



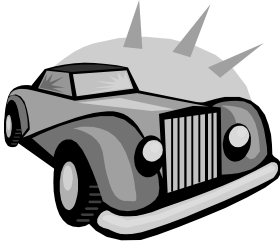
Self help  
is our way of action

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

Goodridge Avenue Trading Est  
GLOUCESTER  
GL2 5EA

## News Update

# August 2011



# Classic Car & Bike Show



Is being held  
on Sunday 28<sup>th</sup> August

at the MS Centre

11am - 3.30pm

£4 admission, Children Free

There will be a sale of desirable antiques (jumble) outside the Centre, plus ice creams and burgers. This is always a good show and well worth a visit. Can you bring something for our cake stall or for the raffle? You can bring things in advance or on the day.

# 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.



Thurs 11th August - COMMITTEE MEETING - 7.30 pm



Sat 6th August - LYDNEY CO-OP COLLECTION (help needed please)



Sun 28th August - \*Classic Car & Bike Show at the Centre



Thurs 8th September - COMMITTEE MEETING - 7.30 pm



Sun 16th October - SPONSORED SWIM at Brockworth - 4pm - 5pm

## Car Boot Sale

The car boot sale in July was alas a flop. It was the hottest day we've had in several years and anyone in their right mind would have headed for some kind of water. sea, pool or pond. We still managed to scrape together £100 but those who had brought cars scarcely scraped the entrance fee together. Our apologies if this was you. At least we had a chance to sort out all the jumble properly, after the mad scramble at the end of the last jumble sale.

## Four of a Kind

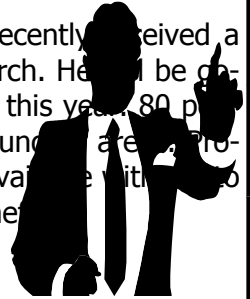
We had a delightful visit from Bill Davis and Four of a kind. They had been performing in various nursing homes and clubs trying to raise some money for the Centre. They presented us with a cheque for £100 and regaled us with a selection of songs.

They play well-known tunes using ukuleles and some good voices – male and female. They would be happy to perform in a variety of venues. If you are interested call Bill Davis on 01453 765924. Bill himself has Ms and is keen to support our cause.



## Stem Cell Trials

Professor Scolding at Bristol Frenchay Hospital has recently received a donation of 1.1 million dollars to fund stem cell research. He will be going ahead with the stage two trials before the end of this year. 80 people will be involved in the trial, from Bristol and surrounding areas. Professor Scolding believes that the treatment could be available within 5 years if the results of the trial show a significant benefit.



## Oxygen therapy operators

We are always looking for operators for the tank.

### ***Have you ever thought about it?***

It's easy to learn. People with MS are welcome to help. You could even bring a friend with you and do it together. As we are getting busier we need to add extra sessions. Perhaps you know someone who might do an evening or a Saturday morning.

Please call Marion if you would like to help.



## Citizen's Advice Bureau talk

The talk by Andrew Bamford of Cheltenham CAB was very interesting. They are always looking for volunteers at any of their branches...maybe this could suit you.

The most relevant and interesting comment he made was in reference to the new assessments for both DLA and ESA. Andrew would like to urge anyone who has either had their benefit reduced after being reassessed, or who has been judged fit for work following the new incapacity benefit assessments, to lodge an appeal straight away. He says that your current benefit must be continued while an appeal is pending, so it will be financially better for you to defer any cut in benefit for as long as possible. He is confident that the CAB team can help overturn these assessments, and would welcome anyone asking for help with them. They can also give you lots of helpful tips if you are about to be assessed. Do use the CAB!

Please note they will be happy to come and see you in your own home.

**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.



### **MS Young @heart**

The younger people's group has been busy with a pub evening, a meal out, a day at Evesham country Park and a talk from the CAB.

They have more events planned, including a day at West Midlands Safari Park on 10<sup>th</sup> September, a quiz night at The Royal Charlton Kings on 8<sup>th</sup> August, and a cheese and wine party in September. Contact the girls at [msyoungatheart@gmail.com](mailto:msyoungatheart@gmail.com)

**Disabled Golf Society** - are inviting anyone with Ms to come along and meet other disabled golfers at Farrington Golf and Country Club, Marsh Lane, Farrington Gurney, Bristol BS39 6TS on Monday 15<sup>th</sup> August. Phone Graeme Robertson 07932 061 680 or try [robertson1963@hotmail.co.uk](mailto:robertson1963@hotmail.co.uk)



**Collecting boxes** - Would you like to have one of our collecting boxes in your home? It's surprising how quickly those coppers mount up. Call Marion if you would like one. We may be able to arrange delivery and collection.

### **News for Carers -**

- ◆ Thursday 4<sup>th</sup> August Hucclecote Carers Group Quiz night – Hillview Evangelical Church Hall 7.30pm
- ◆ Tuesday 9<sup>th</sup> August Cirencester Carers Support Group - Memorial Centre 1-3pm
- ◆ Thursday 25<sup>th</sup> August Forest Carers Support Group Music session 1-3 Coleford House

**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!

**[www.eEquipForLife.org.uk](http://www.eEquipForLife.org.uk)** - is a useful website for buying and selling used disability equipment over the internet.

**Donating made easy** - If you would like to donate to the Centre by credit/debit card log on to [justgiving.com](http://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](http://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 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 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 site at [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and select the Centre in the

**easyfundraising**  
.org.uk

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

### **British Telecom - Priority Fault Repair Service**

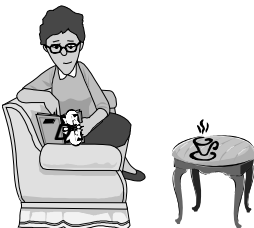
British Telecom operate a special service for those customers who are chronically sick or disabled. This service is called **Priority Fault Repair** and, for those who qualify, the service is provided free of charge. Of course, not everyone who is sick or disabled can qualify for this special service. And it is restricted to those who are in most need. Those who qualify will, for example, live alone, be housebound and suffer long term sickness or disability (where more than one person occupies the house, all must meet the criteria). In short, this free service is reserved for those whose lives may be at risk without the use of a working telephone. To obtain more information and an application form contact your local British Telecom Office.



# Test your Brain Page

Can you fill in the missing words to these song titles, see if you spot the theme?

1. \_\_\_\_\_ Holiday ~ by Cliff Richard
2. Walking on \_\_\_\_\_ ~ by Katrina and the Waves
3. \_\_\_\_\_ Nights ~ by John Travolta and Olivia  
Newton John
4. \_\_\_\_\_ is Shining ~ by Bob Marley
5. Distant \_\_\_\_\_ ~ by Crowded House
6. \_\_\_\_\_ of '69 ~ by Bryan Adams
7. Cruel \_\_\_\_\_ ~ by Bananarama
8. \_\_\_\_\_ Afternoon ~ by The Kinks
9. \_\_\_\_\_ Breeze ~ by Isley Brothers
10. Always the \_\_\_\_\_ ~ by The Stranglers
11. Farewell my \_\_\_\_\_ love ~ by Michael Jackson
12. You are the \_\_\_\_\_ of my life ~ by Stevie  
Wonder
13. Boys of \_\_\_\_\_ ~ by Don Healey
14. \_\_\_\_\_ in the City ~ by Lovin Spoonful



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



## THANKS PAGE



Thank you to all those who tackled the London 10k in the heat.  
 Thank you for your efforts in training and running on the day.  
 Thank you to all those who have helped with our many collections throughout June/July. What would we do without you all?

### COLLECTING BOXES

M Miller	£29.88
One O'clock shop	£150.00
The Double Barrel	£14.22
Monks Corner shop	£5.74
Manns Drink Stop	£18.68
Shurdington News	£14.71
Buckland's Yard	£174.95
The Avenue	£18.86
Woody's fruit & Veg	£18.37

### DONATIONS

B Hewson	£25.00
J Stubbings	£500.00
B Partridge	£105.00
Gloucester Guides - sponsored silence	£81.00
Four of a Kind	£100.00

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

### FUND RAISING

Rikenel car park	£172.89
<u>Sainsburys Quays</u>	£323.21
R Powell walk	£700.00
Three Shires Garden Centre	£61.34
Simon Ward Stratford run	£100.00
Morrison's Abbeydale	£205.32
Jenny James marathon	£1231.19
total	
Glenys Peat coffee morning	£167.20

### GRANT

Charles Irving Trust	£1000.00
Coutts Charitable Trust	£500.00
Henry Smith Charity	£6000.00

Don't Forget We're on  
 the Web  
[www.glosmsinfo.org.uk](http://www.glosmsinfo.org.uk)