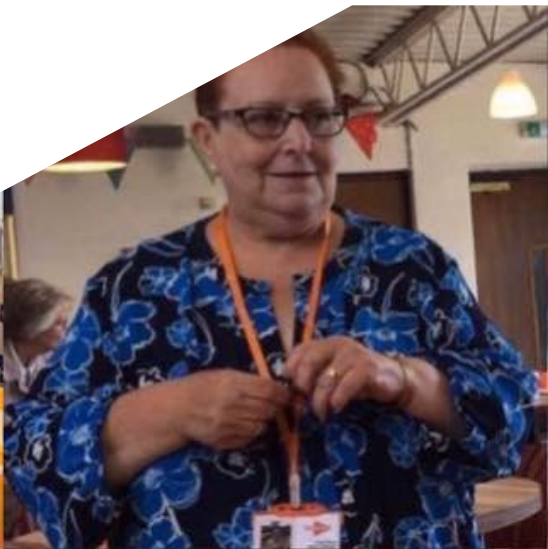




Halifax  
& Calder Valley



# Local News & Information



# Welcome to our Summer 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 our information stands throughout Calderdale.

For the latest information on Coronavirus (Covid-19) and MS please check regularly on the national society

website [www.mssociety.org.uk](http://www.mssociety.org.uk)

For the latest general NHS advice regarding the pandemic please visit [www.nhs.co.uk](http://www.nhs.co.uk)

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# Group Activities Continue Online

With the group's face to face activities being cancelled due to Covid19 restrictions, the group has moved as many as possible activities online to ensure the local MS community has an opportunity to continue to interact and support each other .

The group has now registered an account with ZOOM so there are no longer time limits on our online activity. Coffee with Friends at Shibden Park on the second Tuesday has moved online as has MS Pilates with Eve which now takes place at 11am every Tuesday. Our AQUA MS sessions have been replaced with MS Exercise with Sophie every Friday at 11am. Our monthly Pellon Meeting with quiz on the last

Wednesday of every month has also moved online. You can read more about it on page 7.

Although the move to online activities has been a necessity (due to the Covid19 outbreak) it does give another option for people with MS in the local community to get involved so is a positive addition to the usual activities of the group . The positive aspects to the online activity mean that the coordinating team have decided that when restrictions are lifted we will continue some online activity to compliment the return of our face to face events.

## DIARY DATES - Online Activity (WEEKLY)

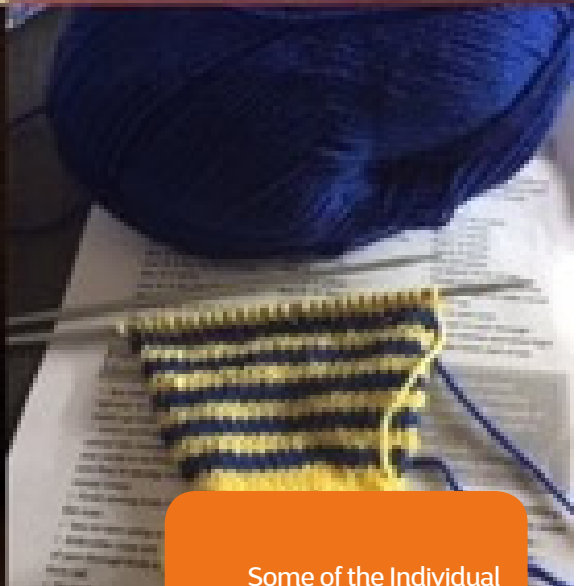
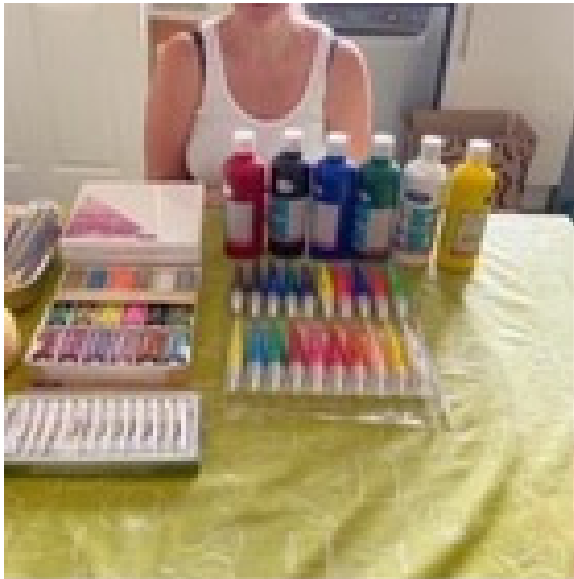
MS PILATES - Every Tuesday at 11am  
MS EXERCISE - Every Friday at 11am

## (MONTHLY)

TEA, SARNIES & A NATTER (12.00) July 22nd, August 26th, September 30th,

COFFEE WITH FRIENDS (10.30a.m.) July 13th, August 10th, September 14th,

MONTHLY QUIZ (7pm) July 16th, August 13th, September 10th,



Some of the Individual Fundraising Activities

# Fundraising Update

## Fundraising during Lockdown

With the required cancellation of supermarket collections, face to face activities and postponement of local galas etc, we have had to look at fundraising in a different way.

When the group's Fundraising committee had their recent online meeting, they had to be creative with their suggestions and ideas. Any proposed fundraising needed to be within Covid19 guidelines and ensure social distancing so activities needed to be online or in people's own home or garden.

The first fundraising activity was a well received twist on the tried and tested Women's Institute classic and was a VIRTUAL "Cake Bake" which you can read more about on the next page.

## July's Sponsored Challenge

Most fund raising activity involves people coming together so the challenge that was set to members of the group who wanted get involved was to choose their very own challenge which they do in the comfort of their own surroundings.

For those members participating who live with MS this also meant that they could choose activities that were in line with their specific mobility and fatigue levels.

Some of the great challenges that our members have accepted are:

- Making a greetings card a day
- (Taking inspiration from Captain Tom) Walking laps of their own garden
- Painting pictures
- Weight loss
- Knitting woollen cat toys
- Completing a 1000 piece jigsaw in a day
- Getting out for a daily walk
- Climbing the stairs 10 times daily
- Walking 1000 steps a day

We originally set ourselves a group target to raise £500 but we surpassed that very quickly and at the time of publication of this newsletter we are well on our way to raising over £1000.

All donations big or small are very much appreciated and go to support people living within the Calderdale area. If you'd like to show your support, you can make a donation via our Just Giving page using the following link.

[www.justgiving.com/crowdfunding/halifaxandcaldervalleymsgroup](https://www.justgiving.com/crowdfunding/halifaxandcaldervalleymsgroup)



# Virtual Fundraising : Cake Bake

On June 26th at 2pm the group held its very own VIRTUAL CAKE BAKE with participants making a small donation to take part. Those who joined in were encouraged to "Bake it" or "Fake it".

Whether people had made their own homemade goodies or bought some lovely cakes from the local supermarket or baker, everyone enjoyed the virtual get together while showing off and tucking into their individual creations or purchases and enjoying the chance to come together virtually and chat.

Everyone's bakes (Maked or Faked) looked delicious and it was a real shame that we were unable to sample the tasty treats we all produced.

The activity raised much needed funds for the group as well as being enjoyed by all who participated. Although we're sure some waist bands may have felt a bit tighter by the end of the event.

Our Virtual Cake Break was a great success but we hope next year to be able to go back to hosting a more traditional event where people get to enjoy others treats .

The photo on the page shows home made Millionaire Shortbread and Chocolate Banana Cake that were baked for the event.

## TOP 10 Cake Searches

These are the top ten cake recipes searched for on the internet during Lockdown .

1. Upside Down Cake
2. Carrot Cake
3. Coffee Cake
4. Victoria Sponge Cake
5. Banana Bread
6. Brownie
7. Cheesecake
8. Lemon Cake
9. Tarte Tatin
10. Chocolate Cake



# Group Launches Online Quiz



## KEEP CALM AND QUIZ ON

What is the longest river in England ?

What is Postman Pat's surname?

Which two country singers famously sang together on 1983 song Islands in the Stream?

What type of car does Doc Brown use as a time machine in Back To The Future?

What was the first single to be released by the band Oasis?

Who authored The Hunger Games book series?

How many actresses played the part of Queen Elizabeth II in The Crown so far (season 1, 2, 3)?

What position does Harry play on the Quidditch team?

Robin Boardman, one of the group's support volunteers, who hosts the popular quiz at the Group's monthly get together at Pellon Social Club has now been delivering a quiz on Zoom to give local people Living with MS an opportunity to get together online. The general knowledge quiz has proved to be very popular so the group has decided to continue to keep the online quiz as a permanent fixture ongoing .

The Quiz will be at 7pm on the second Thursday in every month and the ZOOM link will be sent to all email subscribers as well as promoted on our Facebook page .



You can follow them and  
stay up to date on their  
Facebook Page



# MuSic 4MS

## About The Charity

MuSic 4 MS (West Yorkshire) is a charity that raises money for MS related charities by organising Music events and gigs throughout West Yorkshire.

At most of the events admission is free with funds raised through bucket collection and raffles. Certain events do charge admission fees.

These events are only possible through the time and great efforts given by local musicians, bands, solo artists, technicians, engineers and helpers as well as the support of the amazing venues throughout the area .

The Charity 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.

## Show Your Support

Most of the events the charity organise are free so you can show your support in several ways by:

- putting money into collections buckets during the events
- buying tickets for the raffles which are run at every event.
- making a donation on their Just Giving page MuSic 4 MS (West Yorkshire) 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, JustGiving will send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

You can also find out about their forthcoming events by following them on Facebook . Search for MuSic 4 MS (West Yorkshire) and like their page.

# Drop In Sessions on ZOOM

The local group endeavours to support the local MS Community and their families in many ways . As well as providing events and opportunities for people to interact, producing newsletters and organising and subsidising exercise classes, we endeavour to provide support and information for the community. Our support volunteers play an active role in providing information, letting people know of local services and also offering a friendly face and open ear to aid discussion of the issues people have.

The group and the volunteers can be contacted in several ways.

- phone or text 07395 336437

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

- message us on Facebook

We are also pleased to let people know we will now have an online ZOOM drop in sessions once a month so people can come online and chat directly with members of the coordinating group . The Zoom Link will be promoted on the Facebook page and emailed to our email subscribers.

## Contact Us

Are you newly diagnosed and would like to know what the group offers ?  
Would you like to find out more about the grants that the local group can offer and get support on how to complete the forms ?  
Do you want to find out more about our gentle exercise classes?  
Do you require support on ESA and PIP Claims?  
Would you like to find out about social events the group runs?  
Are you a family member looking for information on MS and its symptoms ?

## Monthly Drop In Sessions (ZOOM)

Wednesday 2nd September 2020 6pm-7pm

Wednesday 7th October 2020 6pm-7pm

Wednesday 4th November 2020 6pm-7pm

Wednesday 2nd December 2020 6pm-7pm

# Exercise for MS

It is now a well established fact that gentle exercise can help alleviate MS related symptoms and can aid individual mobility. Since their introduction in 2018 our local group exercise classes have gone from strength to strength (excuse the pun) .

Our standard line up of Tuesday MS ADAPTED PILATES , AQUA CLASSES on a Wednesday and MS EXERCISE on Saturdays have now had to adapt and move online during Lockdown .

The MS PILATES is now done on ZOOM at 11am every Tuesday with Eve . The MS EXERCISE class is now every Friday at 11am with Sophie . The zoom link is promoted on Facebook and emailed to all our email subscribers or contact us and we can send you the link.

If you would like to participate in the classes , the local society is also happy to provide an deliver to you a small pack of hand weights, ball and stretch bands that may help you exercise. Although you can participate without them . You can call or text us on 07395 336437 or email [halifaxcaldervalley@mssociety.org.uk](mailto:halifaxcaldervalley@mssociety.org.uk)

The local group would also like to take the opportunity to say a MASSIVE THANK YOU to Eve Firth-Blackbond (Eve's Pilates 4 Everyone) and Sophie Chevellaux ( Active Rainbow) who are pictured below. As well as providing the exercise classes and working with the group to develop what's on offer, they have always gone above and beyond and have involved themselves in many society activities and fundraising for the group . They are now a very welcome part of the local MS Community and have established friendly links with many local people with MS and we send our thanks and admiration to them.



## 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

**Robin Boardman - Andrew Warhurst**  
Health & Safety / Transport Volunteer

**Julie Blackburn**  
Activities Volunteer

**Adele Hopkins**  
Support Volunteer

**Keith Rhodes**  
Fundraising Volunteer

## Contact details

**Group Contact Number: 07395 336437**  
**Email: [halifaxcaldervalley@mssociety.org.uk](mailto:halifaxcaldervalley@mssociety.org.uk)**

## Find us on social media

 **/MSSociety**  
 **@mssocietyuk**  
 **/mssocietyuk**