

# InforMS Borders

The Newsletter for the Borders Branch of the Multiple Sclerosis Society

Issue 42

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## A Fond Farewell!

It is with great sadness that our much loved and wonderful Physio Mary is retiring. Mary has put heart and soul into her work with the branch and has helped so many of us overcome problems and feel more positive about situations. Mary has not just been our physio but also our friend. We all wish Mary 'the very best' in her retirement. She will be missed by all of us and has definitely left her mark on the Borders Branch for which we are very grateful.

However we have a **new physiotherapist** in place. We have been very lucky in recruiting Dawn Dickson a physiotherapist with special interest in Multiple Sclerosis.

Dawn studied for BSC Degree in Physiotherapy at Queen's College Glasgow and graduated in 1988. Since then Dawn has had varied experience including working in the community for Ayrshire & Arran NHS Trust. Her last job included working at the Sue Ryder Centre, Marchmont where she worked with residents with complex neurological conditions including Multiple Sclerosis.

Dawn is very enthusiastic and I know she will

carry on Mary's good work. Many of you may have already met her, if not Dawn will be contacting members who need physiotherapy over the next few weeks. Dawn will be commencing officially at the beginning of November and her contact telephone no. is 07786315861.

*We wish Mary 'all the best'  
in her retirement*



*Mary's last class at Tweedbank*

### Another Successful BGH Stall -

A huge THANK YOU to everyone who supported our Christmas Stall at the BGH and especially to those who came along and took a turn at 'manning it' and to those who donated baking and knitting and other items for the sale. There was an abundance of goodies on offer and there were those who doubted we could sell *all* the tablet - but we did! All 2cwt 5 stones!

By the Sunday we were left with very little produce

This year we totalled an amazing £5587.07, an outstanding amount!

We have to say a special thank you to Anne Campbell who organises this event.

A lot of work goes into getting the produce and arranging times and people to help as well as baking till the early hours of the morning! Thank you Anne.

# ANNE CAMPBELL WINS PRESTIGIOUS SCOTTISH HEALTH AWARD FOR VOLUNTEERS 2008

**6th November is a day that Anne Campbell will not forget because on this day she was awarded the prestigious Scottish Health Award for Volunteers.**

The glittering award ceremony which was held at Edinburgh Corn Exchange was hosted by TV presenter Jackie Bird and was attended by a host of dignitaries including Nicola Sturgeon Deputy First Minister. Unfortunately Anne and Shaun were unable to attend since they were on holiday in Lanzarote.

There were over 600 people in attendance with 52 finalists all waiting to hear if they had won. The time came and the three volunteer finalists were announced. Proud as punch we cheered when Anne's name was announced as a finalist. Then the envelope was opened, would it be Anne!!!

The tension was worse than the X Factor!!!! **The winner is.....Anne Campbell!!**



We cheered, we clapped, we breathed a collective sigh of relief and our chests swelled with pride particularly when a video of Anne was shown on the huge screen. It was like having Anne there in person, her passion, commitment and empathy were there for all to see. It should be no surprise to us that Anne won this award as she has made a huge difference to the lives of people affected by MS and I know that all of you will be delighted that her hard

work and commitment has been recognized by such a prestigious body of people.

Not only is Anne an outstanding volunteer but because of her charisma she inspires others to volunteer. As somebody said to me last night, "Anne is there when you desperately need a shoulder to lean on and when you feel better she encourages you to get involved with activities within the branch thereby restoring your self esteem and confidence".



As well as a very beautiful engraved glass trophy, Anne has been presented with a cheque for £1,000. Most people would think 'whoopie I'll buy myself something nice', but no, not Anne. She has donated the money to the branch and I think that epitomizes Anne!

I think I speak for everyone in saying **Congratulations Anne!!** And Shaun and family you too deserve a special mention for supporting Anne in all she does for the Borders MS Branch

*Judy Eglington*

# THE PEDAL FOR SCOTLAND BICYCLE RUN 14/09/2008 2008

By Myles Wheatley

I first took part in this bicycle run in September 2007 and on completion thought it might be a good idea to take part again the following year but this time to raise money for MS (Borders Branch) who provide much needed support and assistance to MS sufferers in the Scottish Borders area and, once my family was aware of my intentions I was joined by my two sons, Paul and Russell, and nephew Ross, and so "The Black Hill Mob" team was formed.



The big day arrived and after an early breakfast (4am) the car was loaded up with the trusty steeds and we headed off to Edinburgh. We all met up at Blackhall and made our way along the cycle path to the pickup area at Victoria Park to load our bikes and ourselves onto the transport for the transfer to Glasgow. The park was already full of participants even although it was still only 6:30am and as a result of the numbers we didn't depart until around 8:00am.

On arrival at Glasgow Green we collected our bikes and after stocking up with supplies lined up at the start. It was a chilly morning but it had the makings of a good day with clear blue skies and we were soon on our way past Glasgow Cross and up onto Cumbernauld Road heading for the first rest stop at Drumpellier Country Park which was an easy 8 miles out from the start. After a short stop for water we continued on to the next stage taking us through Airdrie, Coatbridge and eventually to the halfway stop at Avonbridge. We were halfway across and feeling good but from my past experience I knew the second half would be hard work.

There is a very long steep climb out of Avonbridge followed by some shorter hilly sections but even although this stage was hard work it was the most enjoyable with good views on the approach to Linlithgow. 2008 was the tenth anniversary of this particular bicycle run so the rest stop was within Linlithgow Palace grounds where food and drinks were provided by the local WRI. Very much appreciated it was too!

After a longer than planned stop the legs were a bit reluctant to get going again and the long climb on the B9080 heading East towards Edinburgh didn't help but very soon into the journey we were back into the stride. We then turned north and dropped down to the final rest stop at Hopetoun House. Because of the recent wet weather the planned route through the grounds of Hopetoun House was not possible so we were subjected to another steep climb out of the estate before again dropping down to the shores of the Forth at South Queensferry. Another long climb through South Queensferry to Dalemenny but then the last 10 miles into Edinburgh was relatively easygoing and we crossed the finish line at Victoria Park, Edinburgh after around 5 hours and 55 miles in the saddle to lots of applause from the dozens of people who had turned out to see over 5,000 participants safely home. We then cycled back to the car, loaded the bikes up and headed home for a long soak in the bath.

We all thoroughly enjoyed the day and must give grateful thanks to all who sponsored us, and because of their generosity we are now able to hand over a donation in the region of £750 to MS (Borders Branch). Roll on next year!

## **B**ORDERS **B**RANCH **C**HRISTMAS **C**ARDS

A reminder that our branch Christmas cards are on sale through any committee person or you can call Sandra [01896 752669] or Wilma [01896 823354] to place an order. Cards come in packs of 5 and are £2.99 per pack, £5 for two packs or £10 for 5 packs.

The cards will also be on sale at our **Christmas lunch on Sunday 7th December at The Woll and please remember to let our secretary Wilma [phone number above] know if you're coming so we have an idea of numbers, thank you.**

## FUND RAISING:

The Kelso Art Group's Exhibiton held in Yetholm in October raised £625 for the branch. Many thanks to all involved.

The flag day held recently in Jedburgh raised £337.92

Bag Packing at Asda (Galashiels) raised £368.10

BGH Christmas Stall raised £5587 (photo below)



## JEDBURGH COFFEE MORNING

A huge thank you must go to Jean Kinghorn following yet another of her successful Coffee Mornings in Jedburgh. Jean raised the fantastic amount of £783.50 on Saturday 18th October. They were, yet again, queuing to get in before it had even opened - her reputation is obviously spreading! Thank you so much Jean, we know how much hard work and effort you put into these Coffee Mornings and you have excelled yourself yet again.

## SUBSCRIPTIONS

You will now receive a reminder from Headquarters that your subscription is due for renewal. You can pay either directly to Headquarters or as normal, at the Christmas lunch. If you have any queries regarding this please contact Wilma on 01896 823354.

## DATES FOR YOUR DIARY:

**KELSO CHARITIES**, Tait Hall, Kelso. **Saturday 8th November**. The MS Stall makes an appearance in the Tait Hall, thanks to Clova Reid. Pop in and start your Christmas shopping!  
**SCOTT'S SELKIRK**, The MS Stall is also making an appearance in the Victoria Hall during Scott's Selkirk on **Friday 5th December**, thanks to Susie and Maggie.

## CHRISTMAS LUNCH

**Sunday 7th December**, The Woll, Ashkirk. Would anyone, who has not already been in touch please let Wilma know by Friday 21st November if you are planning to attend the lunch - tel 01896 823354 or email [wilmagraham@tiscali.co.uk](mailto:wilmagraham@tiscali.co.uk)

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This is your newsletter, if you have anything which you would like to be included then please get in touch and we will print all relevant information. Send to Jane Currie, The Shambles, Ashloaning, Denholm, Hawick, TD9 8NW or email: [jane@msborders.org.uk](mailto:jane@msborders.org.uk)

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