



**Halifax & Calder  
Valley Group**



**Information  
& News From  
Calderdale**

 **Issue 8 - Winter Edition**

# Welcome to our Winter Newsletter



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. You will also find printed copies on the leaflet stands we have situated throughout Calderdale.

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# Looking Back to 2019

## Yearbook is on its way

The Coordinating Committee have just completed the 2019 Yearbook which will soon be emailed out to all Group members. It contains lots of information on our activities, new events and partnerships that we launched last year.

Fundraising activities included several bucket collections, a stall at the Brighthouse Charity Gala, being Harveys of Halifax's Charity of the Month, our second annual music night and being Tesco Book Stall of the month, all of which were very successful.

A new Coffee Morning, COFFEE WITH FRIENDS at Shibden Park Cafe was introduced, proving very popular and has attracted new members to the group.

Our new National Lottery Community funded AQUA Sessions at Brighthouse Swimming Pool every Wednesday has been added to the existing Wellbeing event, our MS ADAPATED PILATES which takes place every Tuesday.

We entered into a new partnership with FIGHTBACK 4 JUSTICE who provide support for people in Calderdale living with MS offering expert guidance and support in any welfare benefit claims. Users of this service so far have been very happy with the support provided.

A huge thank must go to all the Group's volunteers who made 2019 a great year.

Here's looking forward to 2020

### Diary Dates

TEA , SARNIES & A NATTER ( Monthly Social) 12 till 2pm  
Last Wednesday of every month held at Pellon Social Club

COFFEE WITH FRIENDS (Coffee MornIng) 10 to 12pm  
Second Monday of every month held at Shibden Park Cafe

MS ADAPTED PILATES  
1.00-1.45pm  
Every Tuesday Afternoon held at Holywell Green Church

AQUA SESSIONS  
6pm -6.30pm  
Every Wednesday held at Brighthouse Swimming Pool



Christmas 2019

# Goodbye 2019 - Hello 2020

## Christmas 2019

Festivities over Christmas saw not only one but two Christmas parties for our group members.

The first of the two was a sit down meal paid for by the group at the Duke of Wellington in central Halifax on Saturday 7th December. Over 40 Society Members and their families enjoyed a traditional Christmas meal with several choices, most popular being prawn cocktail followed by turkey with all the trimmings and finally traditional Christmas pudding. After the food had been consumed, lots of people stayed and enjoyed the company of other group members for several hours afterwards.

The second of the Christmas parties was the long standing one, held at Pellon Social Club on Wednesday 18th December in the function room. A huge thanks to our friends at MuSic 4 MS who provided the musical entertainment whilst the society members and friends enjoyed a buffet of sandwiches, wraps and salads followed by a calorie packed bowl of trifle and mince pies. Highlight of the party was the presentation of a cheque from Music 4 MS to the group.

## What's on for 2020

2020 sees a continuation of our existing Social and Wellbeing events.

TEA, SARNIES & A NATTER , our monthly get together at Pellon Social Club continues at midday till 2pm on the last Wednesday of every month .

We are also pleased that our version of a coffee morning, COFFEE WITH FRIENDS has been very well attended, and has attracted many new faces. It continues starting at 10am on the second Monday of every month at Shibden Park Cafe.

Our MS ADAPTED PILATES class now has a regular attendance of 12 and more people and continues at 1pm at Stainland & Holywell Reform Church every Tuesday.

Our Lottery Funded AQUA SESSIONS which have only recently started, continue at 6pm on Wednesdays at Brighthouse Swimming Pool.

2020 will also see us attending Brighthouse Charity Gala again and Harveys of Halifax have kindly agreed to give us a Charity of the Month slot again this year.

We are also looking forward to our biannual fundraising event at Shibden Park with a "Roll & Stroll " planned for this summer and our fingers crossed for a sunny day.

# MuSic 4 MS

MuSic 4 MS (West Yorkshire) was founded in December 2016 by Christine West who continues to be the Volunteer Fundraiser behind the charity. Since 2016, the charity has raised over £30,000 in aid of the MS Society, supporting the local work of Halifax and Calder Valley MS Society Group and more recently research at Cambridge Centre for Myelin Repair which is an internationally renowned laboratory who are on target to come up with a revolutionary treatment for people with MS before 2025.

The charity has just made donations of over £2,000 to the group, raised at their recent events.

The Charity relies on the good will of all the artists who play, the venues who host, the techies who help and the audience who attend who all deserve our thanks.

You can make a donation through JustGiving which is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

## Show your Support

MuSic 4 MS Music events start up again in March of this year and we will let people know the dates of events in forthcoming newsletters and through our Facebook page.

In the meantime if you wish to support the charity then two of the people connected to the charity, Nicole Rehman & Jackie Dempsey, will be Sky Diving on 30th May and donations can be made through their JustGiving Page



# Fightback 4 Justice

## Welfare Benefit Advice



We know what life is like living with MS and the stresses and strains involved in, when required, claiming the benefits that can help with day to day living and overcoming the symptoms of MS. 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 FIGHTBACK4JUSTICE who provide support and guidance to those people living with MS in the Calderdale area.

They are acknowledged experts who offer support and guidance on many aspects of claiming ESA (Employment Support Allowance) and PIP ( Personal

Independence Payments) from form filling, in depth knowledge of descriptors, mandatory reconsiderations, submitting and attending appeals.

Established in 1993 they are registered as a non profit Community Interest Company so everything they receive in donations or charges goes back into running Fightback and helps expand their reach and services.

If you have a 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.



Anyone for Tea?  
MS SOCIETY CAKE BAKE  
2019

# Please Take Us For "GRANT"ed

## Grants Available

Both the National and Local MS Society can provide grants to help and assist people in their day to day life .

If you are in need of house adaptations over and above what the local council provide to make your home environment more friendly for your symptoms; require a much needed hoist fitted to your Motability car; looking to purchase or replace a mobility aid; need to purchase new batteries for a wheelchair; would really appreciate a short break; then the society can assist with funding your MS related expenditure.

The society also offers grants to carers. These can help fund activities or equipment that can help you to relax or learn new skills. Such a grant can fund a wide range of activities for both leisure and personal development.

Grants for leisure can fund activities for equipment for hobbies that help you unwind or try something new.

Grants for personal development are there to help fund activities that help you gain knowledge for a new career or for 'life skills' such as driving.

If you care for someone in the UK and you're not paid for it, then you can apply.

There are some guidelines and qualifying criteria to follow in order to be awarded a grant. Some of the grants are funded at the local level and some by the National Society but our team of Support Volunteers are available to help and guide you through the process and complete much of the required administration on your behalf, irrespective of whether the grant is funded locally or nationally.

## How to Apply

If you would like to find out more information or would like to chat to us about any thing that would provide you support or would like to apply, then please get in touch using the contact details on the back page .

Our support volunteer, Adele Hopkins, will then be in touch to answer any questions, guide you though the process and answer any questions you may have.

# Fundraising Update

December 2019 saw the very first get together of the group's own off-shoot fundraising group and it was great to see so many people there. There were lots of ideas discussed and shared.

The get together is to generate ideas and put the required planning in place for our variety of fundraising activities and events. The funds raised will enable us to continue to support our social events, well-being activities, services and provision of grants to the MS community in Calderdale.

We have received wonderful donations of over £2,000 from MuSic 4 MS (West Yorkshire) and we all send our thanks to the MuSic 4 MS team and all of the local music community who generously provide their time and talents.

Our annual October Music event, "An Evening with Richie Penrose" at Pellow Social Club was attended by over 100 people and raised over £1,000 including Ticket Sales, Raffle and donations.

We had a CAKE BAKE for MS, organised by our Adapted Pilates instructor Eve, which raised over £130 and was heartily enjoyed by the people who attended and who left several pounds lighter in the pocket but several pounds heavier in the waistline

Thanks also go to Morrisons supermarket at Illingworth and its customers who kindly let us do a charity collection in November which raised £300.

## Shibden Park "Roll & Stroll"

Our biannual fundraising event at Shibden Park is being planned. Come along to Shibden Park and enjoy a roll or a stroll around the park with your nearest and dearest whilst getting sponsored. Final date to be decided but we are currently looking at a date in June or July and will let everyone know soon.

## Fundraising Meetings

If you would like to come along to one of the meetings and get involved then please contact us and we will let you the date and location. We are always looking for volunteers and very open to any new ideas and activities that help raise the funds that we can then use to support local people living with MS

# Botox

## Symptom Management

Incontinence is one of MS symptoms that can cause real issues in daily living for those affected. The day to day requirement of meticulously planning journeys to ensure proximity with toilets , frequent changes of clothes and not to mention the stress and anxiety of the fear of social embarrassment with stress known to be a trigger for relapses and lesions.

Also the medical treatment of MS is full of experimental drugs and stories of differing opinions as to how effective a given treatment that has been. Most of our group members can tell you at least one story of being prescribed a medication and not being sure if it has worked or had much impact. It is therefore genuinely heartening when feedback is received from several of our group members of a treatment that seems to have had a very positive impact on their day to day life .

Botox, the paralysing drug, more commonly associated with ironing out facial wrinkles, has become a “life-changer” for lots of people with overactive bladder conditions, which include many people living with MS .It is injected directly into the bladder muscles , generally under local anaesthetic, and the injection appears to be effective for a six to twelve month period before another injection is required.

It works by blocking the ability of some nerves to communicate with bladder or sphincter muscles. It stops messages reaching the bladder that tell it to squeeze and empty. The bladder will hold more, and after treatment , won't feel the urge to empty so often.

In some cases, people have regained complete control whilst in others daily self-catheterization is required. Even with the self-catheterization, the feedback from our members say that this has put them back into control and eliminated the issues that come with incontinence.

You can find out more about how Botox is used to treat MS , including bladder issues, on the MS Trust and the MS Society website.





## 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**  
Health & Safety Volunteer

**Adele Hopkins**  
Support Volunteer

**Jule Blackburn & Keith Rhodes**  
Activities & Fundraising Volunteers

## Contact details

Group Contact Number: 07395 336437

Email:  
[halifaxcaldervalley@mssociety.org.uk](mailto:halifaxcaldervalley@mssociety.org.uk)

## Find us on social media

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