

# North Herts MS Newsletter

WELCOME TO OUR FIRST NEWSLETTER IN 2009

From the Branch Chair ...

Welcome to our first newsletter in 2009 and a belated “happy new year” to all!

Since I last wrote, a couple of matters of note have taken place –

First, we held our annual Carols evening on Friday 5th December at North Avenue Methodist Church. The event was well attended and thanks are especially due to Helen and Iris for organising everything, and Audrey Blatch for the sandwiches and cake. The Salvation Army band were in fine form and a good time was had by all!

Second, also in December, we held a series of “sleigh” collections at the Tesco supermarkets in Royston and Baldock, and also Waitrose in Hitchin. Due to the credit crunch we were concerned that the public might feel less inclined to support us than usual. However, in the event, we collected only slightly less than in previous years, and thanks go to all who braved the winter weather in order to help.

Whilst on the subject of collections, I must mention Anthony who has been working hard to fix our dates for this year. These are listed elsewhere in the newsletter, but he has done a fantastic job, so our thanks go to him. All we need now is a team of volunteers willing to spare a few hours to ensure we can maximise our efforts once again!

I would also draw your attention to the fact that Bob has just re-launched our web-site ([www.northhertsms.org.uk](http://www.northhertsms.org.uk)). There may still be a few bits that need cleaning up but I’m sure you will find it useful and easy to read.

Finally, please remember our AGM, to be held this year on Saturday 28th March. Again, the details are listed elsewhere, so please put the date in your diary because we shall be delighted to see you there.

Until then, cheerio!

Brian Seal.

## **CONTACTS**

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**HON SECRETARY Mrs Denise Ryan, 63 Quinn Way, Letchworth, Herts. SG6  
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**HON SUPPORT OFFICER Mrs Helen Ilsley, The Cottage by the Church,  
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**HON TREASURER Anthony Gordon, 35 Park Close, Wratten Rd East,  
Hitchin, Herts. SG5 2AS, Tel. 01462 441001**

## **BRANCH ANNUAL GENERAL MEETING**

**This year's AGM will be held at Norton Methodist Church hall on  
Saturday 28th March, commencing at 3pm, and be followed by cake and  
a nice cup of tea! Do try to come and if so, return the enclosed form to  
Iris Shinner. Of course, you are most welcome even if you don't return  
the form!**

## **2009 COLLECTION DATES**

**We have been granted the following dates for our collections this year,  
so please make a note in your diary. They are all Saturdays so if you can  
spare a few hours, contact one of the committee:**

<b>April 11th:</b>	<b>Letchworth town</b>
<b>May 9th:</b>	<b>Letchworth Sainsbury's</b>
<b>May 23rd:</b>	<b>Baldock town</b>
<b>June 27th:</b>	<b>Letchworth Morrisons</b>
<b>July 11th:</b>	<b>Hitchin town</b>
<b>September 5th:</b>	<b>Hitchin Sainsbury's</b>
<b>September 12th:</b>	<b>Royston town</b>

## **RESEARCH**

**Are you interested in taking part in the Research and Campaigns  
Network ?**

**You would be involved and could influence how researchers go about  
their work.**

**More information can be found at [www.mssociety.org.uk](http://www.mssociety.org.uk). Or email  
[gansems@mssociety.org.uk](mailto:gansems@mssociety.org.uk) or call 0208 438 0921.**

## **BIG BOOK SALE**

The MS Society BIG BOOK Sale is an exciting new fundraising project for primary schools.

If you are a teacher or parent (or know one), or have any involvement with your local primary school, then you can request a free fundraising pack today and raise money for your branch.

Log on to [www.mssociety.org.uk/bigbooksale](http://www.mssociety.org.uk/bigbooksale), or contact [schools@mssociety.org.uk](mailto:schools@mssociety.org.uk), or call on 0870 241 3565 for all the details.

Please be sure to notify the MS Society of any schools taking part in support of your branch, so that we can be certain to benefit from the money raised!

This could be held on any day to suit, or dates to consider could be World Book Day (Thursday 5 March), World Storytelling Day (Friday 20th March), or International Children's Book Day (Thursday 2nd April). Good Luck.....

## **CAKE BREAK**

We all know how we love cakes.....

Why not organise a Cake Break Day during MS Week, 26th April.

Posters, etc. all available to enable you to make it look (and hopefully taste) wonderful.

Starbucks are apparently very supportive about posters, local pubs maybe, GP surgeries, etc., and then recruit lots of friends and family to make your cakes, fix a day and we'll all come and eat them.... let us know and we can organise the pack for you if necessary.

## **ADVERTISING - WHO WANTS TO BE A MODEL?**

The MS Society are about to begin to recruit people with MS to volunteer to be models.

If you are interested, keep an eye on the Everyday Living message board on the MSSociety website, or let Helen know on 01462 790210.

## **TORTURE CORNER**

(aka a message from your physio)

Well it's that time of year again when our good intentions & New Year's resolutions are beginning to fade into the background, so for those of you who need a little nudge in the right direction regarding exercise, here are a few gems to help strengthen your resolve:

Exercise is simply anything that causes you to breathe more deeply than normal &/or causes your heart to beat faster. So believe it or not, but you are already doing "exercise" every day just by getting out of bed in the morning!

Most people think of exercise in terms of "no pain, no gain" but in reality, "a little bit of effort, means tremendous gain."

Each time you exercise, you are helping the body release the tension of the stress response, making it calmer, safer & healthier! You will also feel a natural high caused by the release of endorphins, the body's natural opiates. These in turn positively affect your mood, helping to make it easier to concentrate, relax and sleep soundly.

To make daily exercise a little easier to remember to do, try making a habit of relating an exercise to something that you do daily (or more often each day), eg:

1. Waiting for the kettle to boil, depending on how your standing is you could either just practise standing really upright, or try balancing on one leg as you've got the work surface handy if you're a bit wobbly (just make sure you're not too close to the kettle!)
2. Each time there's an ad. break on TV or a programme ends, make sure you're sitting up really tall then straighten one knee and hold straight for a count of 5, lower and repeat on the other leg- gradually increase so you're repeating this 10 times on each leg.

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