



CONTACT

The newsletter of the
Multiple Sclerosis Therapy Centre (S. Yorkshire) Ltd

Our way of keeping in touch

NOVEMBER 2019

Rotherham United have donated a **T-shirt signed** by the current team; it was presented to the Centre recently by Rotherham United player Kyle Vassell.



Multiple Sclerosis Therapy Centre (South Yorkshire) Limited
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Telephone Number: 01709 367784

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

Web Address: www.mstherapysyorks.co.uk

Registered Charity Number 700382

Registered Company Number 2215138

Manager: Julia Conlan-Greaves
Centre Assistants: Jo Speight and Lynn Bell

Opening Times:

Tuesday, Wednesday, Thursday and Friday - core hours 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, Chiropody, 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](#)

*Please submit all contributions to the next issue by **29th February 2020***

FROM THE MANAGER AND FUNDRAISER

CAN YOU HEAR THOSE SLEIGH BELLS RINGING AND JINGJINGERLINGERING TOO??? NO. ME NEITHER!!! BUT LOVE IT OR LOATHE IT, ITS COMING !!!! THE SHOPS AND TV ADVERTS ARE IN FULL CHRISTMAS SWING. THE BEST CHRISTMASSY THING I'VE SEEN THIS YEAR (SO FAR) WAS ONE MORNING WHEN OPENING THE CENTRE, EVERY BLADE OF GRASS, EVERY LEAF AND EVERY TREE WAS GLORIOUSLY RESPLENDENT IN A FROSTY COAT OF WHITE. IT LOOKED BEAUTIFUL (IT WAS ALSO BLOOMING COLD BUT VERY MAGICAL)

I have always loved Christmas. The carols, Nativity scenes, trees and decorations, slightly overindulging on the sights, sounds and tastes of the winter festivities. Plus, I do love a bit of sparkly, glittery, magic.

However, cinnamon?? Does anyone know why this is the smell of Christmas?? It's in coffees, candles and everything Christmas, or so it seems. Is its aroma proof of just how evocative smells and tastes are for capturing memories? I can honestly say I don't know anyone who wants a cinnamon tealight at any other time of the year, so maybe.....

I know that for many people winter is a dour time, sometimes it can feel endless and depressing and you have my sympathies. Take heart that right now the autumn colours are still golden and it's not that long until the 22nd December when the nights start getting a little shorter and we will start seeing the first buds of spring.

So, whether you celebrate Christmas, Hanukkah, St, Lucia Day, St. Nicholas Day, the Winter Solstice or life, I hope you have a warm, peaceful, contented season.

Please remember whatever the weather, season or occasion there will always be a warm welcome for you here at your Centre. With excellent therapies, good conversation and some mighty fine bargains.

Raffle time!!!! 100 great prizes!!! Get your tickets now!!!!!!

Please come and join us at our Christmas Party on the 4th December - it starts at 11am and goes on until either you want to leave, or staff need to go home. It's a 'bring & share' day, there is always great food, a glass of wine, and a lot of fun. We have a new 'Mistress of Games' who is promising lots of hilarity so please... If you are a regular or haven't been here for years, we look forward to welcoming you x x x

Happy winter x x love Julia x x x

FROM THE EDITORS:

Welcome to our December newsletter. 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 **29th February 2020**.

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

Sally & Leesa xx

Rooms for Hire - Your Centre, Your Space

Just £2 per Hour for a Therapy Room

or

£5 per Hour for the Physio or Meeting room

Do you know anyone who may like to hire a room?

Beautician, craft group, slimming club.....

Is there anything you fancy trying???

The more fun, and perhaps fanciful, the better!!!

Let us know and we will see what we can do!!

xXx It's your Centre so let's USE IT - everyone welcome xXx

MONEY MONEY MONEY!! Making it easier for you

You can now pay for your therapies, treatments and membership online by Direct Bank Transfer - our account information:

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

Please would you give your payment a reference

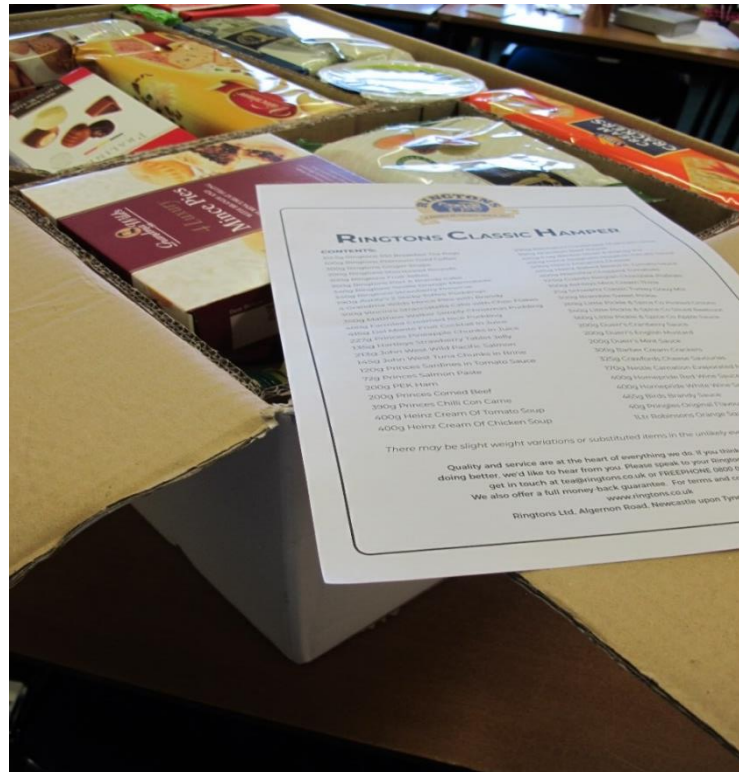
E.g. Oxygen Therapy, Physio, membership

Ask staff for more details.

LATEST DONATIONS

Jim Ashby £111.43, Vanessa Streets £7.00, Redwood Friends £60.00, Sally Fellows £9.76, C Hargate £3.14, J Waitt £3.11, Vanessa Streets £5.00, Vanessa Streets £10.00, Brian Cole £4.00, Brian Cole £4.00, Cath Thiede £5.00, S Marshall £10.00, Brian Cole £4.00, Amanda Gregson £10.70, Sheffield Town Trust £2000.00, Mark Ludlam £4.00, Brian Cole £10.00, Anonymous 50.00, Audrey Collier £22.46, Mrs Ellis £5.00, Adam Roberts £2.00, Cath Thiede £46.93, Mrs T Ring Rose £40.00, Amanda Gregson £5.00, Gails Mum £17.75, Zach Merton £1250.00, Richard Hargate Roses Run £75.00, Josie Greaves in memory of David Greaves £143.35. **TOTAL £3,918.63!**

Big Box of Delicious Goodies for Hampers
What a fabulous Christmas gift from a fabulous lady
Thank you SO MUCH Mrs Pauline Moore



Volunteers wanted...it could be you!!! Get in touch if
you want to help us out with
ANYTHING AT ALL!!!



The Roses Run

Trunnions well greased, engine serviced as in our Roses song, now to get to the Scarborough start line (easier said than done!). Mick, I and Hyacinth the Morris Traveller set off in plenty of time. However, because of the UCI cycle race many of the roads were closed added about 50 extra miles to our journey.

Almost four hours later we arrived at The Royal Hotel Scarborough where Mick and I were booked in a room with views over South Bay, and Hyacinth was in the multi-storey car park.

Mick and I had a walk on the front where we saw a beautiful Lagonda motor car and on one of the boats moored in the harbour a large bird perched on the prow. A peregrine falcon! Apparently, the Grand Hotel has a pair of peregrines living on the roof to try and keep gulls and pigeons away.

At dinner we met other previous entrants of the **Roses Run**, Lloyd and Olwyn Wilson, Gillian and Cam Shaw, Jason Duxbury and his co-pilot Dave from Halifax.

I had painted a number of 'Morris Minor Rocks' to sell in aid of The MS Therapy Centre which soon sold. Perhaps I should have done more as the late arrivals missed out.

After breakfast all of the Morris Minors lined the sea front by the Cafe De-Lamar, need to change that line in the song as it's now called The Watermargin but I can't think of anything that rhymes with that. As usual we were the last to leave as we headed out of Scarborough.

The weather was sunny, but Carol informed me it was raining hard at home and heading for us.

Just before our first coffee stop at The Byland Abbey Tea Rooms, we seemed to have made a wrong turn. We had never seen many pheasants on previous runs but reckon we had seen over a hundred. We consulted the AA map then about six Minors sped past, we were on the right track.

Mick, Dave, Jason and I had tea with a lady called Michaela. This very brave lady was doing the Roses on her own! Her car was an early series II with an 805 engine and she had no problem keeping pace with the rest of us.

Our three Minors left the Abbey tea rooms in convoy, Michaela leading, followed by Jason's van and then Hyacinth.

We saw some great sights including a brilliant view of the White Horse up on Sutton bank at which Michaela had to turn off for fuel. At a sign which pointed to 'Crackpot', Mick was tempted to stop and take a photo but stopping in that particular place could have been tricky.

The rain had now reached us, turning on the wipers didn't help much, even worse, the washers wouldn't work!! That was something I missed in preparation!

By the time we got to Reeth and pulled onto the green for our lunch stop, the rain had stopped. Lunch over, now it was my turn behind the wheel. Heading for Askrigg where we faced a 25% hill climb. Tricky!! Leaving a good distance between us and the car in front we took a run up in second gear. We soon dropped to first as the car's rear end bounced round a sharp corner!! Travelling 300 yards in first gear sends the temp gauge up!! But we did it!!! At the top of the hill Shaun Singleton was looking out for Glenn Reid, we hadn't seen him and suspected that he hadn't manage the hill.

There were some scary parts along this single-track road overlooking sheer drops to the stream below with no crash barriers.

Well, what goes up must come down, this hill was also a one in four and by the time the road levelled there was a funny smell from our front brake shoes.

We passed through Hawes which is where the cycle race is often shown on TV. The views on the moors are fantastic and we just had to stop to admire the Ribble Head viaduct.

Hyacinth behaved well all the way, no misfires like one previous occasion (The Kelmarsh saga - I'll think long and hard before fitting another electronic ignition).

Mick and I arrived at the Clarendon Hotel at around five thirty, there were about ten minors already in the car park. Another great Roses Run completed.

During the evening meal at which some of the diners received their awards, the illusive Glenn Reid said that he tried three times to get up the one in four hill signposted Askrigg, but, afraid of burning out the clutch, he found an alternative route which had some spectacular views, and will be incorporating it in the next Roses Run which we will all look forward to.

Richard



Bye-Bye Lovely Bhanu X x X

Thank you so much for my send off, ladies.

As I was at a meeting last night till 9.30 pm, I have saved the sweets (from Liz V) and liquid stuff to partake when back from work tonight.

I don't know if you knew when you chose, but sunflowers are my birth flower along with roses, AND lilies are my FAVE, so these are a treasured bunch. Thank you.

No doubt see you when covering for others.

Be good (like wot I ALWAYS am!!!!)

B xxxx

Dr Bhanu Ramaswamy OBE, FCSP, DProf, MSc, Grad Dip Physiotherapy
Independent Physiotherapy Consultant

Honorary Visiting Fellow, Sheffield Hallam University

MARTIN-BROOKS HAS FUNDRAISING DOWN TO A TEE

A charity golf day, organised by Sheffield roofing specialists, Martin-Brooks, has generated more than £1,500 for six small local charities.



The firm's ninth annual golf day saw staff joined by friends and professional partners from across the construction industry at the popular fundraising event.

A total of 46 players came from as far afield as Sunderland to help Martin-Brooks raise £1,550 for the organisations it supports. They are: Amy's Retreat, Catcliffe MS Therapy Centre, Cavendish Cancer Care, Sheffield Talking News, St Vincent's Furniture Scheme and The Rowan School.

The 18-hole Stableford competition was held at Renishaw Park Golf Club in North Derbyshire. Prizes were awarded to the individual and team with the highest points, which were won respectively by Stephen Wilson of Dendale Construction and a three-man team comprising Martin-Brooks' estimator, Ben Elmore and guests, Dave Gibson and John Caley.

Additional prizes were presented for the longest drive, nearest the pin on the fifth and 17th holes and to the 'most honest golfer' – the player who achieved the worst score. Dale Wright, Martin-Brooks' contracts director and organiser of the golf day, said: "We had a fantastic turnout for our latest event and I would like to thank everyone who attended for giving their time and money so generously. It has become a staple on our charity calendar and we see many of the same faces return year on year. Their support is greatly appreciated by us and the community groups that benefit from our fundraising."

Martin-Brooks launched its charity fund ten years ago and has raised more than £25,000 for local good causes. It will be hosting a special cheque presentation ceremony in December to handover its most recent donations.

For more information about Martin-Brooks' charitable work, telephone (0114) 244 7720, visit www.martin-brooks.co.uk or follow the firm on Twitter, @MartinBrooksLtd.



London Marathon 2020

We a have the place – do you have the pace?

**We have been granted a coveted Charity place
for next year's iconic**

London Marathon - Sunday, 26 April 2020

Minimum sponsorship needed is £2000

Please get in touch with us for further details xx



A little list for Santa

You'll be surprised to hear from me after all these years, but it's time to let bygones be bygones. Many years as a parent and a grandparent has taught me how difficult it can be to choose suitable Christmas presents. A real pony, I now see, would have been rather impractical in my small bedroom, and I should have been grateful for the toy version that you left me.

For my part, I'm sorry for the time I sat on your knee, screwed up my face and said "Mummy! Santa's got funny breath. He smells just like grandad when he comes back from the pub on a Sunday". You laughed, but I could see from your eyes that I had said the wrong thing.

I have been too embarrassed to write to you ever since that day. So, rather belatedly, here is what I would like for Christmas...

Magic bathroom scales!

What I would like is a special set of bathroom scales that not only tell you your weight and body fat, but - more importantly - also present these figures in the best light.

The scales I have in mind would greet you cheerily in the morning. "Why Hello gorgeous" they might say in their singsong scales voice "Goodness, you are looking

wonderful. Have you lost weight? I think you have, you know. And that's a new dressing gown, isn't it? Suits you."

"Tell you what, it's so obvious that the pounds are simply dropping off that we needn't bother actually weighing you today." Yes, that's the sort of thing I had in mind. We'll be laying on the carrots and mince pies at our place as usual this Christmas but - after the embarrassment of our last meeting - perhaps no sherry.



GARDENING WITH ROGER

Autumn and winter are the best time to plan your gardens for next spring and summer.

Plant spring bulbs like daffodils, tulips, crocuses etc. Remember the rule to plant three times the depth of the bulb or deeper, you can even stack them on top of each other in containers.

Split perennial plants in autumn to give them a better start, and seeds sown while the soil is still warm will give them an early start next spring.

Potted hardy perennial plants should also be planted now to give them a good start.

For vegetable growers now is the time to dig over the soil so the winter frosts can break down the soil.



Happy Gardening.



<https://www.bbcgoodfood.com/>

Cola ham with maple & mustard glaze

Ingredients

- 2 kg unsmoked boneless gammon joint
- 2 L cola (not diet)
- 1 carrot chopped
- 1 onion peeled and quartered
- 1 stick celery chopped
- 1 cinnamon stick
- ½ tbsp peppercorns
- 1 bay leaf

For the glaze

- 150ml maple syrup
- 2 tbsp wholegrain mustard
- 2 tbsp red wine vinegar
- pinch of ground cloves or five-spice

Method

1. Put 2kg unsmoked boneless gammon joint in a large pan and cover with 2l cola. Add 1 chopped carrot, 1 quartered onion, 1 chopped celery stick, 1 cinnamon stick, ½ tbsp peppercorns and 1 bay leaf.
2. Bring to the boil, then turn down to simmer for around 2 ½ hrs, topping up with boiling water if necessary to keep the gammon fully covered.
3. Carefully pour the liquid away, then let the ham cool a little while you heat the oven to 190C/170C fan/gas 5.
4. Lift the ham into a roasting tin, then cut away the skin leaving behind an even layer of fat. Score the fat all over in a criss-cross pattern.
5. Mix 150ml maple syrup, 2 tbsp wholegrain mustard, 2 tbsp red wine vinegar and a pinch of ground cloves or five-spice in a jug.
6. Pour half over the fat, roast for 15 mins, then pour over the rest and return to the oven for another 30 mins, baste half way through.
7. Remove from the oven and allow to rest for 10 mins, then spoon more glaze over the top. *Can be roasted on the day or up to 2 days ahead and served cold*



Shimmy School Present...

Aladdin *The Bellydance*

Fri, 20 December 2019 - Sat, 21 December 2019 19:00 - 22:30hrs

Join us for an evening collaboration of dance, circus and carnival performances showcasing local community groups, organisations and budding performers.

A fantastical production taking you on a magic carpet ride in a search for love, happiness and a diamond in the rough.

Location The Merlin Theatre, Meadow Bank Rd, Sheffield S11 9AH

Tickets from <https://www.eventbrite.co.uk/e/aladdin-the-belly-dance-tickets-64633660017>

Thank you, South Yorkshire Constabulary,

For all your support in our fight against vandalism to our premises. Also, a MASSIVE thank you to Richard Hargate for working through a very cold afternoon into the evening to try and implement some of the recommendations.

Fingers crossed all is good x x x x x x x



New evening security chain!!

OUR LOVELY HAMPER LADIES EXCEL AGAIN



Ho Ho Ho....our **Christmas party** this year will be on **Wednesday December 4th**. ... it will be the usual day of fun, chaos and very good cheer!!!



AND THERE'S MORE....Our fabulous range of **Christmas cards** are now on sale....and there are some great designs to choose from xx

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.

Counselling – please contact the Centre.

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)

Acupuncture available every Friday with practitioner Melvin Timm, various times. Contact Mel on 01142 550022 or 07594 235812.

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

There for anyone affected by MS, not just Centre members. They hold weekly exercise in Rotherham on Mondays and at Burton Street in Sheffield on Fridays – please contact the above for more details.

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.