



CONTACT

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

Our way of keeping in touch

MARCH 2020



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 Jessica Donovan and Lynn Bell

Opening Times:

Tuesday, Wednesday, Thursday and Friday - core hours 9 am to 4 pm

Committee Members:

Acting Chair: Sharon Eccles

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, Desiree Ryczek.

Company Secretary: Frances Ludlow

Minutes Secretary: Julie McNamara

Therapies on offer:

High Dosage Oxygen Therapy, No-Pressure Oxygen Therapy, Physiotherapy, Osteopathy, Chiropractic, 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 **29th May 2020***

FROM THE MANAGER AND FUNDRAISER

Hello! Hello!! Hello!!! Hello!!!! Hi Ya Everyone x x

How is your world on this bright, sunny, snowy, freezing, flooding day??? Talk about all seasons in one day!! I know we Brits are supposed to be notorious for talking about the weather, but when its this crazy!! Anyway, I hope the year thus far is treating you kindly, and the lighter, longer days and glorious spring flowers are making you smile.

I think it's true to say that this year has been exceptional in several ways and, some of them not the best. My heart goes out to everyone who is experiencing or has experienced the flooding. Or, the threat of flooding, fear of possible flooding absolutely anything to do with flooding. Having personally experienced a relatively moderate amount of this disaster, I know how terrifying and devastating it can be. I am aware that this will be of little comfort to anyone affected, but we have an amount of random stock here, particularly clothing, so if you know of anyone whom we could help in any way, please don't hesitate to get in touch.

Now the next big issue of this year so far - the **Corona Virus** – as I'm typing this, news of the virus is growing, and people's concerns are understandably, heightening. I would like to put your mind at rest regarding Your Centre. We, as a Centre, are following NHS Guidelines regarding this infection and regularly checking and adapting to any official recommendations given. We are taking all the care measures we can to ensure this is a safe area for all who visit.

Regarding the Centres general areas, these are regularly well cleaned and now with extra attention being given to door handles, taps and areas of greater contact. All items used in the delivery of Oxygen Therapy are, as a norm, subjected to a cleaning procedure that goes much further than any recommendation given. Ensuring that as always, this Therapy is safe and beneficial.

Throughout the world we are all hoping that this illness is soon in hand and we can get about our business. But whatever happens, please be assured your safety and good health is uppermost for us, and we will always keep you informed of any changes regarding our services.

Other Centre stuff..... We have started this year on a really positive note, we have a regular run of new members, a number of new and exciting therapies coming on board or in discussion, the return of a much-loved therapist in Michelle our Acupuncturist, and a number of new enquiries regarding volunteering.

Our new(ISH) staff have fitted in great and are confidently finding their feet, all staff are enjoying working together and with our fabulous, priceless, stupendous regular volunteers. The whole Centre is feeling much more positive with lots of chat, laughter and still, a lot of cake!!!

One of our biggest challenges for this year - Yes – you've guessed it - fundraising. Which is always a massive issue for us. Make no mistake ALL charities are finding it harder and harder to raise funds especially through granting. The main reason being grantors

only donate any **interest** raised from their capital. As we are all aware, the interest rates have been rubbish for so long that the amount of cash grantors have available to donate is greatly reduced and this is still on a downward slide. Bad news for everyone especially a smaller, lower profile charity like us , it makes it a whole lot harder for us to qualify for granting. Still we are not downhearted, the Centre and you its members are **fabulous** so we **will** go from strength to strength!!!!

Another plus point is that this opens up the need for a whole new look in to alternative ways of raising money. It could be joining in with some weird and wonderful events, unusual sponsored tasks, we can all let our imaginations go WILD!!!! So, here's a challenge for you, think of ways to raise funds no matter how crazy and wacky as long as they are successful!! All ideas are most welcome!!! Over to you x x x x x x x

In the meantime, enjoy the early spring flowers and foliage, Easter eggs and the sun when it shines – onward and upwards – see you soon

Julia x x x

FROM THE EDITOR:

Welcome to our spring edition, hope you find something of interest.

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

LATEST DONATIONS

Dixon Pitchfork charitable trust £500, E.E.Barber £50, Martin Brookes £650, E Ellis £20, Shakira £20, Andy Wilsons dad £15, Mick Geoghegan £30, Anne & Phil Whitely 23.01, Brian Ayrton £10, Anne & Phil Whitley £20, Richard Hargate £304.94, Lucy £212.77, Lily £102.90 Finlay £100.23, Nigel Birds mum £10, Patricia Headland £5.38, Sarah Hargate £32.00, P&A Whitley £100, Claire Baker £2, Kim Elliott £2.87, Joan Hudson & Redwood Friends £447.00, Lynn Bell £3, Renishaw Derby & Joan Club £12.01

Welcome

Doncaster MS Society visited in January to find out more about what we offer. We had a lovely afternoon with lots of interest in our services and hopefully a lot of new friends.

x X x

GARDENING WITH ROGER

Now that spring is on its way here are a few tasks to help you prepare your garden.

Snow Drops are still in flower in my garden the best time to split them and replant them is just after flowering which is in the next few weeks when the leaves are still green.

Snow Drops from bulbs do not adapt as easily as fresh plants and will take longer to establish.

As the ground is still very wet there is still plenty of time to replant and split established perennial plants when the ground is dry enough as well as planting new plants for the summer.

It is time to sow your seeds for tomatoes, vegetables and annuals in seed trays or pots in the next few weeks. I would wait until the ground dries out and warms up before planting outside.

Watch out for our new insect friendly flower displays in the garden containers at the centre this summer.

Acupuncture & Acupressure available at the MS Therapy centre

Our wonderful Michelle is back at the Centre....here are a few words from her.

“By gently inserting very fine needles into various points on the body, acupuncture can help to rebalance your energy and improve your wellbeing.

I also offer acupressure, or Shiatsu, which involves gentle pressure along the energy pathways, and some gentle stretching and movement of the legs and arms.

Over the past 15 years, I have used acupuncture & acupressure to help many people suffering with a variety of physical and emotional problems, including fatigue, headaches, poor sleep, depression, anxiety and pain”.

**For more information, or to book your
appointment**

Contact

Michelle on 07866 332756 hegu1969@gmail.com

Gong Soundbath Therapy is coming to Our Centre

Don't know what it is - come and try it for yourself!!

Taster sessions held on Wednesday 11th March were brilliant, everyone who tried it was impressed or intrigued.

Following the taster sessions, we will be having regular appointments for your diary!!! Give it a go!!!!!!!!!!

What is a gong bath? A gong bath is when you lie or sit down in a comfortable position and let the sounds and vibrations of the gongs bathe and wash over you (there is no water involved). Our bodies vibrate at various energetic frequencies and so the frequencies and vibrations of the gongs tune into our bodies to bring them back into a state of harmony. There is no set pattern and every gong session is different and feels different for the participant. The gong sounds stimulate a meditative state and the brainwaves then get chance to relax.

The effects of a gong bath may be helpful; -

Releasing stress and tension

Increasing energy and vitality

Strengthens the nervous and immune system

Promotes an internal calm sense of peace and well-being

Enhances awareness

Relieves aches and pains

Helps clear emotional and energetic blockages

FAB!!!!

Please sponsor Mr Pete Shutt who is running the Sheffield Half Marathon on Sunday 29th March 2020

Pete has supported us in so many ways over the years and he has taken on this challenge with very little notice!!! If you would like to sponsor Pete, please let the Centre know and we can add you to his sponsor sheet, and if it's easier monies could be paid straight into our bank account using our sort code **40-52-40** account number **00008236** reference or description **Sponsorship**. *Also, if you are in Sheffield on that day watch out for him and give him the biggest cheer ever!!! Go Pete!!!!!!*



We'd like to say another HUGE thank you to Rotherham United Football Club for their donation of a T-shirt signed by the team - raffle tickets sold raised £175. Fabulous!!!



OXYGEN TREATMENT

For ANY Sporting Injuries

OXYGEN IS THE KEY TO RECOVERY

Helping you to get fitter faster

Free Therapy Offer at Our Centre

Here is an opportunity not to be missed – are you wise in the world of e-bay????? Do you buy and sell regularly and have your own e-bay account??? Are you e-bay savvy????? Can you make everything look and sound amazing and know how to get the best price for every item listed???

If you answer YES to more than one of the questions above, WE NEED YOU!!! We have a fantastic assortment of excellent items including clothing, accessories, memorabilia everything you can think of that we are sure would go if a larger population of people saw them. BUT we have NO ONE who has the time and the knowledge to capitalise on our donations raising as much money as possible to help raise funds towards the cost of running the Centre.

We appreciate that e-bay can be quite time consuming and because of this we are asking if ANYONE would be willing to sell items on our behalf and reap some benefit for yourself!!!

This could be by way of a percent of profit taken or, instead of taking the cash, having points which can be used against the cost of you or a nominated person taking therapies at the Centre.

Interested??? In this collaboration which would raise valuable funds for your Centre, then please get in touch and discuss the possibility further.

Fabulous Easter gifts from the Easter Bunny's helpers!!

Come and Win one for yourself!!



The lovely Hamper Ladies excell again x x x



Diane created this fabulous gift especially for you!!



We also have a selection of super smaller gifts for you to win !!!

My Wheelchair

My wheelchair is not a fashion statement.

Nor is it a piece of bling.

I use it because I have to.

It's not a trendy thing.

I use it through necessity.

I do have things to do.

Without my stable platform

I'd be stuck at home all day.

Not able to contribute to society

A burden I would be

That's not the kind of person

I wish you all to see.

I'm still the same old person you knew from days of yore'

I may have a fragile body, but inside

I feel I am of Thunder; Thor

My magic hammer Mjoinir

Is now a crutch behind the door.

Look beyond the chair that is now a metal cage,

And you'll see I have a tiger's pent up rage.

I Should Have Said No!!

It was a Saturday morning and I was transferring off the commode when I leaned too far to the side and the chair unceremoniously tipped me unto the floor. When I landed, I banged my head and used some Anglo-Saxon language.

After a bit of dithering I pressed the button for City Wide Alarms. This was 11.30. Two nice ladies arrived twenty minutes later. "Have you banged your head" I was asked. This is when I should have said No!! "Yes" "Are you on blood thinners?" "Yes" "Then we can't move you and you can't have anything to eat or drink until you have been seen by a paramedic." Of she trotted to inform the office and ask for a paramedic. It is now 12 o'clock.

I lay on the floor while they sat in comfort. At 1.15 they phoned the office again to check the help had been summoned. They had a cup of tea and we joked about suing the NHS if I got a pressure sore from lying on the floor. At 2.30 their shift was up and they muttered about getting the next shift to come and wait but we persuaded them that was not necessary.

As soon as they were gone Michael fetched the sling to get me up using the hoist. He had just managed to get it under me when there was a knock on the door. After 3 hours the paramedics had arrived! They sat me in my chair, did my obs, checked my head and declared me fit. Because of my age, the bang on the head and the blood thinners they had to take me to hospital for a scan. This I refused and they agreed. After listening to the spiel about what to look for following head injury and me signing a form they went.

After 3 hours and 45 minutes we had the house to ourselves!! Next time I will know to say NO!!!

Mary

Age UK - Love Later Life

Don't be put off by the name, you don't need to be an OAP to use this service.

Age UK's Benefits Calculator will provide an estimate of what benefits you could be entitled to.

The calculator is free to use and the details you provide are anonymous. Age UK also has another range of services you might find useful.

<https://benefitscheck.ageuk.org.uk/Home/Start/> or call 0800 678 1602

Research shows hot chocolate could help reduce fatigue

Researchers at Oxford Brooks University looked at whether flavonoid-rich hot chocolate was able to provide a benefit to people with MS fatigue.

40 people took part in the trial – half drank a flavonoid-rich hot chocolate drink once a day for 6 weeks and the other half a low-flavonoid alternative.

They found that a daily drink of flavonoid-rich hot chocolate could have a positive long-term effect on fatigue. It is thought that the drink could also influence mood, cognitive performance, and the ability to perform certain movements. Flavonoids (a compound found in various plant-based foods, including raw cacao) are known for their high antioxidant properties, and researchers believe their positive influence on MS is because they reduce inflammation in the body.

What a great piece of news this is!

Read more at www.mssociety.org.uk/research/latest-research

Attendance Allowance

3.4 million people in the UK are entitled to attendance allowance but don't claim it. Are you one of them? I have never claimed it as I was told that it was means tested. This is not so. I decided to have a go and see if I qualified AWS it is worth £80 a week. I phoned 0800 7310 122 and received in the post a form which was 30, A4 pages printed on both sides. It didn't ask for any financial details just what benefits you received.

I filled in the form and sent it off. Just a few weeks later a letter came saying that I didn't qualify as I get higher rate care. Why don't you have a go if you think you might qualify.

Go to gov.uk or phone 0800 7310 122

Mary

RECIPE

Creme Egg Cheesecake

The ultimate easy Creme Egg Cheesecake recipe. treat.

Prep Time 15 minutes

Total Time 15 minutes

Servings [12](#)

Ingredients

- 280 g Digestive Chocolate Biscuits
- 140 g Butter Unsalted, melted
- 560 ml Double cream lightly whipped until it forms soft peaks
- 140 g Icing Sugar sifted
- 560 g Philadelphia Cream Cheese Full fat, 2 x 280g tubs
- Juice of half a lemon
- 275 g Mini Cadbury's Creme Eggs about 3 small bags
- 4 Creme Eggs to decorate
- 60 g [Milk Chocolate](#)
- 120 g White Chocolate
- Yellow Food Colouring

1. Crush the biscuits until they look like lumpy sand. (I did mine in a food processor because I'm very lazy..)
2. Mix with the melted butter and press into your 7" tin.
3. Unwrap the mini Creme Eggs and chop them each into quarters. Combine the whipped cream, icing sugar, cream cheese, lemon juice and chopped mini Creme Eggs. Fold in gently until fully combined.
4. Smooth on top of the biscuit base and flatten the top with the back of a spoon or a palette knife if you have one.
5. Chill for 3 hours or even better, overnight.
6. Use my knife tip (above) to remove the cheesecake from the tin.
7. Melt your milk chocolate in a glass bowl over a pan of boiling water and allow to cool very slightly before drizzling over the cake in zigzags.
8. Melt your white chocolate in the same way, drizzle half of it onto the cheesecake.
9. Colour the white chocolate that is left with a tiny amount of food colour. Add more until you reach a yellow that you're happy with, then drizzle this over too.
(You can prep all of the chocolates, pop them into piping bags and drizzle alternately if you prefer.)
10. Cut your large Creme Eggs in half and use to decorate the top of the cheesecake.

SUPER Morrisons In Catcliffe

Supporting us throughout 2019 and 2020

Morrisons support last year was superb and then being kind enough to give that support again this year is just spectacular !!!!! Thank you !!!

Supermarket collections make such a HUGE difference....

This trickle funding is so important to us

New dates are:

Friday 20th March

Friday 15th May

Thursday 2nd July

Friday 28th August

Thursday 8th October

Friday 27th November

Available Collecting slots are

10-12 am

12 - 2pm

2 - 4 pm

4 - 6 pm

6 - 8 pm

Please can you spare just two hours to cover one of our supermarket collections slots????

You get the chance to meet nice people promote the Centre. raise much needed funding, and our endless gratitude!!!!-

Fabulous

A HUGE thank you to everyone who collected for us on Monday 10th February at our local Catcliffe Morrisons.... between you, you raised a MASSIVE £449.98!!

The money raised by YOU, our members, helps us to offer a wide range of therapies at such low prices.

So, a big thanks to everyone who has helped us out in the past and who will help us in the future

THERAPIES TIMETABLE

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

Physiotherapy sessions are available on:

Alternate Tuesdays 10am – 1:00pm

Wednesdays 9am – 4:15pm

Alternate Fridays 10am – 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 and **Acupressure** is available at various times by personal arrangement with practitioner Michelle. Contact Michelle on **07866 332756** or **hegu1969@gmail.com**

SOME CONTACTS YOU MIGHT FIND USEFUL:

BARNSELY 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 (weekdays 9am – 7pm)
helpline@mssociety.org.uk /

MS Nurses (Leave a message) – 01142 712302

Royal Hallamshire Hospital – 01142 711900

Northern General Hospital - 01142 434343

Chesterfield Royal Hospital – 01246 277271

Rotherham General Hospital - 01709 82000

Disability Information Service Sheffield – 01142 536745 or e-mail

info@disabilitysheffield.org.uk. Gives free confidential advice re disability related issues

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.

UPDATE!!! UPDATE!!! UPDATE!!! UPDATE!!! UPDATE!!! UPDATE!!!

Having Oxygen Therapy ???

Eat! Eat !! Eat!!!

The normal reduction in blood flow induced by oxygen (an important component of this treatment) also reduces glucose delivery to the brain. To compensate for this, the Guidelines state that you should have eaten before an Oxygen Therapy and that you cannot undertake Oxygen Therapy while fasting. For your own good health!!!!