

InforMS Borders

The Newsletter for the Borders Branch of the Multiple Sclerosis Society

Issue 43

March 2009

MEMBERSHIP MIX-UP

We are extremely sorry for the distress which may have been caused to members who having paid their subscriptions at The Christmas Lunch, via a Committee Member, or On-Line and have subsequently received a reminder from Headquarters.

PLEASE IGNORE THIS REMINDER. Headquarters have admitted that they failed to process the data provided by the Branch stating that memberships had been paid. A letter of apology is presently being awaited from Headquarters.

If any members have still to pay their subscription it would be very much appreciated if it could be sent to Wilma before the AGM. We can only apologise again for the inconvenience caused by the new system being implemented by headquarters. If you have any queries please do not hesitate to contact Wilma.

Wilma Graham, Airylea, Waverley Road, Melrose TD6 9AA.
Tel: 01896 823354 or email wilmagraham@tiscali.co.uk

2009 AGM

The date for the Annual General Meeting is May 3rd, 2009 and is once again being held at The Woll in Askirk. You should receive nomination forms with this newsletter.

The current Borders Branch Committee are;

Anne Campbell - Branch President
Darrin Pope and Trish Paterson - Co-chairs
Judy Eglington - Vice Chairman
Judy Allott - Treasurer
John Robertson - Assistant Treasurer
Wilma Graham - Secretary
Jane Currie - Newsletter Editor
Committee members: Sandra Hay, Joanne Cranston, John Stratford and Jim Fiskien.



At The Races

Friends and members of the MS Borders Racing Club enjoyed a day out at Kelso races on March 8th where they enjoyed the hospitality in the Tweedie Stand which had a superb view of the racecourse and finishing line as well as the pre-parade ring and winners enclosure.

Scarvagh Diamond, one of the MS Syndicate horses ran in a three mile chase during the afternoon but unfortunately we didn't make it to the winner's enclosure.

If you'd like more information about the MS Borders Racing Club please contact Rhona on 01573 440268.

Thank you to those who help us..

The photograph (right) shows four of our members who received Volunteer Certificates for outstanding contributions to the Branch. They were presented by Lynda Boyce from Head Office to Anne Campbell, John Metcalfe, Jean Kinghorn and Linda Landels. Certificates were also presented to Clova Reid, Dawn Platt, Bernie Carr, Anne Weston and Elizabeth Pope.

Many thanks for all that you do for the Borders Branch of the Multiple Sclerosis Society!



THANK YOU..

MS Society National Awards 2009

Our very sincere thanks are extended to Jane Roy (David and Nancy Wheatley's daughter) who presented us with a cheque for £315.00. Jane had a "very special" birthday and instead of gifts asked for donations to the Borders Branch. Thank you very much Jane, and a very happy belated birthday from all of us.

Thanks also to Marion Hughes from Glasgow who put an Advent Calendar to a different use. Instead of taking something out each day, Marion put something in and presented us with £28.00.

Maybe a thought for next Christmas?

Also a huge thanks to Sandra Hay who designed some beautiful Christmas cards and has so far raised £1100. Many thanks to everyone who supported our branch Christmas cards this year.

Thank you to anyone considering raising money for the Borders Branch

We are delighted to learn that Mary Irving, our much loved, retired Physio, has been shortlisted for an award.

Mary was nominated by Branch Members for the MS Society National Awards 2009 in the MS Professional Category.



Having made the shortlist, Mary will be interviewed by the selection panel and the three finalists will be notified in April and invited to the awards ceremony in London in May.

We are all rooting for you Mary and you fully deserve the trip to London (and the award!). Watch out for the update in the next newsletter.



MS BORDERS RACING CLUB

Invite you to their

ANNUAL DINNER & QUIZ NIGHT with CHARITY AUCTION

On Tuesday 28th April 2009 at 7pm

In the Tweedie Stand at Kelso Racecourse

Tickets £25 per person

(seating is at tables of ten)

*Limited tickets so please book yours now by phoning Rhona on 01573 440268
Cheques should be made payable to 'MS Society Borders Branch'
and sent to Rhona Elliot, The Yett, Hownam, Kelso, TD5 8AW*

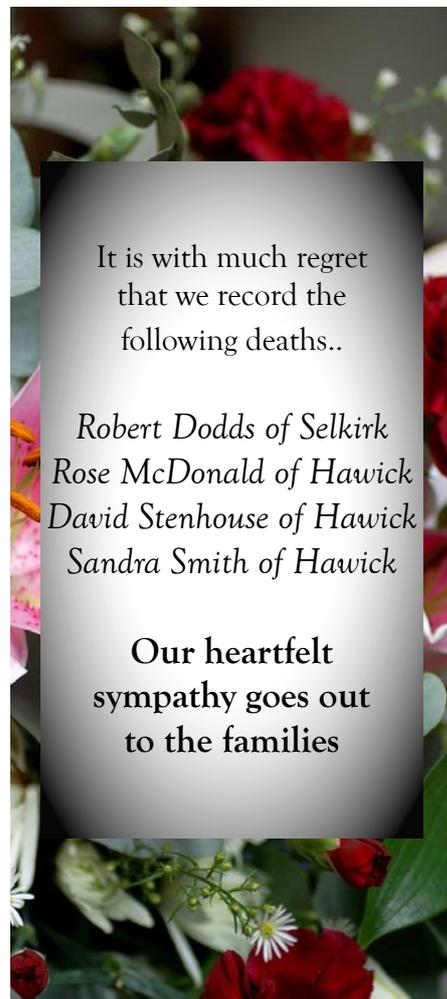
Come and join the exercise

The yoga and pilates held in Galashiels have proved a great hit with all those attending agreeing that they feel a lot more supple after the exercise.

Dawn, our physio, holds the pilates classes on the first Wednesday of the month at 1.30pm and the third Friday of the month at 10.30am in the Tweedbank Community Centre. There is plenty of room and mats are provided. It is a really good chance to not only stretch and exercise, but also to have a brew and catch-up with others in the same situation.

Carol holds the yoga sessions in the Oakwood lodge sheltered housing home in Galashiels on the second and fourth Mondays at 10.00am. Carol herself suffers from MS and is able to provide the appropriate advice and exercise to fellow sufferers. Again, this is an excellent class with time for a cuppa and get-together afterwards.

Please feel free to come and join us and reap the benefits. The more members that use this service the longer it is likely to be funded. Please either just turn up on the appropriate day or contact Dawn or Carol if you would like more information.
Dawn Dickson :01835869682 Carol Douglas :01578750645



It is with much regret that we record the following deaths..

*Robert Dodds of Selkirk
Rose McDonald of Hawick
David Stenhouse of Hawick
Sandra Smith of Hawick*

Our heartfelt sympathy goes out to the families

The MS Borders Branch Fun Run 2009

Organisation is now underway for the 2009 Fun Run in Melrose.

The date for your diary is **Sunday 7th June** and we would love to hear from anyone who can help out on the day. We would also appreciate it if you could sell some raffle tickets for this event. Last year we had a fantastic raffle with lots of superb prizes so if you can help then



please do. The Fun Run raises an excellent amount of money which helps the branch continue their Physio and Reflexology program.

Please contact Wilma 01896 823354 or Sandra 01896 752669 if you can help us on this day.. or come along and take part!

More details will appear on the website and in the local press nearer the event!

Come and enjoy the FUN!

DRESSAGE AT THE BORDER GROUP RIDING FOR THE DISABLED

We all know how beneficial movement and exercise is and each week at the Border Group RDA we have a MS morning but it's not just an easy ride. The photo to the left shows Natalie concentrating on her dressage test as Dorrit leads Guinness around the indoor school. The Judge is writing down notes and marking each movement Natalie and Guinness make.



A Request for WOOL

If anyone has any unwanted wool would they please get in touch with Dorothy Heddle or any committee member. Dorothy knits non stop to raise money for our branch and would very much appreciate receiving any wool anyone may have. Please ask your friends and family too!

We would like to wish Ken and Liz Stephen much happiness in their new home in Selkirk and congratulations on their forthcoming Golden Wedding Anniversary!

DATES FOR YOUR DIARY:

Saturday 18th April: Dorothy Heddle's Coffee Morning at St Boswells from 10am - 12noon.

Tuesday 28th April: Rhona Elliot's Quiz Night at Kelso Racecourse (see details page 2)

Saturday 30th May: The Annual Plant Sale in The Wynd, Melrose from 9.30am - 12.30pm.

All donations of plants or produce would be gratefully received. Kenny and Sandra will be making up hanging baskets again this year so if any one wants to place an order please contact Wilma on 01896 823354 and reserve you hanging basket now!

Sunday 7th June: The Borders MS Annual Fun Run

The Borders Branch of the MS Society - CONTACTS

Darrin Pope, Co-chairman	01896 758499 - Email rygel@tiscali.co.uk
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Judy Allott, Treasurer	01450 870591 - Email judy.allott@btinternet.com
Wilma Graham, Secretary	01896 823354 - Email wilmagraham@tiscali.co.uk
Anne Campbell, President	01835 822174 - Email shaun.anne@tiscali.co.uk

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

All the views expressed in this publication are individual and not necessarily the view or policy of the charity and its supporters. Charity No.SCO16433

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