

MS Society

Calderdale

Information Leaflet



Calderdale MS Group are the local group of the national MS Society based within the Calderdale area of West Yorkshire. The group supports the local community of people who live with MS, their families and those who care for them.

The group understands what life is like with MS and endeavour to support people to live more positively with MS. The group funds itself through donations and local fundraising activities which enables the group to provide support services in several practical ways: Providing advice, signposting services, welfare benefits advice, grants and subsidized complimentary therapies. The group also runs adapted exercise classes and a range of social events which provide opportunities for people living with MS to meet, make friends, build support networks, and engage with others who have a similar life experience.

Please see the Facebook page for up-to-date information of the group's activities.

Calderdale MS Group Contact:

Email:
calderdale@mssociety.org.uk

Facebook:
[www.facebook.com/
calderdalemssocietygroup](https://www.facebook.com/calderdalemssocietygroup)

Social Events

There is no better way of making friends than with a drink of coffee or tea in one hand and a nice fat teacake or sticky bun nestling close by. The local group hosts two regular monthly get-togethers for those people within the area living with MS along with their companions, families and carer's.

TEA SARNIES & A NATTER

The long-established monthly get together is on the last Wednesday of every month between 12 and 2pm. On occasion there are people of interest or speakers invited along but it's far more about the chat. Tea, coffee, sandwiches, and biscuits and cakes are provided free of charge. Transport options can be made available dependent on provision and location. For any new attendees the address is Pellon Social Club, Moor End Rd, Pellon, Halifax HX2 0HA . If you would like to be met at the door, please contact the group to let us know and one of the coordinating team will be happy to ensure you feel comfortable.

COME AND JOIN THE BREAKFAST CLUB

BREAKFAST CLUB is held in the cafe in Shibden Park, less than a mile outside Halifax which is an excellent venue with level access and free parking for Blue Badge holders. Coffee/tea, toast and breakfast are provided free to all who attend including family and companions. The event is monthly, generally the second Monday of the month. You can confirm dates on our Facebook page.

Breakfast Club

Calderdale MS Group





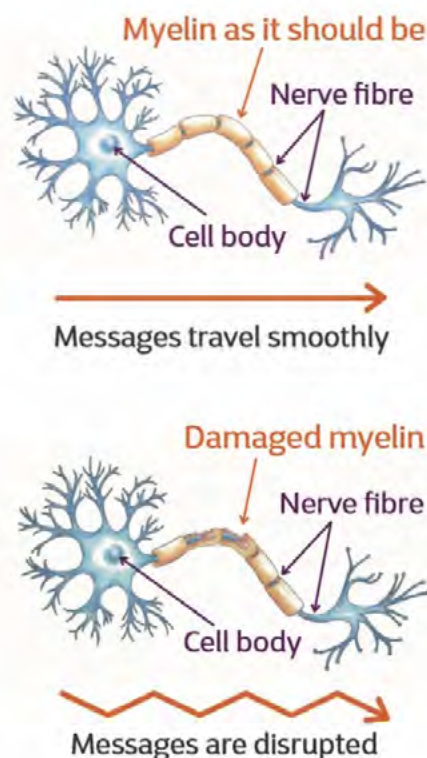
What is MS?

Multiple sclerosis (MS) is a neurological condition - that means it affects your nerves. You get it when your immune system isn't working properly.

Your immune system normally protects you by fighting off infection, but in MS it attacks your nerves by mistake. Your brain and spinal cord make up your central nervous system. Your spinal cord connects nearly all parts of your body to your brain. Messages go between your brain and spinal cord, travelling along the nerves. These nerves control lots of different parts of your body and how they work and it can affect lots of things your body does. It's also why everyone's MS is different. These signals control how parts of your body move or work and let you feel things like pain, touch and it's the damage and disruption to these that cause the symptoms of MS.

Once diagnosed, MS stays with you for life, but treatments and specialists can help you to manage the condition and its symptoms. The specialist doctors who look after people with MS are called neurologists. The management

of MS include drug treatments, exercise, diet, and other lifestyle changes. An MS nurse can discuss treatment for MS generally, but only an MS specialist can advise you and prescribe treatment. The types of treatments and therapies that may be beneficial for you will depend on your type of MS and your symptoms.



Exercise Classes

Active Rainbow & Eve's Pilates 4 Everyone

It is now a well-established fact that gentle exercise can help alleviate MS related symptoms and can aid individual mobility. Sophie of Active Rainbow and Eve of Eve's Pilates 4 Everyone have been providing exercise classes for the group for over 5 years.



Eve, Our Pilates Instructor

MS Adapted Pilates (Face to Face)

Since their introduction in 2018, the face-to-face Adapted Pilates classes have proved popular and therapeutic to those who attend. Every Tuesday at 12.30pm our Pilates Instructor Eve runs a PILATES MS session specifically aimed at people living with MS where most exercises can be completed from a seated position. There is a suggested £3 donation to participate, and the session is in the hall just to the rear of Holy Trinity & St Jude's Free School Lane, Halifax HX1 2XE. The hall is fully accessible and there is parking directly outside.

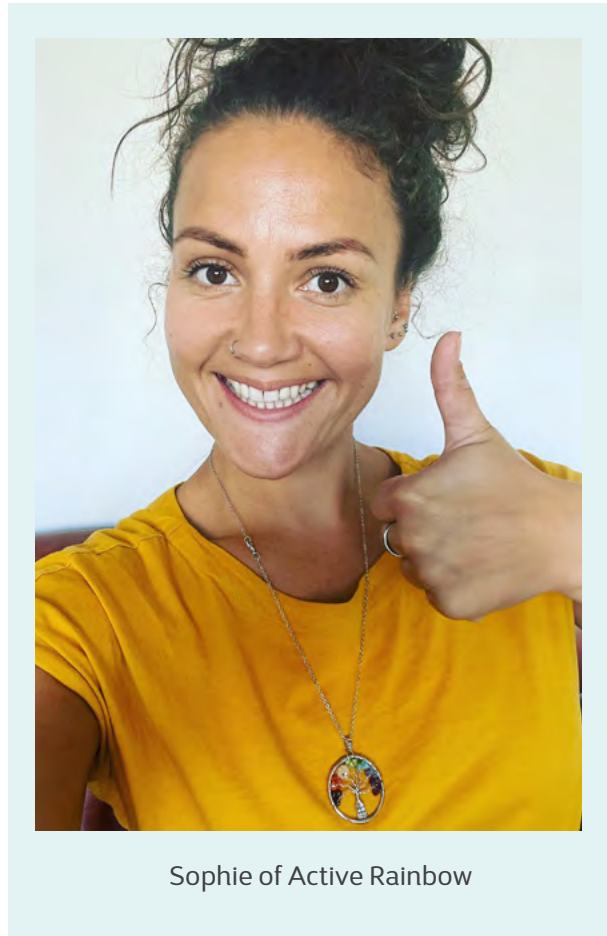
Exercise MS (Online)

The EXERCISE MS class is delivered on Zoom every Friday from 11.00am by Sophie who delivers a gentle exercise session where everyone is encouraged to exercise at their own pace and within their own capabilities. There is a suggested £3 donation to participate. If you would like to take part in the Zoom class, you can find the link on our Facebook page or just get in touch, and we can send the link to you via email/ text or WhatsApp. You can call or text us on **07395 336437** or email calderdale@mssociety.org.uk

Reiki & Massage Therapies

Massage therapy is a manual method of treatment that helps restore movement and function of muscles and joints by improving circulation and eliminating toxins stored within the muscles.

It can relieve muscle tension, pain issues and poor circulation. It can also help reduce your stress, improve your mood, and help you feel better. A recently introduced new service offers Massage Therapy or Reiki sessions for people with MS within the Calderdale Area. The local group have teamed up with Active Rainbow and are now able to offer a limited number of sessions with Sophie, a qualified Reiki and Massage therapist at the cost of £10 per session with the group subsidizing the difference. Feedback from the initial rollout has been unanimously positive, with people finding it a relaxing experience which also reduced muscle tension and increased joint mobility and flexibility. You can choose either Reiki or Massage Therapy and the group will subsidize one session per calendar month if slots are available. The sessions are on a first come first serve basis so please book early and a limited number of home visits are available. If you would like to take advantage of this offer, please get in touch.



GET IN TOUCH

You can get in touch with the group in several ways ,

Phone – You can call on 07395 336437.

Email – calderdale@mssociety.org.uk

Facebook – [Facebook/calderdalemsgroup](https://www.facebook.com/calderdalemsgroup)

If you are interested in volunteering for the Calderdale MS Group, there are many ways for people to get involved. If you

are interested please get in touch. If you are participating in an external event and fundraising for the group, we can supply T-shirts and banners and further promote your venture on our social media platform. We can also supply collecting tins and boxes for retail outlets.

All details and services were correct at time of printing.

Grants

MS can put pressure on many different aspects of your life, including your bank balance. Grants are available that can ease some of that pressure by helping to pay for or contribute towards items that make living with MS a little easier.

The group has already helped to purchase or has contributed towards house adaptations, mobility aids and equipment, electronic aids and many other items and services that aren't necessarily covered by Disabled Facilities Grants or the National Health Service.

These grants can for example be for wheelchairs, scooters, home adaptations and stairlifts. Specialist beds and chairs, furnishings, flooring, domestic appliances, essential home repairs, removal costs.

Computers, tablets and laptops. Exercise equipment. Vocational training to support employability. Respite breaks, one week maximum. Other items that support health and wellbeing will also be considered on a case-by-case basis. Grants are not available for items that have already been ordered or purchased or are available from statutory services.

Support Volunteers will help and support you through the entire application process from start to finish. Depending on the type of grant we may also be able to deal directly with the supplier on the recipients' behalf.



If you would like to find out more, simply call on [07395 336437](tel:07395336437) or email at calderdale@groups.mssociety.org.uk and you will be put in touch with a support volunteer who will discuss eligibility requirements and guide you through the process.

Volunteering and Fundraising

Calderdale MS Group is completely self-funded, run by volunteers and reliant on donations and the efforts of local people volunteering and fundraising.

The group are very grateful to individuals within the community who choose us as their chosen charitable cause. Recent activities



have included car boot sales, desert treks, sobriety months, fun runs and marathons. We are also lucky to have MuSic 4 MS as a major and active supporter, an organisation run by Christine West with local musicians performing gigs at local venues to raise funds for MS related causes .

The group also has a very active and creative fundraising committee who are always looking for ways to generate funds. They attend local galas, supermarket bucket collections, book stalls and initiate a variety of fund-raising ventures throughout the year.

The group knows what life is like living with MS and the stresses and strains involved in claiming the benefits and assistance that can help with day to day living and covering the additional costs of living with a disability.



The Team at FIGHTBACK

Expert guidance and advice can make it a lot easier and increase the chances of getting the right result when going through confusing and lengthy paperwork and processes.

Fightback 4 Justice are acknowledged and award-winning experts who offer support and guidance on many aspects of claiming ESA (Employment Support Allowance) and PIP (Personal Independence Payments) and the other benefits. If you have a MS diagnosis and are making a claim for ESA, PIP or other benefits, or are going through a mandatory reconsideration or 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.

Calderdale

MS Society Group

Your volunteer team

Group Coordinator: Ann Marie Jane
Admin Volunteer: Tricia Brown
Finance Volunteer: Simon Bottomley
Transport Volunteer: Andrew Warhurst
Support Volunteer: Andree Moss
Activities Volunteer: Julie Blackburn
Fundraising Volunteers:
Sally St Clair
Vicky Greenwood-MacDonald
Jason Greenwood-MacDonald

Local contact details

Group Contact Number: 07935 336437
Email: calderdale@mssociety.org.uk



We're the MS Society.

Our community is here for you through the highs, lows and everything in between. We understand what life's like with MS.

Together, we are strong enough to stop MS.
mssociety.org.uk

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MS National Centre 020 8438 0700
info@mssociety.org.uk

MS Helpline Freephone 0808 800 8000
(weekdays 9am-7pm)
helpline@mssociety.org.uk

Online
mssociety.org.uk
facebook.com/MSSociety
twitter.com/mssocietyuk

MS Society Scotland 0131 335 4050
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