

MiScellany

Multiple Sclerosis Society Bournemouth & District Branch

February 2013

In this Issue!

Driving with MS

The Unwanted Neighbour

Race Sailing

Alternative Medicine

Fundraising 2013
(Get involved!)

Physio Forum

**Volunteer
in the
garden!**

See next Page

IMPORTANT INFORMATION

THE BRANCH ANNUAL MEETING WILL BE HELD ON

TUESDAY 23RD APRIL 2013 1.30pm AT THE OSBORNE CENTRE

Nomination and proxy voting forms available on request from Kay

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Happy New Year

As the first edition of The New Miscellany went down so well, we decided to do another one!

Not only that, we will be producing The Magazine 6 times a year with a new edition every two months in February, April, June, August, October and a Festive Christmas Edition in December.

Don't forget to send us your stories and ideas for future issues to info@whatms.org.uk or leave us a note in The Support Office.

Keep well and keep fighting.

Tim :)

Red peppers, green peppers!

When a vegetable patch was first suggested for the Osborne Centre garden, I was very excited and had visions of The Centre becoming self-sufficient, having spare veggies to sell to the public and also saving lots of money!



That hasn't quite happened this year although Ann in the kitchen has had aubergines, with red and green peppers, cherry tomatoes and herbs to use.

We had two main problems - British weather and lack of organised helpers.

The first we can't do much about, other than keep our fingers crossed that we have less wind and rain and more sunshine!

If anyone is interested in offering time, expertise or muscle power to help organise a larger variety of vegetables for The Centre this year, then please contact me at the Centre to start making plans!



Anne Wilson-Croome

Charity Golf Day

Help raise awareness of the branch & MS

20th September 2013

Crane Valley Golf Club, Verwod

Cost £50.00 per head and includes coffee & bacon bap on arrival then 18 holes of Golf & 2 course dinner

Contact

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Editor: Tim Barton Email: tim@whatms.org.uk

Sub-Editor: Anne Wilson Croome Email: anne@whatms.org.uk

Sub-Editor: Phil Smith Email: phil@whatms.org.uk



As a Specialist Driving Instructor, I have both Assessed and helped rehabilitate drivers with MS, through encouragement and advising on vehicle adaptations. Occasionally I have had to agree that it is time to hang up the keys, sit back and let others take the strain. I believe this to be acceptable as long as the driver arrives at their own decision rather than having it foisted on them by some distant bureaucrat.

For many years I was a Support Teacher for students struggling with their academic studies and established my 'Driving Support Service' to assist those who needed advice or teaching. Referrals come from medics following accidents, brain injury, stroke, degenerative illnesses or from educationalists referring those with learning difficulties: Dyspraxia, Dyslexia, Aspergers, or those who are just not coping with the prescribed method of driving instruction.

My personal interest in MS stems from my brother-in-law who had the condition for many years and my son-in-law's mother has had MS from when Ian was born, 41 years ago. Last year he raised £6,500 for the MS Society through a sponsored cycle-ride around Ireland, with my very pregnant daughter and young grandson supporting him in their campervan.

My present aim is to help those in danger of having their licences unnecessarily revoked, so I wrote my fourth book to encourage older drivers to have their skills voluntarily reappraised before being formally assessed by the DVLA. For more information email info@whatms.org.uk



John Brown
Driving Support and Assessments

Your Choice

Email your ideas, stories and useful information to us at info@whatms.org.uk or leave us a note in The Support Office marked for our attention.



My story with Multiple Sclerosis

By Chuzy Anyakoha

PART 2

In Part 1 Chuzy describes the early days of his life with MS.

There was a really horrible Friday I had, walking to my flat after I got off the bus, and my right leg felt as though it was on fire and I just hoped that the hallway in my flat would be empty. Luckily when I got into my flat, it was unoccupied and I just got into my room and cried, when I finished I got up and laughed at myself for crying. I registered for the National Health Service (NHS) and was using Alma Medical Centre. Due to the closeness of the medical centre to my flat. My GP did not immediately refer me to the neurologist as she did not fully understand what I described. However someday I walked to the University early in the morning and needed to walk back to the medical centre by 2:00pm, by this time the effect of the weak limbs were easily visible and she quickly referred me to the neurologist. I subsequently met with the neurologist and he made arrangements for many medical examinations including blood tests and some neurologic examinations for coordination, reflexes, and sensation, strength, optical sensations and a Magnetic Resonance Imaging (MRI) scan, neurological examinations for eyesight and lumbar puncture. Finally this unwanted neighbour of mine was named as Primary Progressive Multiple Sclerosis. I was given treatment steroids and also got the ankle-foot orthotics for the right foot.

This treatment greatly improved me, my strength, walking, but not reduction of the tremor. I was able to complete my study and finish my Master's programme and then offered a job in a research project for a grant won from the EU on Fraud Detection in Telecommunication with the Call Data Records.

This time I thought I had experienced the worst from the now named neighbour, but I found out that I could not be more wrong. By this time, I felt I was stronger, I often visited friends in London to meet with some old friends. I also always used the underground rail which was not safe for me due to the stairs and escalators in the stations.

Did you know? You, and in some cases, your employer, may be able to get financial assistance for such things as specialist equipment in the work-place such as powered door-openers, and the cost of travel to-and-from work? Look here for more: <https://www.gov.uk/access-to-work/overview>

What's your experience of driving with MS?

Share your experience of driving with our readers and email: tim@whatms.org.uk

For descending the staircases, the landing of the steps appeared so deep and this was always scary; and ascending the steps was very wearisome too. Other travellers or people commuting to and from their work always helped out. I also enjoyed travelling but all this had to stop as MS seriously changed to take over in my life.

Across this period of hosting this rebellious neighbor known as MS, I have had so many falls both domestic and outdoors. The last one happened indoors as I fell in the bathroom bombing my head on the toilet bowl and toilet seat.

The NHS has been wonderful and God-sent, in addition to the physiotherapy has provided many living aids and support from the perching stool in my kitchen and bathroom to the rollator I used for walking while indoors and the wheelchair for moving outdoors. My contract with the University has since elapsed and I have completed my thesis but now waiting for the final viva and the Borough Council of Bournemouth has started providing care support for me and my local church as well. Little wonder this place is Great Britain, full of wonderful people.

In all I thank God that I can now put a name to my unwanted neighbour but I wish he had moved somewhere else!

Chuzy

STOP PRESS..... Congratulations to Chuzy on achieving his Doctorate in Fraud Detection in Mobile Communications in spite of his MS. You are an inspiration to us all Doctor Anyakoha.

What's your story?

We all have a tale to tell about our life before and after MS and we'd love to hear it.

If you would like to share your story, or have any ideas for future issues, please send them to info@whatms.org.uk or leave us a note in The Support Office.

We look forward to hearing from you

Did you know? You may qualify for Employment Support Allowance if you are unable to work, or work for less than nine hours per week and earn less than £97.50 per week.

Look here: <https://www.gov.uk/employment-support-allowance/overview>



Martin "Hurricane" Hadley

My first introduction to sailing was with Poole Sailability in a small craft called a Wayfarer.

I had no idea that a couple of hours spent sailing in Poole Harbour was the start of a new passion in my life.

Tim Worner introduced me to a very friendly bunch of people out at Spinnaker Lake, Ringwood. I quickly learnt to sail single-handed and soon began racing: something that had always been with me through life but normally on two wheels or four!

Rory, the Sailing Captain at N.F.&D. Sailability encouraged me to take the next stage, which was to enter us into a National Class T.T. Event at Frensham Pond. We sailed in an "Access Class 303" and managed to win a race.

The following season I was offered the loan of a boat to compete at lakes and inland waters around the country: this was starting to get exciting!

After my first season, with seven events entered, I managed to come 4th in the Southern Series. Last year's sailing was interrupted by two family weddings clashing with major sailing events (considerate?) but, this year bodes well, as in the last race of last season, I managed a second, just behind eventual Class winner, Paul Philips, and ahead of the 303 British Champion.

Look out 2013!

Martin

Martin has been asked to sail in the International and World on Lake Garda in Italy in 2013. He is also planning to enter the French Access Class Nationals in Bordeaux International Access Class Association www.accessclass.org/. The 2013 Combined European Championships will be held in Arbon, Switzerland.

free MS Helpline:



0808 800 8000



helpline@mssociety.org.uk



Sailability

www.rya.org.uk



Please help us raise funds for your Centre.

We have enclosed a book of raffle tickets, if you would like to buy them please return the completed stubs with your £5 to the Centre.

Would any of your family or friends like a book of raffle tickets?

Please contact Kay at The Centre and we can send them out to you.

Thank You. Tel: **01202 570300**

STREET COLLECTIONS 2013

The organising of the street collections is a massive job so last year we split the responsibility and had different teams looking after each location. This worked well and we have decided to do this again this year. We had a good 2012 and hope that you will support us and make 2013 even better!

If you can help, please see the dates below and let us know on **01202 570300** when you are available to collect. The team responsible for that area will then contact you nearer the date. We are always looking for new collectors, so please ask your family and friends to join our fantastic collecting team.

The more people collecting, the more funds we raise for The Centre.

Thank You

Kay

April

Friday 19th Ferndown Sainsburys
Saturday 20th April Ferndown Sainsburys

May

Thursday 9th Castle Lane Tesco
Saturday 11th Poole
(Falkland Sq, High St, Quay)
Friday 17th Alder Road Sainsburys
Friday 17th Pitwines Sainsburys
Friday 17th Poole Pottery
Friday 17th Poole Dolphin Centre
Saturday 18th Alder Road Sainsburys
Saturday 18th Pitwines Sainsburys
Saturday 18th Poole Pottery
Saturday 18th Poole Dolphin Centre
Thursday 23rd Tower Park Tesco

June

Thursday 13th Branksome Tesco
Friday 14th Christchurch Homebase
Saturday 15th Christchurch Homebase
Saturday 15th Christchurch (High St)
Saturday 29th Fleets Bridge Tesco

July

Thursday 4th Verwood Morrisons
Thursday 4th Ferndown Sainsburys
Friday 5th Verwood Morrisons
Friday 5th Ferndown Sainsburys
Saturday 6th Wimborne
Wednesday 17th Ringwood Sainsburys
Thursday 18th Ferndown Tesco
Friday 19th Ferndown Tesco
Saturday 20th Ringwood Sainsburys

Did you know? if you work for at least 16 hours per week, you may qualify for Working Tax Credit? And if you are disabled and qualify for some Benefits e.g. Disability Living Allowance, you may receive extra Working Tax Credit!



Hi everyone, it's Sam again

In the last magazine I talked about the different food we are eating in China and how I think it is making a difference to my MS. I also feel the alternative medicine I have is helping me.

I have been very brave and tried Chinese medicine. This was in the form of cupping which was uncomfortable, but not painful. The cups were placed on my lower back for ten to fifteen minutes. Once the cups are removed a very hot mud-cake is placed on my back again for ten to fifteen minutes. This is very relaxing.

Not for the faint-hearted, I have had acupuncture. This must be one of the most painful things I have ever had done to me but after 10 years I have more feeling in my left leg, my balance has improved as has my walking.

Every other week I go for a deep muscle massage. Again, this is uncomfortable and the lady who does the massage complains about the lack of muscle tone in my legs, so she is particularly hard on my left leg, but it seems to be working.

Every evening we try and go for a walk. Sometimes it's just a short walk, other times we get onto our e-bike and go to the lake for a walk, stopping to watch the kites flying and the Chinese version of Line Dancing.

I hope that this gives you some insight into life in China. That's our first year nearly over and it has flown by.

Keep healthy and safe.

Sam XX

MS Society Bournemouth Outings 2013

March 6th 2013	Weymouth Sealife Centre
May 8th 2013	Exbury Gardens
July 24th 2013	Hillier Gardens Romsey
October 9th 2013	Mary Rose/HMS Victory/Shopping Portsmouth

All trips are £15 which includes transport from The Centre (or home) and entry
Mini Bus drivers receive a £10 discount

Please see Mike Browning (Cashier on Thursdays), Bob Brown (Outings organiser) or John Astley to book your place. Please pay your £15 when booking

What alternative therapies do you use to ease symptoms of MS?

Special Edition planned on Diet and Nutrition. Send your story to info@whatms.org.uk

What is good and bad posture?

When sitting

Do

Keep the head in midline on top of and in line with the shoulders

Sit with your weight equal on both sides/cheeks of your bottom, well back in seat and feet flat on floor



Don't

Hold your head forward of your shoulders or to one side

Sit with your weight on one side of your bottom (eg cross your legs as it puts strain on your back)



The spine is designed in an **S** shape. It is strongest and works best in this neutral position.

None of us can maintain this correct upright posture unsupported for long periods of time, so it is important that the furniture you are sitting on supports your spinal curves, be that at your desk, in your car or on the sofa at home. As you are reading this, sit well back in the seat, feet flat on the floor.

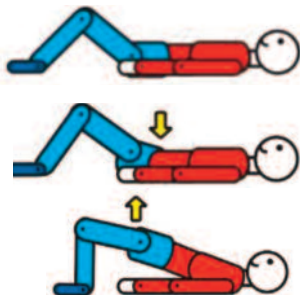
Reproduced from the MS Trust publication
 "Understanding and improving your posture"
 by Helen Conyers & Simon Webster

Download the Full Publication here:
<http://www.msstrust.org.uk/shop/product.jsp?prodid=405>

Exercises while watching TV

Bridging

Lying on your back keep knees bent to 90 degrees and feet approximately shoulder-width apart. Draw belly button in towards the lower spine to engage the deep core muscles. Lift your bottom off the bed, pushing through your heels. At the top, your hips should be parallel with your thighs. Hold for a count of 5 and then slowly lower to the start position.



Hump and hollow/Mid Back Mobility

Kneel on all fours. Keep hands and knees approximately shoulder-width apart. Keeping the pelvis and head in neutral, arch the mid-back as much as possible and then dip as to create a hollow in the mid back. Repeat for approximately one minute,



Sad Goodbye

It is with great sadness that we have to say goodbye, thank you and good luck to Hayley who is moving on to bigger and better things in London. We will all miss you and Physiotherapy classes won't be the same without you. xxx





Hello I'm Kay

My first visit was arranged by Sara the MS physiotherapist from Poole Hospital. My husband and I met her at the Centre where she introduced us to Kay Bundy. We had a very thorough tour of the premises and saw all the facilities. Everyone we met greeted us in a friendly manner. We were both so impressed that I decided that I would like to spend a day there.

On this occasion I was in a manual wheelchair again. I had a physiotherapy assessment and a session on the standing-machine. I was then taken to the dining room and sat at a table. It seemed to be a long time waiting for something to happen.

After a three-course lunch in the company of some lovely people, I wondered what I could do for the rest of the day. Luckily a lady came and invited me to visit the craft class, which I gratefully accepted.

In the craft room, I watched the work of the group and stayed there for the rest of the afternoon making beads. I was shown several items which the group undertake throughout the year and enjoyed a welcome cup of coffee.

I was taken home by the MS transport, the driver was excellent and all the passengers were good companions.

Since that first day, I have visited the Centre each week. I have got to know lots of people and used most of the facilities. I can thoroughly recommend the Centre to people with MS and also to anyone who has a few hours to spend as a volunteer.

Kay Fenton

What was it like when you first came to The Osborne Centre?

If you would like to share your story please send it to us, and any ideas for future issues, to info@whatms.org.uk or leave us a note in The Support Office. *We look forward to hearing from you*

Did you know? We need your photographs of anything to do with The Osborne Centre to use in publicity and in Miscellany. Email digitals to phil@whatms.org.uk or leave a note for us in The Support Office to organise scanning your paper photos.



We wish you all a Happy New Year
and thank you all for making such a success of our shop.

I would like to thank Sam Patton, a past member of The Centre now living in China, who knitted those lovely Christmas stockings and John Harris who supplied the chocolate Father Christmases. Thank you both.

I have left Tim Barton to explain about the great thing he did for us by selling some donated books on eBay. What can we say really except that we are all in this working as a team.

We have a new section called Card Corner. This is a place to sit and browse to choose a card. We can also supply stamps. We are excited with all the new changes that we are planning to put in place.

To the customer who loved the blouse she bought during Christmas week and would like one in blue: I am still waiting for a delivery from Harrods! I know that she enjoys a joke, so do we.

Our Chairman gives me a lot of stick, but I still manage to Sticks at a good price! Boom Boom! I'm here all week!

Bye for now. Pop in any time to talk shop.

Pat

Tim Barton

One day last month, I popped into The Shop for my regular chat (Gossip!) with Pat after my Physio Class and as we talked I suddenly glanced very briefly at a bag of donated books on the floor at my feet. Exploring further, I found a set of six volumes of the "Diaries of Captain Robert Falcon Scott", Scott of The Antarctic.



Thinking the Hardback books may be worth something, I took them home for further research. The hunch proved to be correct and I discovered that they were quite valuable First Editions.

I put the books onto eBay that weekend. They sold for **£360!**

So now I appear to be Tim Wonacott from "Flog it!" and will be keeping my beady eye on all that comes through the door from now on!

Tim :)

Did you know? Completed Gift Aid forms are essential to add more to Branch Funding e.g. For every £10 donated we get £2.50 from The Government!

Have you done yours? If not - DO IT TODAY



When I first met Val in December 1980, I thought this might be the start of a permanent relationship. Val also says that from our first phone chat, she fell for my voice, and we have been happily married for 32 years.

Val was diagnosed with MS in 1964. She went to sleep in a chair and awoke with what she thought was a dead arm. In fact it was paralysed and her sight in one eye affected. In fact it was thought she had suffered a stroke, but tests and a Lumbar Puncture diagnosed MS. She was told that she would be in a wheelchair in five years. Gradually she regained the use of her arm and some use in her leg. She had had several attacks and remissions.

The first night we met, as I took her arm it was like someone walking with jelly, but within a week she was walking unaided. It was a miracle. Love can work wonders. My parents were devoted to her, and she to them. Her mother had MS and died of Cancer in 1974. Val was well enough to look after my mother with Cancer and Dad with Cancer until he died in 1990. Gradually a stick, then two sticks became necessary and it wasn't until the late 1990's that she contemplated using a wheelchair for outdoor use, very reluctantly. At about this time her sister also developed MS and after five years died, not from MS. They told us in 1981 that it does not run in families!

How do we cope with MS? Not brilliantly for the first nine years. I was in full time employment, being made redundant in 1990 which led to Care work and courses in Care. I did this with a view to the possibility of having to look after Val. My work took me to hospitals and Nursing Homes. I now think that this was a minor blessing because I have definite ideas on how to manage care for Val's safety, and my own, but which do not help her independence. Val cannot get used to having personal care and housework done for her. She wants to be the Homemaker, cook, cleaner etc. and does not think that I should be having to do these. I, on the other hand, recognise that if I do not do them, no-one else will. Safety around the home has been an issue. Val does not see danger in things she wants to do and tries to do, which cause her harm and me more work. If things do go wrong she still thinks of me as 40ish and having turned 70, I must try and ensure safety for us both. Mentally I still think 20 years younger but physically I must face the reality that Val can't. She is the most placid person but quietly obstinate.

How are we still together? We are deeply devoted to each other. Neither can really contemplate the future without the other. We both have concerns how Val will cope if anything should happen to me, more of a worry since my Cancer scare seven years ago. I have a deep Christian faith which I believe brought us together for a reason. That being so, I have a duty to God and to Val to look after her with faith as the cement that keeps us together and love the bricks.

I cope with the physical side of care but I was not fully prepared for the emotional side. The line between husband and carer has become blurred. I sometimes long to be a loving husband, rather than an opinionated carer. No-one prepares you for that or the wisdom to distinguish between intervening for the safety of the person being cared for and allowing them their independent freedom, freedom to act as they wish, even if it means they have an accident, in which case I, as a carer, will feel guilt for not having intervened. Sometimes, hospital will look questioningly at you as if to say "where were you when it happened?"

Of all the limitations in our life together, the thing I miss most is to walk together holding hands.

Roger

Caring 4 Carers

Did you know there are more MS Male Carers than Female?

My Social Life begins here

We are relaunching our Carer's Group in 2013

Come along with a friend or relative to an informal evening on:

Tuesday 26th March at:
The Horns Inn, West Parley
7.30pm Onwards

Dates to be confirmed a month in advance of each event.

Thursday 28th March 2013 at the Hamworthy Club
Jane Petty National Lead Physio MS Society
Research into exercise

Tuesday 21st May 2013 at the Hamworthy Club
Jo Johnson Consultant Neuropsychologist
(Coming from West Sussex)
Neuropsychology of MS

Tuesday 16th July 2013 - at the Hamworthy Club
Amy Bowen, Director of Services The MS Trust.
Bi-annual talk with news and updates from The MS Trust

Tuesday 10th September 2013
Richard Bristow Poole Citizens Advice Bureau (TBC)
Update on benefit reforms and other changes.
At this meeting tickets for the Christmas Quiz will go on sale, these are only available to those who attend either this meeting or the October one. (Only one or two tickets per person)

Wednesday 23rd October 2013 at the Hamworthy Club
Alison Nock O/T with Poole MS Service
Therapists in MS (TiMS group)

Wednesday 4th December 2013 at the Hamworthy Club
Christmas Quiz and Buffet
(Tickets for this meeting are only available at the September and October meetings)

All meetings are 7.00pm for 7.30pm start

Dates are provisional to be confirmed a month in advance of each event.

Any enquiries please contact Tim Worner

Tel: 07762 625755 or E-mail: mates.ms@ntlworld.com

<https://www.facebook.com/pages/MS-Society-Bournemouth-District/178618352184528?ref=hl>

	Name: Alan Lindsay Role: President
	Name: Monika Wills Role: Treasurer <input checked="" type="checkbox"/>
	Name: Mike Hedger Role: Transport Officer Telephone: 01202 580391 <input checked="" type="checkbox"/>
	Name: Beryl Bundy <input checked="" type="checkbox"/> Role: Fundraising Officer
	Name: Dave Thompson Role: PR Officer <input checked="" type="checkbox"/>

	Name: John Astley Role: Chairman
	Name: Jane Lindsay <input checked="" type="checkbox"/> Role: Members Representative
	Name: Dawn Geer Role: Statutory Liason & Support Volunteer Telephone: 07598 114594 <input checked="" type="checkbox"/>
	Name: Jenny Alderson Role: Secretary & Support Volunteer Telephone: 07598 114594 <input checked="" type="checkbox"/>

Contact all on 01202 570300 unless specified otherwise

Osborne Centre Closure Dates 2013

Monday 6th May Monday 27th May Tuesday 28th May Thursday 30th May
 Monday 26th August Tuesday 27th August Thursday 29th August
 Monday 16th December Tuesday 17th December Thursday 19th December
 Monday 23rd December Tuesday 24th December Thursday 26th December

Don't forget to vote at The Annual Meeting TUESDAY 23RD APRIL 2013 1.30pm

Posts marked with a "X" are up for nomination on the day with Nomination & Resolution forms available from Kay Bundy at The Centre. Forms must be received by 2nd April.

Proxy voting forms, should they be needed and you cannot attend the AM, available from Kay Bundy from the 9th April.

We are here.....

The Osborne Centre
 Church Lane
 West Parley
 Dorset
 BH22 8TS
 Tel: 01202 570300

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 No's. 1139257 / SC041990.
 Registered as a limited company in England &
 Wales N. 07451571

All views expressed in this publication are individual and not necessarily the view or policy of the Charity and its supporters.

Making the most of body language

Street Collections: Part 2



Recently I've been involved in fundraising for our Branch at local supermarkets. I have proved to myself, and to others, that it's possible to approach the public non-verbally, without moving from our necessarily-seated position and put SOME of them in the position of wanting to give.

I have found that if I track people with my eyes for an instant or two when people come into view, then look away, and after a moment look back at them and SMILE, they are more likely at least to engage with me and smile back. If you can break through that initial communication link-up you are already halfway towards having a more enjoyable time collecting. All of a sudden you have a host of new friends.

If they stop nearby and start fumbling in pockets, purses, wallets bags and briefcases you are nearly there. Its OK to smile a little, say hello at this stage and wait to see what happens, yet without reaching out yet, until THEY make the move towards you. Its very much a matter of individual judgement at this stage, but its usually obvious by their proximity and actions if they are intending to donate. I always select a well-lit place at the entrance to the store, where I can face people directly. Since we cannot 'body point' when seated we have to use our heads to look directly at people, so I've found. Being seen yet not quite in the way works for me, on the apex of a turn, either out of the building, or facing them directly as they enter.

Things that don't work for me include sitting looking across the flow of people as if waiting for a non-existent taxi, since then everybody has the excuse to leave me alone to wait for it!

Things that do work for me include placing myself in the widest area where I can see, and be seen, the furthest. It's no use anyone sending me to sit in some awful exit corridor as I won't have sufficient time to 'make friends' with the eyes of strangers. Young people in general are the least likely to donate, though I've had some surprises. I had the cheek to speak to one youngster asking which uniform he was wearing? This prompted him to stop and speak, and before I knew it, I had several teenagers parting with their pennies. It can be done.

I headed home via the garage and took on almost seventy litres of diesel. When I'm sitting there collecting, I think to myself "I wonder if I can fill an MS bus today with this collecting box?" That's what it's all about.....keeping our Centre going.

Why not try to see how many hundred new "friends" you can make sometime soon? You might even enjoy the experience, I know I do.

Phil

Did you know? Street Collectors are always welcome.

Call **01202 570300** to ask how you can help.

This new-look **MiS**cellany is already saving The Branch money. If you have the facility available and choose to receive your copy in future by email you could help save The Branch even more.

Over the year this saving could mean savings of ££££'s which can be spent on other things to benefit our members.

Please tell us your name

Please choose one of the following options:

Please email my copy of MiScellany to me

My email address is

Please send my copy of MiScellany by post

My address is

I will collect my copy of MiScellany from The Centre on

Please tick **MON** **TUE** **WED** **THU**

Do you know somewhere we could put more copies of MiScellany to raise awareness of MS further? E.g.....Your local GP Surgery, Hospital Departments you regularly visit, Hairdressers, Other local businesses?

Yes please state where and contact.....

Would you like to receive further copies in future to give to friends, family, bosses, workmates etc. to raise awareness and understanding of our condition? Yes

No

Once completed please cut along the dotted line and return to us

Please take two minutes of your time to complete the form. Thank you.