

North Herts MS Newsletter

WELCOME TO OUR FIRST NEWSLETTER IN 2010

From the Branch Chair ...

Welcome to our first newsletter in 2010 and a happy new year to one and all!

Since the last edition we held our annual Christmas lunch at the Novotel hotel, Stevenage, where, for the first time we were joined by our friends from the Mid-Herts branch and the Therapy Centre in Letchworth. Over 70 people attended and a good time was had by all. We also held our Carols evening at North Avenue Methodist Church. Once again the event was well attended and thanks are due to the Salvation Army band who entertained us so admirably, and to all those who made these events possible.

Also in December, we held a series of “sleigh” collections at the Tesco supermarkets in Royston and Baldock, and also Waitrose in Hitchin. This year there was a slight difference as we didn’t have a sleigh but replaced it with a Christmas tree decked with lights, presents and music. All this was possible due to the hard work of John Ilsley who put the whole lot together. The results were varied – on the Friday we were due at Royston, the A505 was blocked by snow and abandoned traffic, but despite this, Helen and John battled through and still managed to collect about £250. We had better luck at Waitrose. The snow was still deep and crisp and (un)even, but for the first time ever we collected over £1000 – fantastic. Thanks go to all who braved the winter weather in order to help.

The majority of our fundraising goes towards the provision of domiciliary support to our members, but over the past few years this has not been sufficient to cover the cost. As a result, reluctantly, since the start of the year we have had to reduce the service from weekly to fortnightly and also introduce a small charge for the visits. I do hope you understand the situation, but if not why not come to our AGM, to be held this year on Saturday 20th March. 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

**CHAIRMAN Brian Seal, 24 Knolls Way, Clifton, Beds. SG17 5QZ,
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**HON SECRETARY Mrs Denise Ryan, 64 Western Way, Letchworth, Herts.
SG6 4SL, Tel. 01462 619041**

**HON SUPPORT OFFICER Mrs Helen Ilsley, The Cottage by the Church,
Weston, Herts. SG4 7DJ, Tel. 01462 790210**

**HON TREASURER Anthony Gordon, 35 Park Close, Wratten Rd East,
Hitchin, Herts. SG5 2AS, Tel. 01462 441001**

MONEY SAVING TIPS – APPROVED FOOD AND DRINK

In these 'credit crunch' times it is good to know a place where you can buy food and drink at very reasonable prices.

Approved Food is the biggest online seller of clearance food and drink. They specialise in selling short-dated or out of date "Best Before" dry food products as well as fully coded clearance stock.

It's not quite the same as doing your weekly shop online at one of the larger supermarkets, as choice is limited, but you can bag yourself a bargain.

Delivery charges are £5.25 for up to 28kg to almost anywhere in UK, and as you can usually save at least 50% on your order the delivery charge is well worth it.

For more information and to place orders please visit the Approved Food website : www.approvedfood.co.uk.

(from Mid Herts Branch Newsletter)

CLYNFYW COTTAGES – HOLIDAYS IN PEMBROKESHIRE ANYONE ?

Set in 200 acres of a family run organic farm, and 100 acres of woodland, with low gradient woodland paths. Each cottage is different, one with electric adjustable bed, mobile hoist (invacare), bed raisers, shower chair, bed boards, mobile commodes, and lots more. Given adequate notice other equipment can be hired and also additional care support can be arranged through a local registered care agency. The four cottages all sound lovely, for more information go to www.clynfyw.co.uk

Email jim.clynfyw@virgin.net or telephone 01239 841236.

Clynfyw, Abercych, Boncath, Pembrokeshire. SA37 0HF

... OR CARMARTHENSHIRE ?

Fully disabled friendly bungalow in Pendine, Carmarthenshire. Three bedrooms, one with hospital bed, sleeps seven people. Full wheelchair access, including kitchen, with wet room and accessible bathroom, TV, DVD player, parking for four cars, close to beach. For more information contact Nesta on 01559 370001 or 01559 370785

... OR SUSSEX?

Bungalow at Sussex Beach Holiday Village in Earnley, outside Chichester. Two bedrooms – one double bunk, with sofa bed in living area sleeps up to six. Living area and larger bedroom adapted for wheelchair access, the bathroom has been fitted with a walk in shower, raised disabled toilet and sliding door access. For more details and enquiries concerning bookings, please contact Trisha Wakeford on 01293 776097.

TORTURE CORNER

(aka a message from your physio)

A big well done to anyone who tried one of the gyms following my last ramblings! An even bigger well done to anyone still going! If you haven't been yet, there's no reason not to give one a try, I guarantee you'll be made to feel welcome, even at one that I haven't mentioned.

I've just started a pilates teacher training course, so I'll try to pass on a few extra exercises over the coming months. I plan to set up some classes for members, so if you think you might be interested, or would like more information, please let me know.

As I rather monopolised the last newsletter, I thought I'd better leave some room for others this time!

E-mail me: katherine.mcgoldrick@physiofirst.org.uk

or phone: 01462 743244

SOMETHING TO AMUSE YOU

The Law Lords have ruled that there cannot be a Nativity Scene in the Palace of Westminster this year.

This isn't for any religious reason, they simply have not been able to find Three Wise Men in Westminster.

There is, however, no problem in finding enough asses to fill the stable.

The search for a virgin continues.....

CAKE BREAK

The Hairy Bikers, the official faces of the MS Society's Cake Break, invite you, your branch colleagues, family, friends and local supporters to host a Cake Break on 30 April 2010 (or any date that suits you).

Taking part is easy – register for a free host pack at www.mssociety.org.uk/cakebreak or phone 0870 241 3565. Packs will be sent out in early March.

MS SOCIETY TISSUE BANK

This is a research facility which stores and distributes tissue from brain and spinal cord, donated by people who had MS and some who didn't.

“The reason this is needed is simple: by examining tissue samples of people who had MS compared with samples taken from people without MS, we can find out so much more about the condition, how to stop its effects and how to refine existing treatments.”

If anyone is interested in finding out more, these are the contact details:

www.mssociety.org.uk/tissuebank or telephone the MS Society on 0208 438 0700.

CARERS RADIO

Carers World Radio is an online radio station offering monthly podcasts for people who care for someone who is ill or has a disability.

Carers World Radio is broadcast from the UK, connecting carers with news, information and support.

www.carersworldradio.com

MS FRIENDS

It has been decided to re-name what was formerly called our “Young Persons Group” to what will now be known as “MS Friends”. The reason being that we didn't want to exclude anyone who might consider themselves other than “young”. People of all ages have always been welcome, and indeed, Cheryl Morris tells me numbers are swelling. As I write, the next get-together is arranged for Sat 27th Feb at 12:30pm at Nandos on the Stevenage Leisure Park, and over a dozen people are expected. The branch subsidises the group up to a modest limit so if you are interested, contact Cheryl on 01462 491917.

PICTURES FOR YOUR SCRAPBOOK

Sharon Reid has kindly supplied these photos to remind us of Christmas. First at the Novotel, and second at Wednesday Club. Thanks Sharon -



BRANCH ANNUAL GENERAL MEETING

This year's AGM will be held at Norton Methodist Church hall on Saturday 20th March, commencing at 3pm, and be followed by cake and a nice cup of tea! Do try to come and if so, return the form overleaf to Iris Shinner. Of course, you are most welcome even if you don't return the form!

Multiple Sclerosis Society – North Herts. Branch

2010 Annual General Meeting

SATURDAY 20th MARCH, 2010 - AT 3 pm

NORTON COMMUNITY CENTRE, NORTH AVE. LETCHWORTH

As usual, tea and cake will be served immediately after the meeting.

Name:

No. attending:

I would like transport (Yes/No):

I need to travel IN my wheelchair (Yes/No):

Please return this to :

Mrs Iris Shinner, 24 Grovelands Ave., Hitchin, SG4 0QU

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NOMINATIONS FOR OFFICERS AND COMMITTEE 2009

If you would like to make any nominations for the branch committee, please use this form, and return it to Iris. All current officers are willing to continue, but there are always vacancies for other members of the committee:

CHAIRMAN :

SECRETARY :

TREASURER:.....

SUPPORT OFFICER:.....

COMMITTEE MEMBER:.....

**PLEASE ENSURE THAT YOU HAVE PERMISSION FROM
THOSE WHOSE NAMES YOU HAVE PUT FORWARD !**