement in their general well-being. *Check out your doctors surgery it may be very worthwhile for you and open up new avenues you had not even thought of*

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Welcome to WaveLength

WaveLength is a charity that works to alleviate loneliness across the UK. We give technology to people who are lonely and living in poverty to help them reconnect with the world. We support people with a wide range of different needs. These include illness, disability, old age, domestic abuse, homelessness, refugees, and many more.

All the equipment we provide is brand new and WaveLength bear all costs. Items are delivered direct to the organisation or individual.

Our beneficiaries tell us their TVs, radios, and tablets are 'lifelines'. They connect them to the outside world, and comfort them through long days and lonely nights. And research from the University of York confirms these benefits.

In 2018, we helped over 12,000 people overcome loneliness. If you'd like help or would like to help us in our fight against loneliness, please get involved here.

<https://wavelength.org.uk/>

WaveLength - 159a High Street, Hornchurch, Essex. RM11 3YB.

Tel: [01708621101](tel:01708621101).

Charity Registration Number: 207400 Company Registration Number: 606888.

Some of our lovely Centre volunteers





Thank you – TO ALL OF OUR VOLUNTEERS

RECIPE



Scones

200gms Self Raising Flour

2 level tsp baking powder

50gms margarine

125mls milk

For Sweet - add to basic recipe 50gms Sugar

For Savoury - add to basic recipe pinch of dry mustard or pepper and
50gms of grated Cheese

Preheat the oven to 200 C

Grease a flat baking tray

Put the flour and margarine together in a large mixing bowl

Rub the fat into the flour

Add the sugar and fruit or cheese and seasonings

Add enough milk to make a stiff dough

Roll out to 2cm thick

Cut into circles

Brush with Milk

Bake for approx. 15 mins until golden brown

Cool on a wire tray.

MONEY MONEY MONEY!!

DID YOU KNOW????

The Centre now accepts Direct Bank Transfer payment for therapies and treatments - Easy, quick and no fuss -

Our details are

CAFBank, Sort Code 40-52-40, account number 00008236.

Please give your payment a reference such as Oxygen Therapy, Physio. etc. Inform staff when you come for your appointment you are paying this way. It's that simple - Speak to staff if you

LATEST DONATIONS

Audrey Collier £5.00, E Cunningham £5.00, Vicky Ramsay £6.92, Barbara Purcell £45.00, Mrs N Lister £25.00, G & P Hartley's Hillards Charitable Trust £1000.00, Sally Fellows £10.44, Phil & Anne Whiteley £100.00, Leesa Glaves £10.00, Carol Hargate £1.88, Bhanu Ramaswamy £10.00, David & Josie Greaves £5.00, Lynn Bell £30.03, Vanessa Bailey £10.00, Bethany Fowler £10.00, Anonymous £500.00, Zac Merton £2500.00, Alwyne Hill £6.54, Jane Thiede £2.96, R Burgin £5.00, Nora (Friend of Vicky Ramsay) £10.00, Karl Williams £6.00, Vanessa Bailey £6.94, Karl Williams £6.00, Syd & Liz Moyle £10.51, Vanessa Bailey £6.94, Renishaw Darby & Joan via Carol Hargate £10.90, Julie Glover £52.82,

In memory of the late Roger Whitaker £167.97. Thank you to his family and friends. 'What a lovely Man'



ACUPUNCTURE

Melvin Timm

Acupuncture is a treatment derived from ancient Chinese medicine. Based on the belief that an energy or 'life force' known as Qi (Chee) flows through the body keeping us well, acupuncture practitioners believe that when Qi does not flow freely this can cause illness.

Acupuncture can restore the flow of Qi and so restore health and wellbeing. Acupuncture practitioners use fine needles inserted at certain sites on the body to stimulate sensory nerves which results in the body producing natural substances, including pain-relieving endorphins.

Acupuncture can help improve: -

- Chronic pain
- Persistent lower back pain
- Joint pain
- Dental pain
- Post-operative pain
- Depression, Anxiety, and Stress.
- Chronic tension type Headaches and Migraines
- Hormonal pain, Fertility and Period pain.

Background

Melvin's interest in Eastern remedies started when he was 20, at that time as he was suffering from anxiety and found acupuncture helped him enormously. Melvin qualified in September 2016 after attending Lincoln College for 2 years where he completed his degree, and then the Northern School of Acupuncture in York for 2 further years.

Please contact Melvyn on 01142 550 022/07594 235812 for an appointment.

Cost £20.00 per session

HELGA'S CRUISE SHIP DIARY..

DEAR DIARY - DAY 1

All packed for the cruise ship --
all my nicest dresses, swimsuits, shortsets. Really, really exciting.
Our local Ladies Bowls Club – 'The Late Bloomers' decided on this
"all-girls" trip. It will be my first one - and I can't wait!

DEAR DIARY - DAY 2

Entire day at sea, so beautiful. Saw whales and dolphins.
Met the Captain today -- seems like a very nice man.

DEAR DIARY - DAY 3

At the pool today. Did some shuffleboard, hit golf balls off the deck.
The Captain invited me to join him at his table for dinner.
Felt honoured and had a wonderful time. He is very attractive and attentive.

DEAR DIARY - DAY 4

Won £800 in the ship's Casino. The Captain asked me to have dinner with
him in his own cabin. Had a scrumptious meal complete with caviar
and champagne.
He asked me to stay the night, but I declined. Told him I could not be unfaithful
to my husband.

DEAR DIARY - DAY 5

Pool again today. Got really sunburned, and I went inside for a drink at the
piano-bar and to cool down; stayed there for rest of day. The Captain saw me,
bought me several large drinks. Really is quite charming. Again asked me to visit
his cabin for the night. Again, I declined.
He told me, if I did not let him have his way with me, he would sink the ship...
I was shocked

DEAR DIARY - DAY 6

Today I saved 2600 lives.

Twice

(written by kids)

1. HOW DO YOU DECIDE WHO TO MARRY?

-You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. -- **Alan, age 10**

-No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. -- **Kristen, age 10**

2. WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then -- **Camille, age 10**

3. HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. -- **Derrick, age 8**

4. WHAT DO YOU THINK YOUR MUM AND DAD HAVE IN COMMON?

Both don't want any more kids -- **Lori, age 8**

5. WHAT DO MOST PEOPLE DO ON A DATE?

-Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. -- **Lynnette, age 8** (isn't she a treasure)

-On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. -- **Martin, age 10**

6. WHEN IS IT OKAY TO KISS SOMEONE?

--When they're rich. -- **Pam, age 7**

-The law says you have to be eighteen, so I wouldn't want to mess with that. - **Curt, age 7**

-The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. **Howard, age 8**

7. IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

-- **Anita, age 9** (bless you child)

8. HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there? -- **Kelvin, age 8**

And The number #1 Favourite Is:

9. HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck.
-- **Ricky, age 10**

BIG THANK YOU TO OUR LOVELY HAMPER LADIES

What a fantastic prize and how lucky were we to win such a wonderful hamper.

Well over 30 various luxury food items were included.

Biscuits, Tea, Coffee, Marmalade, Chocolates, Cake and Sweets, you name it we won it.

A great big THANK YOU to the 2 lovely ladies who spent time and effort preparing the hamper and donating it to the centre.

On behalf of the MS Centre and especially us (the winners) once again we thank you.

Dianne & Alan Antcliff.

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
- Women with MS in Yorkshire and Derbyshire. – A Facebook group a friendly group of ladies always there for advice and chat.

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)