



Halifax & Calder
Valley Group



Local
News &
Information

Welcome to our Spring Newsletter



HM Government



CORONAVIRUS STAY HOME PROTECT THE NHS SAVE LIVES

Whether you have MS or care about someone who does, our community is here for you through the highs, lows and everything in between. We understand what life is like with MS and we look to support people to live more positively with MS.

Our quarterly newsletter keeps everyone up to date with the local group's activities and is sent free of charge to our email subscribers and posted to our mailing list. We also distribute copies to local libraries and GP surgeries. For the latest information on Coronavirus (Covid-19) and MS please check regularly on the national society website www.mssociety.org.uk

For the latest general NHS advice regarding the pandemic please visit www.nhs.co.uk

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Covid-19 & Local Group Activities

When the National MS Society issued the guidance that all Group activities that involve face to face contact had to cease we immediately cancelled all our forthcoming events .

We then looked at how we could continue to provide opportunities for the local MS Community to interact with each other and communicate and how the group could continue to support this . After some discussion and research, we are happy to be the first local group in the North of England to go online and use the modern tools of Video Conferencing.

Most of the technology that people have - iPads, Tablets, Smartphones and Computers - now have Webcam facilities built in, software and apps being freely available to use. With that knowledge we have now successfully moved our monthly get togethers (TEA, SARNIES & A NATTER, COFFEE WITH FRIENDS) and adapted our exercise classes so they can all be delivered online .

Our AQUA water based exercise classes have been temporarily replaced with a Friday morning exercise class.

Diary Dates

TEA, SARNIES & A NATTER ONLINE

12 noon on the last Wednesday of every month

COFFEE WITH FRIENDS ONLINE

10.30am on the second Monday of every month

MS PILATES ONLINE (With Eve Firth- Blackbond)

11am-11.40am Every Tuesday afternoon

EXERCISE MS (With Sophie Leigh Chevolleau)

11am- 11.40am Every Friday morning

You can join the online sessions by downloading ZOOM and clicking the link sent by email to all our email subscribers before the events.



Eve & Sophie
who provide exercise
classes for our Group

Exercise Classes Go Online

Staying Active

A large part of the treatment of MS is symptom management and many people living with MS have impaired mobility. Many can experience spasticity which can be alleviated by gentle exercising and stretching. Whilst the pandemic continues and many people are self isolating, maintaining levels of mobility is something that can be difficult given the situation.

Research tells us gentle exercise can improve your mood, mobility, muscle strength, balance and general health. This in turn reduces the risk of falling, can help with fatigue and alleviates anxiety and stress. The benefits of staying active and sustaining levels of mobility are obvious.

Exercises, stretches and balances (such as those found in Pilates) can be specifically adapted to the mobility and energy levels of people with MS.

So when the group had to cancel face to face exercise classes during the current Covid-19 lockdown, we were keen to find a solution that was safe, maintaining the social element and offering the individuals participating in the class the opportunity to exercise.

Online Exercise Classes

After some trial and error and a period of trying to understand the technical aspects, we now have two weekly exercise classes .

Our Pilates MS with Eve has moved from 1pm to 11am every Tuesday. Understandably we could not continue the weekly Aqua classes but we have asked Sophie to host a more general Exercise class every Friday at 11am.

No special equipment is required. Ensure you have a nice strong and stable chair to sit on and space around you in a safe environment. A couple of tins of soup, beans or whatever takes your fancy can be used as improvised hand weights. Having a stretchy long sock, a cushion or a toilet roll (if you have any!!!!) may come in handy too.

We have also made the classes free for the immediate future. We would love you to come online and participate and to do so you can download Zoom and we are sending an email invitation weekly to all subscribers.

Eve Firth-Blackbond, our Pilates instructor, has also produced a short online video specially for our Group. If you would like a copy then please email us halifaxcaldervalley@mssociety.org.uk

Lockdown Larder Banana Bread

As we all look to make the most of what we have lying in our store cupboards we thought we would share the popular recipe for yummy Banana Bread.

If you have a go, we would love to see your finished bake on our Facebook Page. (Halifax and Calder Valley MS Group)

1. Preheat the oven to 170C. Put two-thirds of the peeled banana chunks into a bowl and mash until smooth. Roughly mash the remainder and stir in gently.

2. Sift the flour, baking powder and salt into a bowl, and grease and lightly flour a baking tin of size about 21x9x7cm.

3. Put the sugar, eggs and melted butter in a large bowl and use an electric mixer to whisk them until pale and slightly increased in volume. Fold in the bananas and the dry ingredients until you can see no more flour, then fold in the walnuts.

4. Spoon into the tin and bake for about an hour until a skewer inserted into the middle comes out clean. Cool in the tin for 10 minutes before turning out on to a rack to cool completely.

Happy Baking!

Ingredients

350g ripe bananas (peeled weight)

180g plain flour, plus extra for the tin

2½ tsp baking powder

1 tsp salt

160g soft, light brown sugar

2 eggs, beaten

4 tbsp melted butter, plus extra to grease, slightly cooled

50g walnuts, roughly chopped



Coffee with Friends by Webcam



On the morning of putting together this newsletter, we had our first ONLINE Coffee with Friends. Rather than cancelling the event which normally sees us enjoying Coffee, Cake and Chat at Shibden Park Cafe, we have chosen to continue online.

As well as sharing our lockdown experiences, discussions were varied and the free flowing chat took various turns: "The Prime Minister", "The perils of shopping during lockdown", "How, when a woman reaches a certain age in life, having a birthday doesn't appear to add 1 to her age", "Sewing and adaptations that can overcome numb MS Fingers", "Artwork", "Calories in Alcohol".

Coffee with Friends really is just a good excuse to get together and enjoy the company of others with similar life experiences and it was great to catch up and see other people.

I am sure we would all have preferred to be meeting in person and enjoying the excellent coffee and cakes at Shibden Park but the first online Coffee with Friends was well received by all who dialled in.

For the online meeting, the group sends an email to all registered members with email addresses on the days before the meeting. The next monthly Online Coffee with Friends will be at 10.30am on Monday 11th May and then Monday 8th June. Please come along, DIGITALLY



Our Morrisons Doorstep delivery service is available for our community, unable to go shopping in-store. Please select...

Call 0345 611 6111 and select option 5 to place your order.

Your order will take 24 hours to process and payment will be taken through a contactless card by the delivery driver, please have this ready.

DAIRY		FOOD CUPBOARD	
Milk - 2 pints	<input type="checkbox"/>	Pasta	<input type="checkbox"/>
Butter	<input type="checkbox"/>	Beef Oxo Cubes	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	Beef Gravy Granules	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	Ready Salted Crisps multipack	<input type="checkbox"/>
		Cornflakes	<input type="checkbox"/>
BAKERY		Custard Creams	<input type="checkbox"/>
Bread	<input type="checkbox"/>	Chopped Tomatoes	<input type="checkbox"/>
		Tomato Soup	<input type="checkbox"/>
FRUIT		Marmalade	<input type="checkbox"/>
Bananas	<input type="checkbox"/>	Self Raising Flour	<input type="checkbox"/>
Oranges (Tangerines/Clementines)	<input type="checkbox"/>	Sugar	<input type="checkbox"/>
Apples	<input type="checkbox"/>		
Grapes	<input type="checkbox"/>	DRINKS	
		Tea	<input type="checkbox"/>
VEGETABLES		Coffee	<input type="checkbox"/>
Potatoes	<input type="checkbox"/>	Diet Lemonade	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	Diet Coke	<input type="checkbox"/>
Carrots	<input type="checkbox"/>		
Tomatoes	<input type="checkbox"/>	FROZEN	
Lettuce	<input type="checkbox"/>	Chips	<input type="checkbox"/>
Cucumber	<input type="checkbox"/>	Scampi	<input type="checkbox"/>
		Peas	<input type="checkbox"/>
MEAT & FISH			
Chicken Breast Fillets	<input type="checkbox"/>	READY MEALS	
Unsmoked Bacon	<input type="checkbox"/>	Cottage Pie	<input type="checkbox"/>
Sausages	<input type="checkbox"/>	Lasagne	<input type="checkbox"/>
Corned Beef (Tinned)	<input type="checkbox"/>		
Beef Mince	<input type="checkbox"/>	HOUSEHOLD	
		Toilet Roll	
		Kitchen Roll	
		Ariel Liquid	
		Bleach 750ml	

Morrisons offer a Doorstep Delivery option

Feeding the Nation
#ItsMoreThanOurJob

DMTs & Coronavirus

Neurologist Guidance

For anyone currently undergoing a Disease Modifying Therapy (DMT) then it is clearly important to be in conversation with your Neurologist and MS Nurse to receive the correct guidance for your particular therapy.

Do DMTs increase your risk from Covid-19?

We thought members may find the current advice and guidance from the National MS Society of interest .

Anyone taking LEMTRADA & MAVENCLAD is in the Extremely Vulnerable category with regards to the virus. They need to self isolate and should register on the relevant part of the NHS website to ensure they receive additional support . This is because these treatments can increase the risk of viral infections, especially in the few months following treatment. The case for waiting could be particularly strong if someone is scheduled for a second or third course of treatment. A delay of a few months is relatively unlikely to affect the clinical progression of MS. Cancelling any course of treatment should be discussed with neurologist or MS teams. It may be that once people understand the risks, they may want to continue or research an alternative DMT in the interim.

For anyone on COPAXONE, AUBAGIO, TECFIDERA or TYSABRI, these medications do not significantly increase the risk of infection as they don't suppress your immune system. General advice for people on TYSBARI infusions is to still attend their appointments when they can, as there are risks to stopping these without careful planning.

GILENYA may moderately increase the chances of viral infection, including COVID-19. However if someone is already taking it, stopping can lead to rebound MS disease activity. This could outweigh the risks of the virus. If someone is thinking about beginning a course of GILENYA soon, their neurologist could consider an alternative DMT for now.

OCREVUS is a highly effective treatment for MS but can also moderately increase the risk of viral infection. The neurologist may consider delaying this treatment. The case for waiting could be particularly strong for someone has already taken it and is scheduled for a follow-up infusion. A delay of a few months is relatively unlikely to affect the clinical progression of MS .

You can check for the latest guidance on www.mssociety.org.uk .

Community Transport Calderdale

Shopping Service

Community Transport Calderdale (CTC) provides transport for people in Calderdale and Kirklees who have trouble accessing other forms of transport for reasons of ill health, disability, lack of public transport or poverty.

Their services aim to help people overcome isolation and social exclusion by giving them the chance to get out of their home for things such as hairdressing appointments, luncheon clubs, day centres and social events. CTC can also help in practical ways, providing transport to the shops, health appointments and classes at the gym.

Their community car service has a co-ordinator (Sandra) who organises their dedicated band of volunteer car drivers to provide this help.

During the period of self isolating, CTC is offering a Shopping Service for vulnerable people who cannot get to the shops. If you, or someone you know is in need of this support then they can register on CTC's website www.ctcalderdale.co.uk or can call 0300 0200 215 to register and get a delivery organised.

Useful Links

www.facebook.com/halifaxandcalderdalemssociety/

www.mssociety.org.uk

www.mstrust.org.uk

www.nhs.uk

www.ctcalderdale.co.uk

<https://disabilitypartnershipcalderdale.org>

www.fightback4justice.co.uk

Fightback 4 Justice

The pandemic has seen delays by the Department of Work and Pensions (DWP) in the processing of any Personal Independence Payments (PIP) and Employment Support Allowance (ESA) claims. Assessments and appeals are now being conducted over the phone but claims are still being processed.

FIGHTBACK 4 JUSTICE is still working on your behalf through the lockdown to ensure local Calderdale people living with MS can get the best advice and support during their claims. Expert guidance and advice can make it a lot easier and increase the chances of getting the right result so we are delighted to continue our partnership with them.

They are acknowledged experts who offer support and guidance on many aspects of claiming ESA and PIP - form filling, in depth knowledge of descriptors, mandatory reconsiderations, submitting and attending appeals.

Established in 2013 they are registered as a not for profit Community Interest Company so everything they receive in donations or charges goes back into running Fightback and helps expand their reach and services.

Our partnership with them means that people in the Calderdale area living with MS are allowed to be prioritised, and are guided through any appeal, application process and use their priority phone line.

If you have an MS diagnosis and are making a claim for ESA or PIP, or going through an appeal then, in most circumstances, the local group can fully fund the work delivered by Fightback on your behalf. If this sounds like it could help you, then contact the local group directly.





Halifax & Calder Valley Group

Whether you have MS or care about someone who does, our community

is here for you through the highs, lows and everything in between. We understand what life is like with MS and we look to support people to live more positively with MS.

By coming together, we can provide care, share support, collectively campaign and commission life-changing research – all of which help us face the future with more confidence.

If you are living with MS or have a family member who is, please come and join us. Contact details are on this page.



Your volunteer team

Ann Marie Jane
Group Coordinator

Simon Bottomley
Finance Volunteer

Tricia Brown
Admin Volunteer

Robin Boardman - Andrew Warhurst
Health & Safety - Transport Volunteer

Julie Blackburn & Keith Rhodes
Activities & Fundraising Volunteers

Adele Hopkins
Support Volunteer

Contact details

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