



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**

# June 2011

# HEY!

*..HAVE YOU HEARD  
THE LATEST?*

**No!** Then make sure you take a look inside this News Update.

Inside you will find information about what the Gloucestershire Multiple Sclerosis Information & Therapy Centre are doing.

Why not contribute toward the next update which will be published in August. You can hand in to the Centre or email the Centre anything that you think maybe of interest to readers. If you organise a fund raising event for the Centre, then write up about how well it went. Or make up a quiz to challenge everyone or even a few jokes or a poem.

The Centre's email address is  
[Selfhelp@glosmsinfo.freemove.co.uk](mailto:Selfhelp@glosmsinfo.freemove.co.uk)

Don't forget to take a look at the Centre's website at  
[www.glosmsinfo.org.uk](http://www.glosmsinfo.org.uk)

# 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 9th June - COMMITTEE MEETING - 7.30 pm



Sat 11th June - Rikenel Car Park



Fri 17th & Sat 18th June - COLLECTION AT SAINSBURY AT GLOUCESTER QUAYS



Sat 25th June - COLLECTION AT THREE SHIRES GARDEN CENTRE, NEWENT



Sun 26th June - BOOT SALE AT THE CENTRE 11AM - 4PM



Fri 1st July - COLLECTION AT MORRISONS IN ABBEYDALE



Thurs 14th July - COMMITTEE MEETING - 7.30 pm



Sat 16th July - QUEDGELEY FETE - STALL FOR THE CENTRE

**Mason's Visit** We were very pleased to welcome Phillip Jenkinson from Orpheus Lodge, with the Assistant Provincial Grand Master, John Thurston. They came to have a look around the Centre and to present us with a cheque for £1,400 from their fund raising efforts. They had kindly arranged for a photographer from the Citizen to come along and give us some welcome publicity.

**Abseil** A huge thank you to every one who did the abseil for us. We are particularly proud of Louise Browning and Chris Burke for taking it on and doing it in style on the day. Thank you to everyone who sponsored them. It was a beautiful sunny day and the usual carnival atmosphere prevailed. The fun was enhanced by the late arrival of the Cheltenham fire brigade who had promised help to get the abseilers in wheelchairs to the top of the Tower. A sudden call-out had made them late but they stayed to pose for photographs and to delight the small children who were present. There was some great publicity in the local papers and we hope to have photos to post on our website shortly.



## Car Boot Sale

We will be holding a car boot sale at the MS Centre  
on Sunday 26<sup>th</sup> June

Gates open at 11am and close at 3pm.

Cars £5. Vans £10. Turn up on the day or book in advance.

We will need help on the day to organise cars, visitors and to sell our own desirable antiques. Please call Marion if you can help.



## Classic Car & Bike Show

Is being held  
on Sunday 28<sup>th</sup> August  
at the MS Centre



Please call Dave Stallworthy on 07788827578  
if you would like to exhibit something.

If you have any crafts you would like to sell please call Marion.  
We will have a cake stall on the day. If you can contribute something  
to this please bring it on the day or during the week before the show.



## Help with Collections

We have several collections coming up and very few people who will come and help. Please check your diaries to see if you can give us an hour. Supermarket collections give a great opportunity to combine helping with doing your shopping or enjoying a visit to a different teashop.

Three Shires Garden Centre in Newent makes a lovely afternoon out and provides wonderful lunches. Or lunch venue. Even children will be delighted with the playground and the opportunity to feed the fish in their pond.

A chair will always be provided for collectors and, of course, wheelchairs are ideal for drawing attention to our cause and to how the Centre might be able to help someone.

**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** - Thank you to Rachel Child for setting up a facebook page for us. If anyone would like to run this for us – perhaps on a weekly basis please call Marion.

**Young People's Group** - A group for younger people with MS has started in the County. The first meeting was held one evening in Cheltenham at the Norwood pub in Leckhampton and proved popular. The next meeting is at Prezzo Cheltenham on Wednesday 8<sup>th</sup> June. If you would like to come along contact Rachel on [child@yahoo.com](mailto:child@yahoo.com) If you have small children who would need minding while you join in there may be care available for them on the day. Variety of meetings and outings are being planned, if you know someone who might be interested please let them know.

**Charity bags through your letterbox?** - Why not give your unwanted clothes or other items to the MS Centre. We hold jumble sales and other sales throughout the year and would welcome your offerings. We even use the bags!

**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.

**Gym in Cheltenham** - We have been approached by a new gym in Cheltenham offering special rates and help for those with MS. They are able to offer a chance to try out a VibroGym machine with the support of a personal trainer. Call 07709 169997 or visit, The Personal Training Studio, Above Up and Running, 290 High Street, Cheltenham GL50 3HQ

**Wheelchair Friendly Walks** - The Cotswold wardens have a number of wheelchair and buggy friendly pathways around the Cotswolds. For more information look at [www.cotswoldsaoanb.org.uk](http://www.cotswoldsaoanb.org.uk).

**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](http://www.disabledgear.com)

[www.disabilityequipment.org.uk](http://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](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 **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](http://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.

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

# Test your Brain Page

Can you supply the plural for each of these words?

1. Daughter-in-law \_\_\_\_\_
2. Attorney General \_\_\_\_\_
3. Brigadier General \_\_\_\_\_
4. Judge Advocate \_\_\_\_\_
5. Potato \_\_\_\_\_
6. Pelvis \_\_\_\_\_
7. Sergeant Major \_\_\_\_\_
8. Teaspoonful \_\_\_\_\_
9. Piccolo \_\_\_\_\_
10. Mister \_\_\_\_\_
11. Madam \_\_\_\_\_
12. Crisis \_\_\_\_\_
13. Bandit \_\_\_\_\_
14. Cannon \_\_\_\_\_
15. Phenomenon \_\_\_\_\_
16. Oboe \_\_\_\_\_



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

What do you call a budgie run over by a lawn mower?  
Shredded Tweet!

What do you call an elephant in a phone box?  
Stuck!



What do you call a fly with no wings?  
A Walk!

What do you call a girl with a frog on her head?  
Lily!

What do you call a boy with his foot in the door?  
Justin!

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

16. Oboes 15. Phenomena 14. Cannon 13. Banditti 12. Crises 11. Mesdames 10. Messrs. 9. Piccolos <b>Answers</b>	8. Teaspoonfuls 7. Sergeants Major 6. Pelves 5. Potatoes 4. Judge Advocates 3. Brigadier General 2. Attorneys General 1. Daughters-in-law <b>Answers</b>
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We are pleased to receive any comments good or bad about this news letter. Please let Marion (Centre Manager) know.

**Gloucestershire Multiple Sclerosis Information & Therapy Centre**

Tel/Fax: 01452 419246

## THANKS PAGE



**London Marathon** Thank you to Jennifer James, our massage therapist who tackled her first marathon.

The day was a little hot for running but Jenny succeeded in making it to the finishing post with a big smile.

Thank you to everyone for their sponsorship.

### COLLECTING BOXES

Witcombe PO	£21.96
J Locke	£5.21
Timewatch	£27.68
Shurdington News	£13.68

### FUND RAISING

Jumble Sale	£590.44
J Davies party	£13.40
R Powell walk	£579.63
Cinderford Co-op	£207.53
Abseil currently over	£3000
Jenny James Marathon around	£1000

### DONATIONS

B Woods	£30
Masons	£1400
D Ashton	£20
A Burton	£40
R Buckland	£500
M Brinnen	£100
Mr & Mrs Miller	£25
M Kieran	£15

### GRANT

Renishaw	£300.00
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**Tax Returns** It's that time of year when you are likely to be getting your tax return sorted out. We would like to make a plea, before you complete your return, for you to think about gift aid. If you are in a higher rate tax bracket, and you have made donations to charities throughout the year using gift aid, you will be entitled to claim a refund of the tax paid between the basic rate and the higher rate. You will also be able to give that extra bit of tax to a charity of your choice. Form SA100 should be included in your self assessment pack. Please use it to donate the extra gift aid to us. It makes such a difference to us.

**Bereavement** We have to say a sad Goodbye to Sheila Williams who died very suddenly in Tewkesbury Hospital recently. Sheila was a regular visitor to the Centre for a while and was still in contact with us from time to time. Our condolences go to her family.