



Multiple Sclerosis Society

**WYRE FOREST & DISTRICT
BRANCH NEWSLETTER**

MARCH/APRIL 2014

**“WE’RE UNDER STARTERS ORDERS
FOR RACE NIGHT”**



Val Hinton heading to the winners enclosure with her pony “Red Rum”



Letter from the Chair

Hello Everyone,

Don't look away; I'm sure I've seen some sunshine. It looks like spring is here & I'm another year older, so that must mean it's time for us to brush off our winter clothing & don the MS t-shirts to go collecting around the streets & fields of the Wyre Forest. If on your travels you come across a lonely figure with a collecting can, please spare a £1.00 or two & say hello, it's a thankless task, but it keeps the branch afloat.

We started the season in style with Race Night on Friday 7th March. I was a bit disappointed on the lack of members that were there on the night, but we still waved the banner in the name of all things MS. Then on the Saturday, the same tired souls stood with cans in hand at The Co-Op in Franche. Thank you to all that helped with these two events & to those of you that took part, either by being there or buying horses or sponsoring races, we are very grateful for the money you helped us raise on the day/night – thank you!!!! (see the amount we raised in “Fundraising Success”).

March has been a sad month with the loss of our good friend Joan Woolley. Our thoughts are with Brian & family at this sad time.

Do you know of anyone who wants to do something for a good cause? If you do, then look no further than your branch. We are always looking for kind hearted people to lend a hand, whether it is just spending a couple of hours holding a can, or getting more involved & joining the committee. You don't have to have MS or even know someone with MS; you just need to want to do good within your community. Tell your relatives, friends & neighbours to get in touch with me (my contact details are on the back page), & I will endeavour to put their skills to good use.

Please support us this year, it's your branch remember, & without you & members of the public, then we would fail to exist. Put us to good use & keep the likes of me off the street (except for when I'm collecting). Things can only change if you allow it to, so have a voice & let us take it forward to head office & members of Parliament – change is good most times, as long as you have had your say.

Best wishes.

Julie x

WHAT'S COMING UP

SOCIAL

The following meetings have been arranged at the Brinton Arms, Stourport:-



Wednesday 16th April 2014

Wednesday 14th May 2014

Wednesday 11th June 2014

Wednesday 16th July 2014

Wednesday 13th August 2014

All these will commence at 1pm with the chance to have a tasty reasonably priced meal, and to catch up on all the news. The Brinton Arms is wheelchair friendly and has a disabled toilet.

Wednesday 30th April – Branch Annual Meeting at Ombersley Golf Club, Bishops Wood Lane, Ombersley . Prompt 1.00pm start and fish and chip dinner or meal from bar menu.

Saturday 3rd May – Cake Break tbc. A chance for everyone to put their baking skills to the test. This is hopefully being held at Areley Kings Village Hall. Watch this space for updates.

Wednesday 25th June – Alternative Therapy Day at the Gainsborough House Hotel.

We are hoping to arrange some more meetings which will have a speaker present. We will let you know dates and venues when arranged.

MINI BUS TRIPS

Yoga Sessions are still being held weekly on a Thursday.

Wednesday 23rd April – Butterfly Farm, Stratford

Wednesday 21st May - TBA

Book your place with Denise on 01299 400128.



We are always in need of volunteers in all areas, but is there anyone who would like to help as Escorts/Wheelchair Pushers to go on trips etc? Please contact Denise.

FUNDRAISING PLANNED

The following dates are now booked for collections and fundraising activities:

Friday 4th April - Tesco Store Collection, Kidderminster.

Tuesday 15th April - Kidderminster Harrier Collection.

Saturday 19th April - Rowberry's Nurseries, Chaddesley Corbett.

Sunday 20th April - Car Boot, Co-Op, Franche.

Friday 2nd May – Sainsbury's Store Collection, Kidderminster.

Saturday 3rd May – Cake Break, Areley Kings Village Hall tbc.

Saturday 24th May – Stourport Town Collection

Saturday 7th June – Bewdley Carnival

More dates will be arranged – you will be advised of these in the future Newsletters. We have a couple of new collectors who say its good fun and they really feel that they are making a difference, so if you would like to help, please contact Julie on 01562 851172. Make sure you put all these dates on your calendar or diary.

Don't forget

MS Week 28th April to 4th May- See what you can do for your MS Branch- A cake break or try and get sponsored for something

Every Penny counts

Race Night

It was a bit of a disappointing turn out on the night, but the atmosphere was just like a day at the races, adrenaline charged and money flying everywhere. The MC for the evening was our very own Richard Williams, who got the crowds cheering on their horses across the finishing line.

Our thanks go out to the race sponsors and everyone who bought horses, and of course the Gainsborough, who delighted us with half-time snacks of sausage and bacon rolls, very tasty.

As a climax to the evening, the final race was a chance for syndicates or friends to buy a horse, but with a twist. You had to bid to win the horse, just like an auction. With steely eyes and nerves of steel the horses went one by one, with the final prize being £70 + your tote. Well, guess who won the final race.....your very own lady chairman Julie, next time you see her, get her to buy you a drink.

Here are some of the pictures of the night:-



Jackie & Linda managing the tote



Dave & Nathan enjoying the action



punters waiting in line to place a bet



FUNDRAISING SUCCESS

Race Night

£1182.85

Thank you to everyone that helped
On the day, it was well worth it!

Co-Op Store
Collection, Franche

£248.88

Collecting Tins

Let's make a real effort to think of places to put our collecting cans! We still have a very long way to go to reach our target of placing 60 Collecting Tins, which was last years target, but we have adopted for this year. Don't be frightened to ask a shopkeeper, or the customer services in a supermarket. What about your local pub, fish and chip shop, restaurant? You have been very quiet – surely you must know somewhere where we can place a box. Please put your thinking caps on and let us know where a box can to be placed.

Sponsored Activity

Is there something that you could do and be sponsored for? Maybe you can knit or perhaps a sponsored silence! That challenge is only open to the noisy ones though! What about a tandem parachute jump like Rosie did last year? Or perhaps you have a friend or family member who could do a sponsored swim, walk, cycle ride, read, dance..... the list is endless! If you would like sponsor forms, get in touch with Julie on 01562 851172.

Donations of Unwanted Items

Thank you to all the people that have already donated items which they no longer need or want. But, we are asking again for more items, especially cuddly toys, which will be used as raffle or tombola prizes. Please, please, please, have a look in your cupboards and drawers to see if you have anything – we are desperate for items. Don't forget, at the Christmas Meal in December, we have a huge raffle and need around 50 prizes for this alone. We can come and collect if necessary, so don't put off doing that spring cleaning and give us a call.

INFORMATION ZONE

Our Website Don't forget our website - have a look at it regularly – it contains a lot of useful information, dates, contacts etc. If you have any information that you think would be good to be included on the site, please contact Val and I will pass it onto Phil Lench our WebMaster. <http://www.wyreforestmsgroup.org.uk/>

Our Facebook Page Have you been having a look at our Facebook Page? If not, have a look – it gives you lots of information on Social and Fundraising Events, as well as links to other useful sites. [en-gb.facebook.com/MsSocietyWyreForestDistrictBranch](https://www.facebook.com/en-gb.facebook.com/MsSocietyWyreForestDistrictBranch)

Carers Week Quest

In 2014 we're once again supporting Carers Week, which aims to reach out to the thousands of carers missing out on support and services. Right across the UK, hundreds of individuals and organisations will be signing up to support the Carers Week Quest, which takes place from **9 - 15 June**.

Do You Need Financial Help?

The Society has money available to help members financially.

The procedure is easy and totally confidential.

For grants under £200 you need only send a letter stating how much is required and for what purpose to Denise. The request will be discussed and voted on within 28 days. **NB We cannot award retrospectively so do not order the item before applying for help.**

NB We are constrained by Head Office so that we can only contribute to ONE session per person per year for Respite Care.

For larger amounts Head Office requires that we use an application form which Denise will help you to complete if necessary. The request will be considered by the Committee in complete confidence (no names used) and a decision made as to whether we can meet the request ourselves as a branch, whether we need to apply to other grant-giving organisations or if we will ask Head Office for additional funds. In the case of larger grants we will need a letter of support from your social worker or doctor.

In the first instance please contact your MS Support Officer

Mrs Denise Bedrock

15 Coniston Way, Bewdley, Worcs, DY12 2QA

Tel: 0300 9991011

WE HAVE A NEW NUMBER

As of 1st March, the branch has a different telephone number, which costs you less to call on landline and mobile phones

The new number is

0300 9991011

Please start using this number!

ADJUSTABLE BEDS FROM £245

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Contact Emily for details

RESEARCH

New MS pill for the NHS

Neurologists in England and Wales can now begin prescribing Aubagio (also known as teriflunomide) on the NHS, following the approval of the treatment by the National Institute for Health and Care Excellence (NICE). The NHS has a legal obligation to start funding this treatment for eligible people with relapsing remitting MS by 22 April 2014.

This is a particularly exciting step forward in treatment options as Aubagio is the first oral treatment to be made available as a first-line treatment option on the NHS. Three other treatments (two other oral treatments and one infusion) are currently at different stages of NICE appraisal, with final decisions expected during 2014.

Benefits of exercise in MS

The findings of the largest exercise study conducted in people with MS have recently been published.

The trial, funded by the MS Society, included 120 people with MS who completed a three-month exercise programme entailing a combination of sessions which were geared towards the mobility and symptoms of each participant.

The results showed that the exercise programme increased regular participation in physical activities, and improved fatigue management and quality of life.

As a result of this study, we'll now be rolling out a Get Active programme – working with leisure and activity providers to deliver MS awareness sessions to improve the opportunities for people with MS to get active locally.

One of the first models is working with the Highlands University to deliver a programme of activity to local people with MS.

We have also piloted the first training for Pilates-type exercise for people with MS and we are rolling this out across the UK.

This month quiz

All the answers are well known films

1. Australia's top magician
2. The highest revolver
3. David and Mike are not in debt
4. 24 gold piece of anatomy
5. Very cold time long ago
6. Weekend illness
7. West 11
8. Whilst steering avoid flower
9. Honest deception
10. No longer requires Rennie's
11. Ferrous man
12. Celestial battles

What did you remember about last year? The answers to the quiz

1. Unusually, Google's homepage on 6 December 2013 featured an extra name and website link - whose name? [Nelson Mandela](#)
2. Given 'DMY' format, which date in 2013 features a numerical quirk that will not happen again until the 1st March 2105? known as 'Odd Day' - bonus point, when will this next happen in the US and other nations using the 'MDY date format? [9/11/13](#) [9th Nov 2013](#)
3. In the News of the World phone hacking trial which two defendants were revealed to have had a secret six year romantic affair?
[Rebekah Brooks and Andy Coulson](#)
4. Which massively popular annual sporting event did the BBC not televise in 2013 for the first time? [The Grand National](#)
5. The video for what 2013 Miley Cyrus big hit song provoked substantial debate about female rights, nudity and exploitation? [Wrecking Ball](#)
6. Who did something in Feb 2013 that no one had done voluntarily since 1294? [Pope Benedict XVI resigned](#)
7. Where did Edward Snowden first go after his leaking of US classified documents [Hong Kong](#)
8. Name the UK ex-husband and wife political pair convicted and imprisoned in 2013 for perverting the course of justice relating to a speeding penalty in 2003? [Chris Hume and Vicky Pryce](#)
9. Whose skeleton, found in a Leicester UK car park, was identified via DNA testing in 2013, solving a mystery dating back to 1485? [Richard III](#)
10. What caused explosive destruction to the Russian city of Chelybinsk in January 2013? [A Meteor](#)

Any jokes, recipes or funny coments please send to Jackie details on the back page

Joke of the month:

In Britain we used to drive on the left of the road

Now we drive on what's left on the road!



USEFUL CONTACTS



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