

CIRENCESTER AND SOUTH COTSWOLDS BRANCH NEWSLETTER

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SEPTEMBER Newsletter 2012

National MS Helpline: Freephone 0808 800 8000 (Mon to Friday, 9am-9pm)

MS Society website: www.mssociety.org.uk

****~**NEW**~** OUR LOCAL SUPPORT LINE IS NOW A FREE TELEPHONE NUMBER!! **~**NEW**~****

Local support line: 0800 111 4311

Local website: www.mssociety.org.uk/cirencester

This is YOUR branch and YOUR newsletter. Contributions from members welcome.

COFFEE MORNING SEPTEMBER 19th AT DOBBIES, Cirencester from 11AM

Reminder - Do let me know if you change your address or email address. Also please email Mary if you are receiving this by post but could have it emailed. Let's save costly postage, paper & ink! Please let Mary know if you no longer wish to receive the newsletter.

From the Chairman

That's the wedding done! All went really well and we had glorious weather at Kingscote on the day.

Just before that weekend, there was a coffee morning at Richmond Villages, Painswick – very well attended with some join-in entertainment and a donation from Bill and his friends which was much appreciated by all. Although flat, it's a bit of a trek from the car park, but worth the journey.

Last time I mentioned some possible new blood – I was almost there but disappointing university year end exam results have led to a delay; I still have my fingers crossed. On the study front, I have succeeded in convincing Stroud College I am a worthy student and I begin a two year diploma course there in mid-September.

Jude Comber has due to unforeseen circumstances decided to leave the branch committee and give up her Health & Safety and Newsletter Editorship roles. She put in an extraordinary effort into her roles and I thank her for all the work she did and for the difference she made and wish her well for the future.

Those of you who are email recipients may have gathered I was unhappy with the MS Society line on privacy so I have spent time talking to people at regional level about the society's heavy-handedness and the organisation's general expectations of volunteers. I am glad to report that it is accepted that in smaller branches like ours we can tailor the rather prescriptive requirements to suit our needs and not follow them slavishly – the photograph policy is an example of where we can use discretion. I understand that a new head of volunteering has been appointed in the organisation and my views on unreasonable expectations on volunteers are being forwarded. I shall be most interested to see how things change over the coming year, not only on volunteer support, but with policies, too.

One last point: Tai Chi. As you will read further on in this newsletter, the three members who have attended classes at Tim Bird's Falcon Health & Fitness have gained so much benefit from their course that the committee has decided to extend our support for Tai Chi and beyond by subsidising each attendee's place by £5 per head. Outside the MS Soc, I have taken up a 10 week course with Tim for my own benefit and I find him a fantastic trainer to work with, so I wholeheartedly recommend him to anyone who would like to take the plunge to improve their own fitness level.

Peter

Notes from the Editor :

Sadly due to unforeseen circumstances I am no longer able to keep writing the newsletter, so this is my last input! Mary has gallantly taken on the role again, so please email her from now on! Her email in case you have forgotten or lost it is : m.macpherson37@btinternet.com

**PLEASE NOTE WE HAVE A NEW FREE TELEPHONE NUMBER FOR LOCAL SUPPORT
0800 111 4311**

News from around “Our Branch”.

Willow Boat Trip

A lovely day was had by 21 branch members and one dog! The weather although not hot, but the rain at least held off! The trip was very leisurely with a stop for a picnic lunch, this time provided by “The Bread Basket”, Stonehouse. Personally I thought the variety of rolls, fillings, cake and fruit was brilliant, and there were very few crumbs left! It also saved the committee from making endless numbers of sandwiches, and covering them! For those interested there are photographs for those on the “e-letter”. The staff of the Willow Boat Trust were amazing, very thoughtful, helpful and great at providing mugs of tea and coffee! My thanks to Mary who set it up in the first place, to the Willow Boat Trust, The Bread Basket, and to all those who attended.

Jude

Diary Dates!

September to October 2012		
Tai Chi – for the next season	Tuesdays	Cirencester. Please contact Mary for more details
Various events from Sportability – please see their website for details!		
Family Focus Day –2012 Monkey World. £5.00 per adult (cheques payable to MS Society Wessex & West Region)	8th September	Jacqui Justice Local Support Development Officer Green Lodge, 11B Cecil Road Weston super Mare, BS23 2NG
Parachute Day Experience the thrill of a lifetime by free falling with an instructor over the lovely Gloucestershire countryside	29 th September	Cirencester Minimum sponsorship £350. www.airborneadventure.com

From : Cheltenham Connections Newsletter

Last concert this year: October 26th

Admission : £6 Carers admitted free. Town Hall Box Office : 08445762210

For all enquiries ring Peter Stone on 01242 573034 or e-mail : pstone@sky.com

Useful information :**MS Therapy Centre, Quedgely. Glos. GL2 5EA**

Full range of complimentary therapies, physio, reflexology, and massage available. Also high dosage oxygen therapy, advice, information and emotional support. Why not call in for a coffee and chat and find out more. Open Tuesday – Friday. Tel: 01452 419246 www.glosmsinfo.org.uk

Swindon Therapy Centre. Cheney Manor Industrial Estate SN2 2PJ

Tel: 01793 481700 www.msswindon.org.uk Open Mon/Wed/Thurs/Fri mornings and Wednesday 5.30-7.30pm.

The M.S. Chat Forum. <http://www.mssociety.org.uk/forum>

Sportability Events

Sportability events: Contact email: info@sportability.org.uk :phone: 020 8959-0089: www.sportability.org.uk

From Andy Jarrett :

Inspired by Olympics and Paralympics?

The MS Society has lots of opportunities for people run, jump, swim, cycle and so on to face up to their own personal challenges.

Once the costs of the event have been covered, then all funds raised can be donated to the branch.

Upcoming events include:

29 Sept: Parachute jump near Cirencester. Experience the rush of free falling for several thousand feet at 120mph. Wow!

30 Sept: Bristol Half Marathon. One of the region's premier running events.

??? Oct: exhilarating Zip line 40mph over 700m at The Wire, Chepstow. It's one of the UK's longest and fastest!

13 and 14 Oct: Bungee jumping in Bristol. Great fun but scary.

21 Oct: Great Birmingham Run. Always popular half marathon.

12 Feb: Fire walking Bristol. Walk unharmed 20 feet across burning coals.

Getting a team of people to participate in these challenges would make such a difference to the branch.

More information, posters and so on are available from our Area Fundraiser, Andy Jarrett on 0208 438 0943 or ajarrett@mssociety.org.uk or <http://www.mssociety.org.uk/adrenalin>

September sees the following members celebrate their Birthday.

We hope they have a happy day, and are able to share it with family and friends



We only have details that members have given to the MS Society, so if we miss you out and you would like us to mark your Birthday in this way, please let me know. *(ALSO please let*

me know if you do not wish to see your name in print)

Jude Comber

Wendy Gibbons

Jacqueline Gray

Pamela Hughes

Amberwood Holiday Lodge

West Herts Branch has a holiday lodge at Shorefield Holiday Village, near Lymington, Hampshire, for people with MS, families and carers. The chalet has a master bedroom with en suite shower room, a twin bedded room, bathroom, and a lounge/ kitchen area with double fold-out sofa bed. A brand new mobility scooter is also available to use. Bookings can be made by calling Richard Smith on 07709 235729. (Please leave a message if necessary and we will call you back.)

Lisnaskea

MS Society Northern Ireland has two fully accessible chalets available for hire at the SHARE village in Lisnaskea. The cost is £150 per week and includes a SHARE fitness leisure pass. Bookings are taken on a first come, first served basis. To book a holiday please contact Mark on 028 9080 2802 or mhatte@mssociety.org.uk

Do you and/ or your carer need a break?? Why not start planning a summer/autumn holiday?

Financial assistance available for respite care breaks - and holidays.

This can be for just a couple of days, or a longer break – for yourself or for your carer - or for both! It can be to a place and time of *your* choosing. Applications for financial help may be made via the branch helpline:

tel. **0800 111 4311 before** booking, as payment cannot be made retrospectively. Each application will be individually and confidentially assessed, not simply means tested. We are here to help!

Check out our branch website: www.mssociety.org.uk/cirencester

Facebook: <http://www.facebook.com/pages/MS-Society-Cirencester/199615930114272>

Twitter: http://www.twitter.com/MS_Cirencester

BRANCH COMMITTEE – all volunteers.

Peter Edison	Chairman Support Volunteer	01285 641019 : pj.edison@gmail.com
Graham Merricks	Treasurer Support Volunteer	01453 834 006
Sylvie Vick	Secretary Support Volunteer	01242 820037 : joeandsylvia@btconnect.com
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