



*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 October 2011

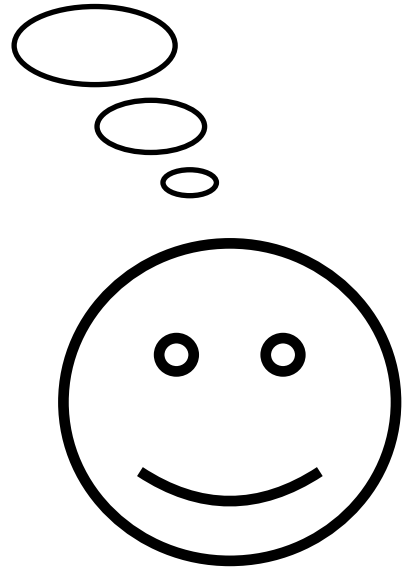
**Are you able
to help us,
help you?**

Have you got an unusual idea for a fund raising event, or are able to run a fund raising event for us?

Perhaps you have been inspired by hearing or watching other peoples efforts to raise funds.

If you can swim, you could take part in our sponsored swim in October, or if you can't swim why not volunteer to come along and count the laps of those swimming.

Or perhaps you are able to help sell items at the Autumn Fayre in November.



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 13th October - COMMITTEE MEETING - 7.30 pm



Sun 16th October - Sponsored Swim at Brockworth - 4pm - 5pm



Sat 5th November - Autumn Fayre at Shurdington Social Centre - 2pm

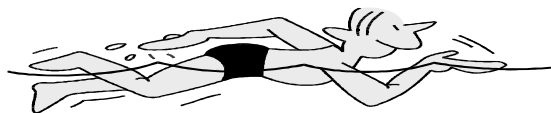


Thurs 10th November - COMMITTEE MEETING - 7.30 pm

Sponsored Swim

Yes, it's that time of year again! . The Swim is at Brockworth Pool on Sunday 16th October from 4 till 5pm. Sponsorship forms are available from the Centre.

This is an easygoing event where the swimmer can set their own target, to be achieved within one hour in the pool. If you are new to swimming a width will do. If you are a cross channel swimmer you might like to aim for as many lengths as possible or perhaps a change of your usual stroke....Perhaps you'd like to try the River Thames for us next year.....or maybe not!



Autumn Fayre

We are having our usual Xmas Fayre earlier this year so we have renamed it for the Autumn. **Saturday 5th November** an easy date to remember, at Shurdington Social Centre. We anticipate having the same kind of goods for sale plus the usual games, cakes, books etc. We may have room for craft stalls. If you would like one please call Marion. We will be looking for lots of help on the day setting up from 11am and selling from 2pm.

We will be needing a lot of cakes as Sheena will be out of action this year following an operation. Also needed are tombola prizes, raffle prizes and things for a children's lucky dip.

Car Show

A huge thank you to everybody who turned out to help with the classic car show. There were a lot of helpers this time, which really helps to make things run smoothly. We made the great total of £979, of this, £289 came from the sale of our bric-a-brac, clothes and cakes. Thanks to Sally Millard, Sheena and others for the cakes.

Next year we hope to run this event again but we will be losing the superb management skills and energy of Dave and Hazel Stallworthy. If anyone would be keen to take over the organisation and running of this event please call Marion. Help will be available for planning , advertising and running on the day.

Fundraising League of Friends

There is a small group of us who get together, over a pint, or a glass of wine, to dream up ideas for fundraising. We plan and organise events, and usually turn out to help on the day. We are looking for people to join us. Whether you are a senior citizen, still at school, a student, a neighbour, a wheelchair user, an MP, a bricklayer etc. WE NEED YOU. We have fun doing all this and even the brainstorming sessions in the pub/teashop can be full of laughs. Give Marion a ring to find out when you can come along to our next meeting

Acupuncture

Acupuncture appointments are available now on Monday mornings. The cost is £13.

If you would like to try an appointment call Dave Woodward on 07905 082790. Dave works for the Bristol MS Centre and has extensive knowledge of working with MS.

Carers News

Positive Caring Programme Cirencester 3rd October

Cirencester Support Group 11th October

Forest of Dean Carers Support Group 24th November

Call 01452 386283 for details of the above.

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.

Gloucestershire Neurological Alliance - This group has been set up as a result of meetings with all the groups in the County who have an interest in neurological problems. The aim of the group is primarily to campaign for better services, but also to co-ordinate the use of existing services. A new booklet- "Getting the best from Neurological Services in Gloucestershire", has already been produced, giving information on all services across the County, and how to contact them.

The Alliance would like those with neurological problems to join them for a membership fee of £5. website ~ www.glosna.org.uk
email ~ info@glosna.org.uk tel. ~ 01452 615265

IT Can Help - This is a network of volunteers who are able to offer free local computer assistance to disabled people. They can diagnose and fix most computer problems, install and set up hardware, software, internet, email and accessibility settings. Helpline 0800 269545 (free) 9am to 12noon
Email - Enquiries@abilitynet.org.uk, website - www.itcanhelp.org.uk

Eye Tests at Home - The Outside Clinic is a longstanding provider of eye testing in the UK. Full eye tests and comprehensive eye health checks are carried out by qualified optometrists, who are trained in dealing with elderly or vulnerable people who are unable to get out.

Contact "The outside Clinic" 0800 854477

Kim Chard 9(clinic co-ordinator) 01793 642200 www.outsideclinic.com

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

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 - 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 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 for the Centre 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 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.

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

Find the animals hidden in these sentences.

1. The golfer returned our lost balls _____
2. People around here are car mad; I'll open a garage myself!

3. This pan I elected to use myself! _____
4. Caspar rots miserably in jail _____
5. If you need a bathing robe, average prices are cheaper in the North _____
6. Enter the quiz if you're a television buff, a long wait maybe required _____
7. Although they're there for the taking, fish erroneously caught must be paid for _____
8. All his products were just shams terribly badly made

9. They crowed right into each edge hogging all of the pathway

10. We'll send thed the company men en bloc, to push for details

11. Whatever it may cost, riches must be paid for somehow

12. Wine from America mellows well in Britain _____



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

Sunrise

First light of a new day
 Looking out across the bay
 Golden sand
 Hand in hand
 New hope
 New love
 Looking up above
 Warm sun
 Having fun
 What does this day hold?
 Who knows, just be bold
 Looking out across the bay
 It will be a great day!
 by Sally Markey

Teacher: “Who knows what a hippy is?”
 Bill: “It’s something that holds the leggy on”

Teacher: “Why are you late Penny?”
 Penny: “I was obeying the sign that says ‘Children Dead Slow’ Miss”

Teacher: “Who can tell me what an archaeologist is?”
 Sue: “It’s someone who’s career is in ruins”

Polly: “Would you punish someone for something they haven’t done?”
 Teacher: “Of course not”
 Polly: “Oh good, because I haven’t done my homework”

Do we have any more authors out there? Poets-clever or funny... Or do you know any good jokes or funny stories. Why not have a go and send it to us.

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

- Answers**
1. Ferret
 2. Armadillo
 3. Spaniel
 4. Parrot
 5. Beaver
 6. Buffalo

- Answers**
7. Kingfisher
 8. Hamster
 9. Hedgehog
 10. Octopus
 11. Ostrich
 12. Camel



THANKS PAGE

Thank you to everyone who have helped raise money for us either by collection boxes, fund raising and donations. If you have an unusual idea for fund raising please get in touch.

COLLECTING BOXES

Cheltenham Police Station	£8.61
B&M Kitchens	£10.92
Shurdington News	£10.84
Mann's Drinks	£20.59

DONATIONS

Dursley Brownies	£23.00
V Codling	£20.00
R Buckland	£20.00
Inge Charles – Legacy	£500.00

FUND RAISING

Coffee Morning	£74.00
Quedgeley Show	£15.00
Lisa(London Marathon)	£2100.00
Lydney Co-op collection	£272.00
Classic Car Show	£979.00
C Winstanley (Parachute)	£334.00
London 10k – sponsorship money is still coming in.	

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.

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

**Don't Forget We're on
the Web**

www.glosmsinfo.org.uk

Gloucestershire Multiple Sclerosis Information & Therapy Centre

Tel/Fax: 01452 419246