



CONTACT

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

Our way of keeping in touch

DECEMBER 2020

Our £200 First Prize Raffle Winner

Callum Hawkins



100 Great Prizes Wrapped & Ready

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

Web Address: www.mstherapysyorks.co.uk

Registered Charity Number 700382

Registered Company Number 2215138

Manager: Julia Conlan-Greaves

Centre Assistants: Jo Speight, Lynn Bell, Jess Donovan and Jane Gude

Opening Times:

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

COVID opening times Tuesday and Friday - core hours 9 am to 4 pm

Committee Members:

Chair: Sharon Eccles

Vice Chair: Steve Crosby

Treasurer: Craig Hardman

Company Secretary: Frances Ludlow

Minutes Secretary: Shakira Hussain.

Shakira Hussain, Mary Jones, Mike Jones, Gail Morgan, Desiree Ryczek, Linda Ratcliffe, Kelly Herring,

Therapies on offer:

High Dosage Oxygen Therapy, No-Pressure Oxygen Therapy, Physiotherapy, Osteopathy, Chiroprody, 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 Wednesday 31st March

FROM THE CHAIRPERSON

Hi everyone,

I hope that you're all keeping safe and well. It's been nice and reassuring to see so many of you back in the centre, continuing your therapies during this 'new normal'.

I myself have managed to get into the centre most weeks for my oxygen therapy. I have not resumed the IMRS sessions yet, as the main benefit for me seems to be the total sensory relaxation that comes from wearing the headphones and goggles. Of course we can't offer them at the moment, due to 'cross contamination'. I've been thinking that I might try it with my own blindfold (don't ask 😊) and listen to music from my phone. It won't be exactly the same, but if it helps me to relax, it's worth a try.

Myself and the staff are conscious that there's many of our members who fall into the extremely vulnerable category and are currently isolating. You are missed within the centre and we'd love to receive emails/news of how you are coping. Please forgive us if you don't get an immediate response though, as the new procedures mean that the staff are working harder than ever on the 2 days a week that they are currently in the centre.

I'm relieved that I'm 'only' classed as vulnerable. This means that I can at least continue to visit the centre. My regular NHS treatments and appointments have been suspended since March. Early in the first lockdown I bought a hot tub for home and that is literally the only thing that is keeping me moving. I'm spending so much time in there that I'm developing a problem with dry skin. I've tried antihistamines and lots of lotions and potions and I'm currently waiting on a delivery of a massive tub of aloe vera for my skin and some crystals to put into the water to help soften it.

I'm hoping that you are all receiving the help and support that you need at home. The authorities should have had plenty of time by now, to put effective support strategies in place. I suspect that you're all having to delve deep into your extra mental strength to keep yourselves going.

Let's hope that by the next newsletter this is all a distant memory and we've all been reunited with our friends and families.

Stay safe.

Sharon Eccles
Centre Chairperson

FROM THE MANAGER AND FUNDRAISER

Hi everyone x,x,x,x

What an insane year this has been ✓

How much daytime TV can one-person watch!!!!!!

I think it is true to say this year especially, there have been some highs and quite a few lows and we are all pretty sure it is not over yet!!!

I read that we should all be feeling a little healthier due to the lack of car and air pollution. I have to say, it is pretty strange when the one solitary plane flies across the skies and you really notice the noise!! In The 'old days' when the sky was a patchwork of airplane trails, we didn't even notice. Crazy!!!

I know throughout this year it is quite difficult to feel positive and our wellbeing feels like it has been balanced on the point of a needle, but, if this year has shown us anything it is that every single one of us is a LOT stronger than we could have ever imagined. We are AMAZING!!!!

Most people have had their faith in humankind tested slightly throughout this whole adventure. There have been many occasions when we could celebrate the good in people, also to despair at the selfishness of the human race. Personally I believe that fundamentally people are good and want to do the right thing, but oh my gosh, patience is no longer a virtue!!!! So, now I have lifted the mood and left you feeling young, carefree, and

frivolous ✓✓✓ How are you all doing???

Didn't summer give us some fabulous days and Autumn is WOW, absolutely glorious. I am feeling very blessed, I love working at the Centre, every single member of staff, each of our volunteers are really dedicated, caring, funny and very nice people. You, the members, are like my extended family, some of you are like slightly naughty children, some grumpy old~~~, some caring, it is a pleasure to welcome you all, and welcome you we do.

We are open, we are as COVID safe as possible, I agree it's not like 'the good old days' but it will be soon, and we will still be here for you, fingers crossed!!! So if you need us, you know where we are!! x x x x x x x x x x x x

Stay safe, keep smiling, (Merry Christmas!!)

Love and Hugs

Julia x x x

FROM THE EDITOR:

At last we have managed to sort a newsletter hope you have a lovely Christmas and a happy new year in these very uncertain times. Lets hope next year is a better one.

Love Leesa

We have had our AGM a warm thank you to everyone one who participated and those who made it all possible.

Centre News - Please Note!!!

We are open on Tuesday 22nd December then we close for Christmas

We are reopening on Tuesday 5th January 2021

For more fun and frolics and the best therapies around!!!!

We will be running the Centre under the same COVID restrictions as before. Opening Tuesdays and Fridays only

Oxygen Appointments - please remember to turn up 15mins before your session - this allows for us to ensure all therapies start on time

Please also remember - Any booked therapy appointments must be paid for even if you can't attend - unless you give ONE-week clear notice

Eating and socialising in the Centre is not allowed - But a smiley face and friendly banter is always welcome

Membership is due for 2021 - it runs from January to December
£25 Single membership - 1 close family member can be added to your membership for £10



LUCY OUR SUPERHERO

Many of you will be familiar with Lucy who, with her children and her father Santa Richard Hargate, raises funds every Christmas for us by dressing as Santa and his band of helpers and visiting local hostelrys collecting cash on their merry way!!!

This year **Boooooooooooooooooo Hisssssssssssss** this cannot be done – So the wonderful Lucy came up with

Running an amazing 5k every day of Advent – this Started on the 1st of December and Finishes on the 25TH of December – and if that's not enough!!! She has even run dressed as an Elf and an Inflatable Snowman!!!

Please, please, please, visit Lucy's justgiving page and see what she is up to – its amazing and if you could possibly sponsor her as well, **brilliant!!!!**

Or alternatively please ring the Centre and add your sponsorship onto Lucy's sponsor sheet

We at the Centre, staff and members cannot thank Lucy enough for doing this amazing fundraising event. In this hard year and these dark times when all fundraising events have been almost impossible to attempt, she really is a shining star and every penny raised will be used to help keep the Centre open and supply the therapies that are so greatly needed.

Lucy's TICTOC LINK watch her antics

<https://vm.tiktok.com/ZSGRE26b/>

Thank you Lucy !!!!!!!

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 will 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!!!!

WORST CRACKER JOKES

Who hides in a bakery at Christmas?	<i>A mince spy</i>
What do you get if you cross Santa with a duck?	<i>A Christmas quacker</i>
What's a horse's favourite TV show?	<i>Neigh-bours</i>
What do you call a boomerang that doesn't come back?	<i>A stick</i>
Why do birds fly south in the winter?	<i>It's too far to walk</i>
What do you get if you eat Christmas decorations?	<i>Tinsillitis</i>
What did Cinderella say when her photos didn't arrive?	<i>'One day my prints will come!'</i>
Did Rudolph go to school?	<i>No, he was elf-taught</i>
What lies at the bottom of the sea shivering?	<i>A nervous wreck</i>
Who is Santa's favourite singer?	<i>Elfis Presley</i>
What did Adam say the day before Christmas?	<i>It's Christmas, Eve.</i>
How many letters are in the alphabet at Christmas?	<i>25 – there's no-el</i>
Why are Christmas trees so bad at knitting?	<i>Because they always drop their needles</i>
What did the farmer get for Christmas?	<i>A cowculator</i>
Why did nobody bid for Rudolph and Blitzen on eBay?	<i>They were two deer</i>
What did one snowman say to the other snowman?	<i>'Can you smell carrots?'</i>
Why can't a bike stand up by itself?	<i>It's two-tyred</i>
What school subject are snakes best at?	<i>Hissstory</i>
What do you get if you lie under a cow?	<i>A pat on the head</i>
How did Mary and Joseph figure out baby Jesus was exactly 7lb 9oz?	<i>They had a weigh in a manger</i>
Which side of a turkey has the most feathers?	<i>The outside</i>
What carol do they sing in the desert?	<i>O Camel Ye Faithful</i>
What time is it when an elephant sits on your fence?	<i>Time to get a new fence</i>
What do you sing a snowman's birthday party?	<i>Freeze a jolly good fellow</i>
What happened to Santa when he went speed dating?	<i>He pulled a cracker</i>
Who's Rudolph's favourite singer?	<i>Beyon-sleigh</i>
Who delivers presents to baby sharks at Christmas?	<i>Santa Jaws</i>
What athlete is warmest in winter?	<i>A long jumper</i>
What does a frog do if his car breaks down?	<i>He has it toad</i>

OUR TEAM



We would all like to say a massive *Thank you* to everyone who has supported the Centre this year. Either by volunteering or through giving one of the many donations we have been so lucky to have received. You are all *Fab* and very much appreciated - *together our Centre stays strong x x*



GARDENING WITH ROGER

Autumn is a good time to plan your garden for next spring and summer.

Borders can be re-organised and plants moved to new positions, perennials can be split and replanted and be well established for spring and summer.

Bulbs should be planted now for next spring flowering.

Daffodils should be planted in September ideally, tulips from October onwards and other bulb type plants like crocuses, irises, lilies, alliums, cyclamen and hyacinths can all be planted now while there is still some warmth in the soil.

Bare rooted plants including roses, strawberries and shrubs and others can all be planted now to get them established for next spring and summer.

Fruit trees should be left until winter.

Tender plants like geraniums and begonias should be lifted potted up and stored in the greenhouse or shed.

Non-Alcoholic Sangria



There is no such thing as too many sangria recipes, and this one is totally unique. Not only does it skip the wine, but it also makes gorgeous use of star fruit and kiwi. How's that for impressive? Cute, cool, and totally gorgeous, this family-friendly passion fruit sangria that's refreshingly delicious!

Ingredients

- 4 cups passion fruit juice
- 8 cups sparkling water or ginger ale
- 1 fresh kiwi, sliced
- 1 orange, sliced
- 1 star fruit, sliced
- 1 lime, sliced
- ½ cup fresh cranberries

Fill a large pitcher with ice. Add the juice and sparkling water or ginger ale.

Toss in the fruit slices.

Store in the fridge until ready to serve or just serve immediately

Beef hotpot



Ingredients

- 1kg/2lb 2oz **braising steak**, trimmed, cut into 5cm/2in chunks
- salt and freshly ground **black pepper**
- 1 tbsp **vegetable oil**
- 75g/3oz **butter**
- 1 50g/5oz baby **onions**, peeled
- 4 **carrots**, peeled, cut into chunks
- 1 tbsp **plain flour**
- 200ml/7floz **red wine**
- 400ml/14fl oz fresh **beef stock**
- 2 fresh **thyme** sprigs
- 1kg/2lb 2oz **potatoes**, cut into 5mm/¼in slices

Method

1. Preheat the oven to 170C/325F/Gas 3.
2. Season the meat with salt and freshly ground black pepper.
3. Heat a large casserole dish until very hot then add the oil and a small knob of butter. Fry the beef until browned all over, then remove from the pan and set aside. (You may need to do this in batches.)
4. Add the onions and another knob of butter to the pan and fry for 2-3 minutes, or until lightly browned. Add the carrots and cook for a further minute.
5. Stir in the flour then gradually add the red wine, stirring until smooth. Add the browned beef and the stock, season with salt and freshly ground black pepper and bring to the boil. Stir in the fresh thyme, then arrange the potatoes on top. Dot the surface with the remaining butter.
6. Cover with a lid and cook in the oven for one hour.
7. Remove the lid and increase the heat to 200C/400F/Gas 6 for 30 minutes.

FIRST VISIT BACK

At last the phone call came, do you want an appointment with Jason, we are open next week. First reaction was 'of course I do' then thinking about it I was a bit nervous not knowing what to expect. Having not been out of the house for 4 months and not meeting up with any one except close family in my bubble, I was looking forward to it although a little apprehensive. The worry was totally uncalled for - the Centre is, as always, friendly and a welcoming environment and everything is within the Covid guide lines. The only difference is no biscuits and no cups of tea, but I am sure that will be back when safe to do so. My first appointment was 11th July and have been back nearly every week since then. It is still a very safe place to be so please don't hesitate to try and return your life to a bit of normality in these very uncertain times.

HI Me again x x Julia

Well hello there, at last the newsletter has arrived x x x Leesa our newsletter editor deserves a massive medal to have got it this far. Working on being open only two days a week has definitely had its drawbacks, but with everyone pulling together we have made it work.

No one knows what the New Year will bring but I do know that for the whole of January we will keep opening for just two days a week, this will allow for any spike of infection to calm down and for your Centre to maintain the high standards we have set this far.

We have heard of great sadness throughout the past year from numbing loneliness to the passing of loved ones. The pandemic seems to have crystalised and highlighted every emotion.

Every person has been touched by its enormity and it will leave its scars, but it has also been a leveller. If anything this year seems to have made us re-evaluate what is important to us, and sometimes that has been a hard lesson to learn. Made even more difficult when it feels like the whole direction of your life is taken out of your hands, stay in, wear masks , don't hug, etc.

No one could ever have predicted this year, and crikey knows what next year will bring. But we have come through this far, and with family, friendship, love, and support, we can take on the next 12 months as well. – Distant hugs and loves Julia – Centre Manager x x x x

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:

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

MS Society Helpline – 0808 800 8000 (Free)

MS Nurses (Leave a message) – 01142 712302

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.

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 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.

The Staff, Committee and Volunteers would
like to wish everyone a very
Merry Christmas
and a
Healthy Happy New Year