



InforMS Borders

The Newsletter for the Borders Branch of the MS Society: MARCH 2015

Welcome to the latest edition of our branch newsletter..

LIVING WITH MS INFORMATION DAY

GLASGOW 25th April 2015 - Grand Central Hotel
Information day for people with MS and their carers, family and friends.

Free to attend and includes lunch and refreshments
Booking essential - online <http://www.mssociety.org.uk/events> or tel. 02084380941
Borders branch is available to help with travelling expenses - contact Judy Eglington.
judy.eglington@googlemail.com. Tel 01573420576

100 CLUB Recent WINNERS!

OCTOBER: Linda Forrest, Anne MacIntyre
NOVEMBER: David Wright, Elsie Crouch
DECEMBER: Jane Currie, Gil Suttie
JANUARY: Francis Davies, Jane Littler
FEBRUARY: Shonagh Brennan, Adelaide Whillans

This years subs for the club are now due and need to be with Mary before the AGM. Please make a note to renew your subs. As you all know Mary takes on a lot of branch activities so we're looking for someone to take on the running of the 100 Club. If you can do this then please get in touch with Mary Irving, thanks.

Meeting with Members of the Borders Health Board

Following a workshop, held with branch members, last year in which it was clear that Access to the Neurological Service was, in many cases, falling short of what one would view as satisfactory.

Although many issues came up, the most commonly heard concern centered around long waits for appointments and referrals with only a telephone answering system, no one to speak to and long delays in someone picking up the messages.

The MS Steering Group has made representation for the following;

1. Another P/T MS Nurse
2. F/T Administrative Support
3. The Drug Infusion Service, where people currently have to travel to Edinburgh, be administered locally at the BGH

We were assured these requests will be considered and they will report back to us within 12 weeks on possible progress. So watch this space. Rest assured we will be keeping these issues on our agenda.



Multiple Sclerosis Society

Free MS Helpline

☎ 0808 800 8000

Our Branch number is 07890 443494



Visit the Website at www.msborder.org.uk



THANK YOU!

A huge **THANKS** to Rhona Elliot and members and supporters of the **MS Borders Racing Club** who raised £20,000 with a golf day, dinner and auction.

The money raised was split between the Borders Branch of the MS Society and the Injured Jockeys fund.

Pictured is Rhona presenting the cheque for £10,000 to our vice chairperson Mary Douglas.

MS SOCIETY GRANTS INFORMATION

Grants are available to everyone affected by MS including carers. You do not have to be a member to apply for a grant. The MS Society offers three types of grants to people affected by MS.

Individual Support Grant

For items needed as direct result of MS for which there is no health or social services funding available ie. Home adaptations/equipment/communication aids/removal costs etc. You can apply once every two years. Borders Branch will contribute towards this grant. Forms should go through the branch.

Short Break and Activities grant

Help with the cost of respite care, short breaks and other activities for person with MS or family member or friends who are supporting or caring for them. You can apply annually.

Carers grants

Grants for adult carers activities ie. hobbies/courses
Grants young carers ie. Help with school trips/ music lessons

Direct Grants From Borders Branch

The branch gives grants of up to £250
The branch also contributes to individual support grants and there are support volunteers who will help people to apply for these grants.

Contact - Mary Irving 07719391827

Judy Eglington 01573420576 or 07772277526

Or any committee member

Or e mail borders@mssociety.org.uk



FUN RUN 2015

2015 MS Borders Fun Run to be held on Sunday 7th June at St. Mary's School, Melrose from 12noon.

This is a fun day for all the family and the 3 mile (5km) run is open to all ages and abilities as well as a few family dogs! We look forward to seeing you on the day.

Application forms will be available on the day or beforehand from JS Crawford Third Generation offices tel. 01896 822030 or from Judy Eglington details below.

We also need plenty of helpers on the day so if you wish to volunteer please contact Judy Eglington - judy.eglington@googlemail.com Or tel 01573420576 mobile 07772277526

A Trip to The Calvert Trust at Keswick

by Rhona Elliot

On 23rd - 27th February I went to the Calvert Trust at Keswick along with my carer on an activity break. I really wasn't sure what to expect, I did have in my mind that it would be like a disabled pony club camp/youth hostel, but was most pleasantly surprised, how wrong could I have been?

On our arrival we were shown round the buildings and facilities on offer which were most impressive. I was informed that they could accommodate sixty residents. I was shown to a large very warm ensuite bedroom which catered for all my disabled needs and equipment, including the all important hospital type bed.

The first evening we gathered in the lounge and were introduced to our Team Leaders and group of ten other guests, a variety of disabled individuals and their carers. We participated in some interactive games, which was a good icebreaker for us all to get to know one another and the team leaders got a sense of our abilities.

The team leaders had many years experience at the Calvert Trust, they guided us through the challenges/activities which they had set for the week with great positivity, safety and always with a sense of humor, they were very special people. By the end of the week we had built up a great camaraderie in our group, every activity was made so accessible and fun that our disabilities seemed to fade away.

During the three days I experienced, abseiling, with and without my chair, carriage driving, archery, canoeing across Bassenthwaite Lake and zip-wire. The biggest challenge however for me was swimming in the beautiful pool. After ten years of not being in water I found it scary and frightening. My body just wanted to sink rather than float but with their care and help I managed to float across the pool on my own. The food was really good with plenty of choice and catered for everyone's requirements, simply delicious. This was a fantastic experience and a much needed break for me and I can't wait to go back again.



NEW VENTURE

We have had an offer to use the Hydrotherapy Pool at the BGH on Thursdays for 2hrs.

We have replied saying that we are very interested and are now waiting for a meeting with the organizing group at the BGH so hopefully we will get a good look around the facility. Only 5 people plus a helper if needed are allowed in the pool at any one time.

Trained people will always be present.

If you are interested please contact one of the committee or ask your therapist to contact us.

POWER PLATE

The present contract with Borders Sport & Leisure comes to an end in October and talks are taking place to ensure we can retain this service, which is valued by many of our members, both in Galashiels and Hawick.

We will keep you updated on our progress and hope that the agreement reached will allow the service to carry on as it is but, naturally, this depends on the costs.

DATES FOR YOUR DIARY

APRIL 18th: St Boswells Coffee morning

MAY 10th: Branch **AGM** at The Woll Ashkirk, 12.30 for Lunch then 2pm for the meeting. Refreshments as last year £10, children free. Names to either Judy E or Anne Weston by 24th April at the latest.

MAY 15th: Scotlands National Cake Bake

MAY 22nd: Kelso Choir Concert (North Church)

JUNE 7th: MS Borders FUN RUN, Melrose.

JULY 5th: Open Gardens, 1.30 to 5pm Old Bewlie Gardens Lilliesleaf.

JULY 24th/25th: Kelso Show (Awareness Stand)

OCTOBER 12th - 16th: MS Christmas Stall at the BGH

OCTOBER 24th: Jedburgh Coffee Morning

NOVEMBER 21st: Film Night in Hawick

NOVEMBER 28th: Hawick Coffee Morning

YOGA: Carol Douglas Yoga Class for people with MS is held on the 2nd and 4th Monday of the month at the Focus Centre in Galashiels.

PILATES: Ian Fergusson will be doing Pilates Exercise Classes on a Tuesday in **Jedburgh Health Centre** (10.30-11.30) and **Hawick Community Hospital** (1pm-2pm) on [Dates booked] 14th April, 28th April, 5th May and 26th May.

Galashiels classes will be held at 3-4pm on a Monday at Tweed Chiropractic Clinic, located on Gala Park at the top of Bank Street Brae. Dates [to start with] are; 6th April, 20th April and 4th May.

SUPPORT WORKERS

We are very thankful to have a new Support Worker in the Selkirk area but the Branch is actively looking for suitable support workers to help us keep in touch and help our members.

If you know of someone who you think would be able to commit to this important role within the branch then please get in touch with us.

FUNDRAISING

January and February are usually quiet months for fundraising events:

- Hawick Knitwear did a Challenge in the gym at Think Fitness and raised £1317.07 for us.
- Dorothy continues to knit and gave us £300 in December
- Eileen Douglas (Roly's wife) made a xmas cake and raffled it raising £50
- We took a tabletop at the Antique/fleamarket Fair at Kelso in December to sell some of the clothes left over from Gladrags. It raised £446.51.

THANK YOU!



GLAD RAGS SALE

A HUGE thanks to Mary Irving and her team of helpers for raising £3722 at the Glad Rags Sale back in September - it was a lot of work but it definitely paid off - **THANKS girls!**

Also not forgetting everyone who donated items and those who came along to the college to buy!



THE BORDERS BRANCH of the MS SOCIETY CONTACTS

Anne Weston, Chairperson: 01890 830647 Email anne.weston123@btinternet.com

Judy Allott, Treasurer: 01450 870591 Email judy.allott@btinternet.com

Judy Eglington, Secretary: 01573 420576 Email judy.eglington@googlemail.com

Mary Irving, Committee Member: 01450 372604 Email auntymary3010@btconnect.com

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. Email jane@msborders.org.uk
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