



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**

## **February 2011**

### *Happy New Year*

It's the start of a new year and we are in need of some ideas for fund raising.

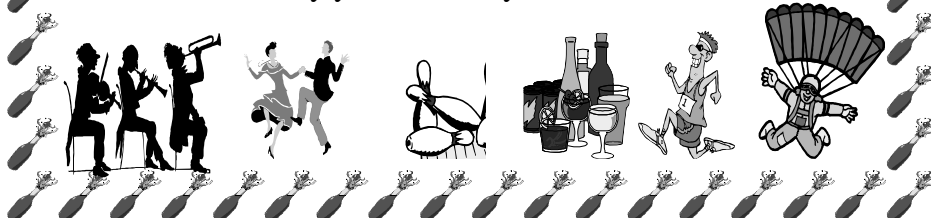
This year we have no Rock'n'roll concerts, no Highnam Court, and no Grand Draw. It has also been very difficult for us to get any store or car park collections, despite writing off every year to all and sundry.

Grants are also going to be hard to come by, due to the low interest rates earned on investments, and to the heavy competition of so many struggling charities.

Perhaps you or your friends and family might manage a mufti day at work or school, a Sponsored run, walk, push, haircut, beard shave, boot sale, market stall, craft fayre, cake sale, coffee morning, dinner party, cooking night or party with a theme. Etc. Maybe you can think of someone who might do a concert for us.



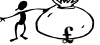





We are also looking for unwanted gifts for raffles and sales throughout the year.


We would welcome any ideas from you. Please let us have them however crazy you think they are.




# 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.

-  **Fri 28th January - Quiz at Cheeserollers in Shurdington**
-  **Thurs 10th February - COMMITTEE MEETING - 7.30 pm**
-  **Sat 19th February - LYDNEY CO-OP COLLECITON**
-  **Wed 23rd February - COFFEE MORNING at the Centre - 11am**
-  **Thurs 10th March - COMMITTEE MEETING - 7.30 pm**
-  **Sat 26th March - JUMBLE SALE at Shurdington Social Centre**
-  **Wed 30th March - MAYOR OF CHELTENHAM VISIT to Centre - 11am**
-  **Sun 17th April - \*Abseiling at the Eagle Tower in Cheltenham**



## Quiz Night





We are having a quiz at the Cheeserollers in Shurdington on Friday 28<sup>th</sup>



Come along in teams of four or on your own  
We can join you up with a team if you need to

Cost £6 per person

Prize for the winning team


There will also be a raffle on the night  
Food is available from the pub if required.

### Coffee Morning

We are having a coffee morning at the centre on Wednesday 24<sup>th</sup> February. Please feel free to come along. Everybody is welcome. There will be cake to eat and cakes to buy plus a raffle and maybe some quiz questions. If you would like to bring things along to sell please do.



### Jumble Sale

Our annual jumble sale will be held, as usual, at Shurdington Social Centre on Saturday 26<sup>th</sup> 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

The Mayor of Cheltenham, Councillor Anne Regan will be visiting the Centre on Wednesday 30<sup>th</sup> March. This will be her first visit to us. Please come along to meet her and make her feel welcome. We would particularly like to have some of those of you who live in Cheltenham come along that morning. She is likely to arrive at around 11am.



### Abseil

Our big fundraiser this year is the Abseil off the Eagle Tower in Cheltenham. The event runs all day on Sunday 17<sup>th</sup> April. Sponsorship of £100 must be raised.

This is always a fun day out as friends and family all turn up to shout encouragement at the gallant jumpers. Do turn up and watch the goings on. There is always a chance to have a go yourself at the end of the day even if you haven't booked a place.



If you know someone who might be interested in having a go please call Dave Stallworthy on 07788 827578




### Marathon Runner

Our massage therapist Jenny James is running the London Marathon for us in April. Jenny has run a half marathon before but this is a big challenge for her. If you would like to sponsor her please send cheques to the Centre or go to [www.justgiving.com](http://www.justgiving.com) and look for Gloucestershire Multiple Sclerosis Information & Therapy Centre



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<p><b>The MS Helpline</b> - 0808 800 80000. This phone line is dedicated to those with MS and their friends and relatives. Offers emotional support and advice.</p>	
<p><b>Acupuncture</b> - Our acupuncture therapist, David Woodward, has started sessions on Monday mornings. David has been working at the Bristol Centre for some years and has a lot of knowledge and expertise in helping people with MS. A session will cost you £13 for members. Please call Marion if you would like an appointment.</p>	
<p><b>Challenge Team</b> - We are looking for a bunch of fit enthusiastic people to take up the MS Challenge this year. This involves heaving a person who has MS, in a wheelchair, over an orienteering course of about 10 miles in the Brecon beacons. It is enormous fun but will require a lot of energy and enthusiasm. Teams of ten to 12 people are re-           quired. The event is on Saturday 25<sup>th</sup> June. If you think you can get a group together please call Marion for more details.</p>	
<p><b>Going Digital</b> - Most of you are probably aware that the analogue signal will be switched off in April this year for our area. You will need to adjust you TV equipment to receive the digital signal. The good news is that the BBC are running a switchover help scheme for those who are disabled. If you receive Disability living allowance or attendance allowance you will be eligible for the scheme. Call 0800 40 85 900 or go to <a href="http://www.helpscheme.co.uk">www.helpscheme.co.uk</a></p>	
<p><b>Information Leaflets</b> - 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!</p>	

 **Don't forget to bring in all your stamps that you receive** ~ collect them up and bring them to the Centre next time you come in, this is another way that we can raise money for the Centre.

**If you use a computer and the internet. Please read below to see how you can help Raise funds for the Centre**

**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 charities list.

**easyfundraising**  
.org.uk

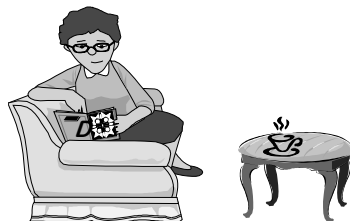
**Ink Jet Cartridges** - Please bring in your ink jet cartridges, we can recycle them and make money for the Centre.

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

**Gloucestershire Multiple Sclerosis  
Information & Therapy Centre**  
Tel/Fax: 01452 419246  
Email: [Selfhelp@glosmsinfo.freeserve.co.uk](mailto:Selfhelp@glosmsinfo.freeserve.co.uk)

# Test your Brain Page

1. What day? When the day after tomorrow is yesterday, today will be as far away from Sunday as today was from Sunday when the day before yesterday was tomorrow. What day is it? \_\_\_\_\_
2. Doctors Dogs? A Doctor owns 3 dogs and 4 puppies and they weigh a total of 528 ounces. But if he owned 4 dogs and 3 puppies, their total weight would be 592 ounces. How much does each of the doctors dogs and each of the puppies weigh? \_\_\_\_\_
3. Word Play. What do these six words have in common? Calmness, Canopy, Deft, First, Sighting, Stun. \_\_\_\_\_
4. Next Please? What is the next letter in this series? TNESSFFTTETNESS\_ \_\_\_\_\_
5. A Strange Sum? How can you take one from nineteen and leave twenty? \_\_\_\_\_



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 couple of Limericks for you**

I sat next to the Duchess at tea;  
It was just as I feared it would be:  
Her rumblings abdominal,  
Were simply phenomenoul,  
And everyone thought it was me!

There was a young lady of Twickenham,  
Whose shoes were too tight too walk quick  
in em;  
She returned from a walk,  
Looking whiter than chalk,  
And took em both off and was sick in em!

What's green and square?  
An orange in disguise!

What did the quick tomato say to the slow  
tomato?  
Hurry up and Ketchup!

What dance to tins do?  
The Can Can!

What do you get if you cross a lion with a  
watchdog? A very nervous postman!

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

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](http://www.glosmsinfo.org.uk)

<p><b>Answers</b></p> <p>4. F. The letters are initial letters of the numbers 20 going down to 5.</p> <p>5. The roman numerals XIX signify 19. If you take I it leaves XX, which is twenty.</p>	<p><b>Answers</b></p> <p>1. Sunday</p> <p>2. Dogs 7lb Puppies 3lb</p> <p>3. In each one of them there are 3 letters in alphabetical order LMN, NOP, DEF, RST, GHI, STU.</p>
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We are pleased to receive any comments good or bad about this news letter. Please let Marion (Centre Manager) know.



## THANKS PAGE

A big thank you to everyone who supported us over 2010. We hope you are able to continue supporting us through 2011. If you have any ideas for fund raising events, or are willing to organise a fund raising event please contact Marion at the Centre.

### COLLECTING BOXES

M Harding	£13.08
Shurdington News	£12.19
Symonds Yat gifts	£8.21
Badhams	£16.41
Blue Sheep	£51.36
The Avenue	£14.15

### DONATIONS

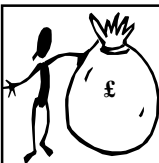
Inge Charles funeral	£120.00
Harry Buckland Suited & Booted party	£321.00
Gloucester Tooling	£100.00
J Dale	£20.00

### FUND RAISING

Cathedral concert	£479.00
Sponsored swim Total	£394.10
P Briscoe Stroud half marathon	£105.00
Carol Markey parachute jump	£692.00
Xmas fayre	£589.62
Jumble	£62.00

### DONATIONS

Harecombe & Brookthorpe PCC	£100.00
C Poulton	£50.00



### 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.