



*Self help
is our way of action*

**Gloucestershire Multiple Sclerosis
Information & Therapy Centre
Registered Charity No. 800909**

Goodridge Avenue Trading Est
GLOUCESTER
GL2 5EA

News Update

April 2011

A G M

It's that time of year again and we have our Annual General Meeting on Tuesday 12th April.

If you or your partner, family or other interested parties would like to come along please do.

We tend not to provide a meal or a talk as people do not seem to have wanted this at the AGM.

There will, of course, be tea/coffee and nice biscuits!

We would be happy to change this approach
If requested.

We are looking for people to join the team – either as a formal committee member or maybe just to get more involved in fundraising or developing the Centre. We are not a clique and are keen to listen to new ideas. Maybe you have family who are full of inspiration or who might even be able to wield a paintbrush on a weekend.

Any help would be welcome.

Come along if you can 7.30pm.

We enjoy a lively discussion!

Diary Dates

ANY NEW DATES WILL BE IN CAPITAL LETTERS. IF YOU ABLE TO HELP AT ANY OF THE EVENTS PLEASE SEE THE CENTRE MANAGER, MARION. ALL ITEMS MARKED WITH * ARE BEING ORGANISED BY DAVE STALLWORTHY, PLEASE CONTACT HIM FOR MORE INFORMATION.



Sat 26th March - Jumble Sale at Shurdington Social Centre at 2pm



Wed 30th March - Mayor of Cheltenham Visit to Centre - 11am



Thurs 7th April - COMMITTEE MEETING - 7.30 pm



Thurs 12th April - AGM at the Centre at 7.30pm



Sun 17th April - *Abseiling at the Eagle Tower in Cheltenham



Thurs 12th May - COMMITTEE MEETING - 7.30 pm



Sat 11th June - RIKENEL CAR PARK

Jumble Sale

Our annual jumble sale will be held, as usual, at Shurdington Social Centre on Saturday 26th March. We will need help with setting up from 11am in the morning and with selling in the afternoon. If you just want to spend your money please come along at 2pm. Teas and coffees will be available. We are happy to do a cake stall if people will help with providing cakes to sell.



Mayor's Visit

Councillor Anne Reagan the Mayor of Cheltenham will be visiting the Centre on Wednesday 30th March. We expect her to arrive at around 11am to join us for coffee and a look around the Centre.

Please come along to meet her, particularly if you live in Cheltenham. Everybody is welcome.



CCSVI - Has anyone been for this treatment and had any success with it? We have had several people go for the scans, only one of whom did not have this problem. Two have had the treatment so far but have had little success with it. Across the National Federation of Therapy Centres some people have had good results but others have not. We would welcome your stories. We are neither for or against and will support you in whatever you decide to do. We are keen to have as much information, good or bad, as you can give us.

Fundraising

We are looking for a good venue for the Ukoholics to do a show for us. They are lively local band who are very skilled and a lot of fun .We had a concert planned but it has fallen through and the band are still keen to support us. Please contact the Centre if you have any ideas.

Do you know a band , choir, performer who might do a charity show for us ? Even a school band can raise quite a following. If they could donate a percentage of the takings to us it would be wonderful. Even if they would allow us to collect at the show it would help.



Do you know of a football/rugby club that might allow us to collect at a match ?

Abseil ~ We are still looking for people to abseil for us. Registration costs £25 and you only have to raise another £75 on top. This is a fun day with stalls, food, and crowds of happy people. We may be lucky again and have Spiderman turn up. He came and helped us the first time we ran this event. Do come along and watch if you're in Cheltenham on the day - it is a family friendly event. You may even be able to have a go at the last minute if you ask on the day.



You must know someone in your neighbourhood or at work who might have ago for us. Age is no barrier! Contact Dave Stallworthy on 01454 321694

Unexpected visitors - This month has brought some delightful visits from people we were not expecting. One busy Tuesday two big fire engines arrived and splash of handsome firemen burst through the door. No we had not called them and No we were not ablaze. They had simply come to visit to check out the oxygen chamber and see it for themselves. Cameras were produced in a flash as it's not often we ladies get a chance to chat up some hunky heroes.

Just a week ago we also had an unexpected visit from Professor Phillip James and his assistant Petra Kliempt from Dundee. Phillip is THE man who knows all there is to know about oxygen therapy. He wrote the papers and did the research and he has been our advisor for all things oxygen related for 25 years. They stayed for a couple of hours and chatted with every one.

The MS Helpline - 0808 800 80000. This phone line is dedicated to those with MS and their friends and relatives. Offers emotional support and advice.

Facebook - Are you a keen facebook user? Do you have a son or daughter who is always chatting on the computer? We need to move with the times and set up a facebook page for the Centre. Other Centres have done this with great success and it helps to reach the younger MS community. We would love to hear from anyone who might be able to set this up for us and, ideally, keep posting on it and monitoring responses. This would be a great way to help us if you were housebound and a wheelchair user.

Bike rides - We now have access to a range of cycle rides of varying distances and in a variety of locations. They are run by a company who are happy for us to send one or two cyclists to raise funds for the Centre. The only proviso is that we must give a percentage of the money raised to the host charity. Marion has a brochure of what is available.



For Carers

- ◆ Caring with Confidence – session 1 Great Oaks Hospice Coleford 6th April 10.30-1.30
- ◆ Cheltenham / Tewkesbury Carers Support Group Charlton Lane Memorial Centre 7th April 2-4pm
- ◆ The emphasis will be on mental problems
- ◆ Forest of Dean Carers Group Coleford House 28th April 1-3pm

Dealing with difficult behaviours

For more information on all carer's events call Carers Gloucestershire 01452 386283

Gowrings Mobility Roadshow - 5th 6th and 7th April at Westonbirt Arboretum. Free tickets, including free admission to the arboretum may be available from the Centre. (normally £8)

www.eEquipForLife.org.uk - is a useful website for buying and selling used disability equipment over the internet.

Information Leaflets - At the Centre there are lots of information leaflets, from a wide variety of sources about anything that you could wish to know and more!

For Sale

Scooter - three wheels. This is a big scooter not suitable for transporting in boot. Hardly used. Needs new battery. Free or donation to the Centre. Call Marion. Brochure available.

Equipment to buy or sell?

www.disabledgear.com

www.disabilityequipment.org.uk or call the Disability Equipment Register
01454 318818

Donating made easy - If you would like to donate to the Centre by credit/debit card log on to justgiving.com and look for us there. They will arrange gift aid for us and send your donation to our account.

**Get Clicking and Raise money for the Centre**

Help raise money for Multiple Sclerosis Information & Therapy Centre just by searching the web! Please set your home page by following the instructions on www.everyclick.com. We are registered as Multiple Sclerosis Information and Therapy. Please choose us as your favoured charity. This will cost you **nothing!**

**RAISE FUNDS and RECEIVE A FREE ENTRY INTO A COMPETITION
WHEN YOU SHOP ONLINE**

If you shop online there's now a simple, easy and free way for you to help support the Centre. Easyfundraising is a great idea where you can shop with hundreds of popular retailers including; Amazon, Toys'R'Us, Viking Direct, Marks & Spencers, B & Q and many others, and **easyfundraising** .org.uk at no extra cost we'll receive a FREE donation of up to 15% from every purchase you make. You just log on to the [easyfundraising](http://easyfundraising.org.uk) site then shop as normal and it doesn't cost a penny extra to shop and raise funds in this way. All you have to do is register with the [easyfundraising](http://easyfundraising.org.uk) site at www.easyfundraising.org.uk and select the Centre in the charities list.

Ink Jet Cartridges - Please bring in your ink jet cartridges, we can recycle them and make money for the Centre.

Water Rates - Seven Trent offers a special scheme for those on low incomes. Phone 08456+ 043 772 for details. They even give grants to anyone in severe hardship. Phone 0121 355 7766

Test your Brain Page

Test your mind and unscramble the words below. All the words have something to do with time.

1. ralam _____
2. tnea _____
3. mtoiac _____
4. ueyntrc _____
5. hecims _____
6. heencrmorto _____
7. lyecc _____
8. eadt _____
9. ady _____
10. edecad _____
11. iiatgdl _____
12. heocp _____
13. iexuqon _____
14. aer _____
15. etagnarrfhd _____
16. Uhor _____



Have a cup of tea or coffee and a biscuit and enjoy this page
Answers are on the next page.
No peeking!

Have a Giggle

A Police car followed a car which was veering all over the road, causing pedestrians to leap for their lives and vehicles to swerve. Eventually the car lurched to a halt across the pavement, and the police officers rushed to it and dragged open the driver's door. To their amazement the seat was unoccupied - there was no driver! But in the rear of the car were three or four men, well-soused, still drinking and singing. "Who's the driver of this car?" demanded one of the constables. "No-one, occifer," said one of the drunks, "we're all in the back driving!".

"What are you going to call the new baby?"
 "We're thinking of calling him John."
 "Oh, don't do that - every Tom, Dick and Harry's called John . . . "

Teacher: "Sam, what's this a picture of?"

Sam: "dunno, miss".

Teacher: "It's a kangaroo, Sam"

Sam: "What's a kangaroo, miss?"

Teacher: "A kangaroo is a native of Australia."

Sam: "blimey - my sister married one of them!"

Why don't you now have a go at setting some quiz questions for everyone to have a go at? Or if you have a favourite joke, share it with everyone in the next issue

Either take them in to the Centre or email them to
Selfhelp@glosmsinfo.freereserve.co.uk

Don't Forget We're on the Web

It's another way to keep up to date with what's on
www.glosmsinfo.org.uk

Answers

9. Day
10. Decade
11. Digital
12. Epoch
13. Equinox
14. Era
15. Grandfather
16. hour

Answers

1. Alarm
2. Ante
3. Atomic
4. Century
5. Chimes
6. Chronometer
7. Cycle
8. date

We are pleased to receive any comments good or bad about this news letter. Please let Marion (Centre Manager) know.



THANKS PAGE

To those of you who have sent donations with your membership fees "Thank you all so much."

We are now needing to raise over £40,000 a year – an indication of our success now that so many people are using our therapies.

COLLECTING BOXES

Bucklands Yard

£828.56

The Avenue

£3.72

DONATIONS

B Woods

£55.00

Quedgeley WI

£65.00

K Wiggins funeral

£145.00

B Partridge

£40.00

FUND RAISING

Quiz

£120.00

Lydney Coop

£268.55

Coffee morning

£72.00

S Markey

£125.00

GRANT

Police Property Act

£100.00

Here is another way that you can help raise funds for us Gift Aid

If you are a UK taxpayer and would like the MS Centre to treat all donations you make as Gift Aid donations, the MS Centre can claim gift aid on your behalf. (Please note that for your gifts to qualify for Gift Aid, the amount of income or capital gains tax you pay must be at least equal to the amount of tax the MS Centre will reclaim from your donation.) Please let



Marion know at the Centre.

Bereavement

We say a sad Goodbye to Dennis Waldron who died recently.

Our condolences go to his widow, Barbara, and the rest of the family.

Gloucestershire Multiple Sclerosis Information & Therapy Centre

Tel/Fax: 01452 419246

Email: Selfhelp@glosmsinfo.freereserve.co.uk