



Calderdale

A photograph of two women with long brown hair and glasses, both wearing orange t-shirts. They are outdoors in a park-like setting with green grass and trees in the background. The woman on the right is giving a thumbs-up. An orange triangle is overlaid on the bottom left of the photo.

Calderdale MS Group

Calderdale MS Group



We are the local group of the national MS Society and are based within the Calderdale area in West Yorkshire. We look to support the local community of people who live with MS, their families and those who care for them. We fund ourselves through local fundraising activities and donations.

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.

The group provides support in several ways; giving advice, signposting to local services, support filling in benefits forms, supplying grants, working with our local

MS nurse. We also hold monthly social events and provide weekly exercise classes specifically for people living with MS. The range of social events provides opportunities for people living with MS to meet, make friends, build support networks and engage with others who have a similar life experience.

Our website and our Facebook page look to provide up to date information of the group's activities.

www.caldermsgroup.com

www.facebook.com/calderdalemsocietygroup

EAT CAKE, DRINK COFFEE AND MAKE FRIENDS

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 friends and families and carer's.

TEA SARNIES & A NATTER

Our long established monthly get together is on the last Wednesday of every month between 12 and 2pm. On occasion we will invite along speakers/people of interest but it's far more about the chat.

Tea, coffee, sandwiches and biscuits/cakes are provided free of charge. 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 us and let us know and one of the coordinating team will be happy to ensure you feel comfortable.

COFFEE WITH FRIENDS

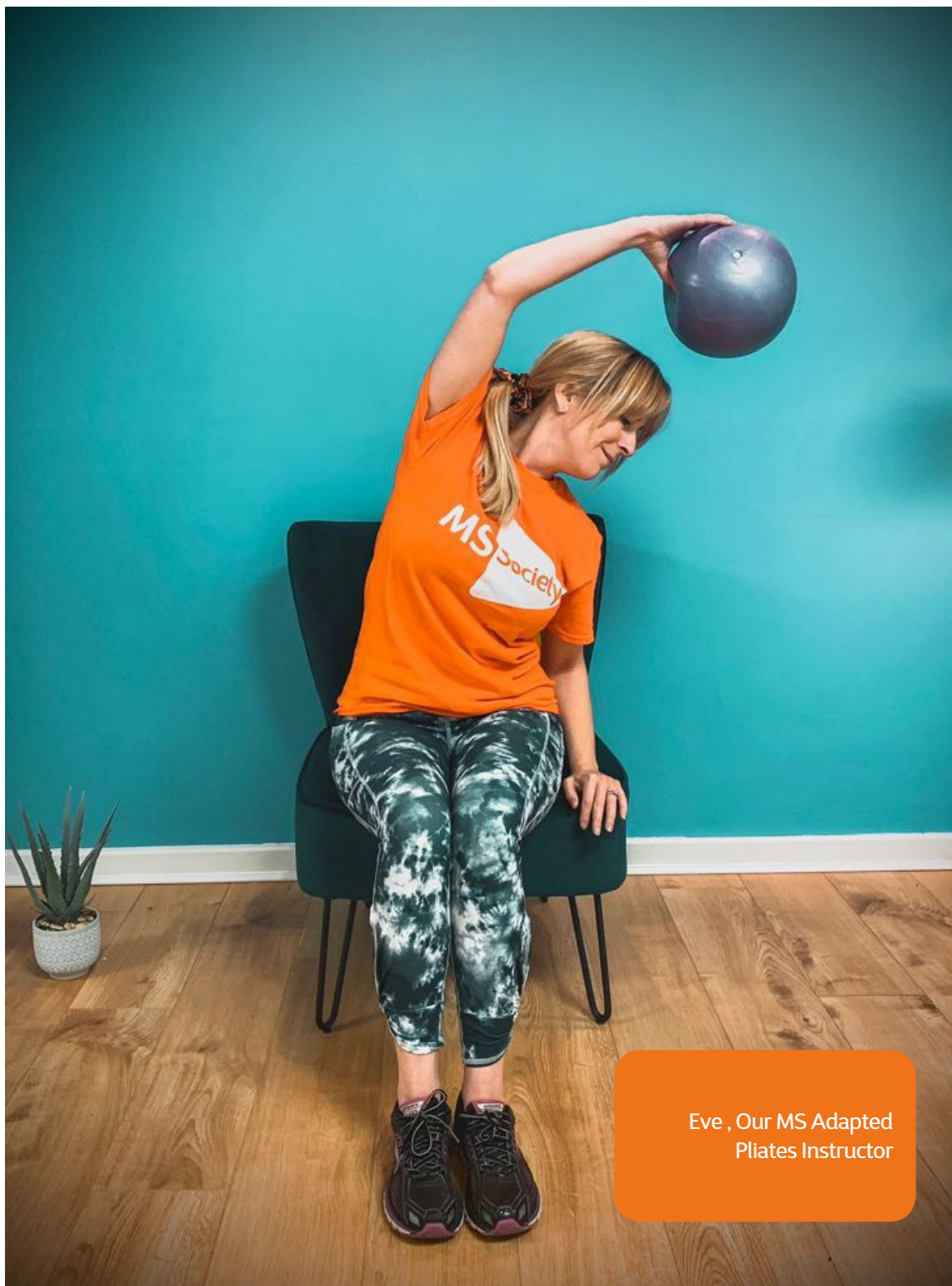
Our version of a coffee morning is held in the cafe in Shibden Park which is an excellent venue with free parking for Blue Badge holders.

Coffee or tea and cake are provided free to all who attend. The event is monthly, generally the second Monday of the month. You can check dates through Facebook or our website.

What is MS?

Multiple Sclerosis (MS) is a neurological condition which means it affects your nerves. The specialist doctors who look after people with MS are called neurologists. You can't catch MS from someone. You get it when your immune system isn't working properly. Your immune system normally protects you by fighting off infections. In MS it attacks your nerves by mistake.

These nerves control lots of different parts of your body and how they work. That's why, if you have MS, you can get its symptoms in many parts of your body and it can affect lots of things your body does. This is why everyone's MS is different. 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 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.



Eve , Our MS Adapted
Pilates Instructor

Exercise Classes

MS Adapted Pilates

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 proved popular and therapeutic to those who attend.

Due to the popularity of the online Zoom exercise classes during lockdown, the local group thought that it made sense to keep one of the classes online and one to return to the face to face format that was pre-lockdown. Therefore giving local people with MS a choice they feel comfortable with. Either the opportunity to be able to exercise in the comfort of their own home or to be able to see others in a face to face environment. People are welcome to participate in both the Zoom and face to face classes.

Every Tuesday at 12.30pm our Pilates Instructor Eve runs a PILATES MS session specifically aimed at people living with MS where all exercises can be completed from a seated position . The session is in the hall just to the rear of Holy Trinity & St Jude's Free School Lane, Halifax HX1 2XE. The hall has level access and has a permanent ramp at the entrance.

MS Exercise

Our 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.

If you would like to participate in the Zoom class you can find the Zoom link on our Facebook page or just get in touch and we can send the link to you via email/ text or Whatsapp. The class is free to participants and is supported by the Community Fund of the National Lottery .

To get the most out of the class, the local group is happy to provide and deliver to you a small pack of hand weights, ball and resistance bands that will help you exercise although you can participate without them . You can call or text us on 07395 336437 or email calderdale@mssociety.org.uk

Sophie & Eve of Active Rainbow and Eve's Pilates 4 Everyone are specialist instructors who each have over 15 years' experience in working in the fitness industry and have both specialised in movement and exercise to assist overcoming medical conditions.

Grants Available

MS can put pressure on many different aspects of your life, including your bank balance. Our grants can ease some of that pressure by helping to pay for items that make living with MS a little easier.

The local group always endeavours to ensure money raised locally is spent locally to support those living with MS throughout the Calderdale Community and some of the funds raised locally are awarded in grants.

The Society is there for all people whose lives are affected by MS so carers can also apply for grants.

Our Support Volunteers will help and support you through the entire application process from start to finish.

If you would like to find out more then simply call us on 07395 336437 or email us at calderdale@groups.mssociety.org.uk and we can put you in touch with one of our support volunteers who can discuss eligibility requirements

Grants are available for :

MOBILITY

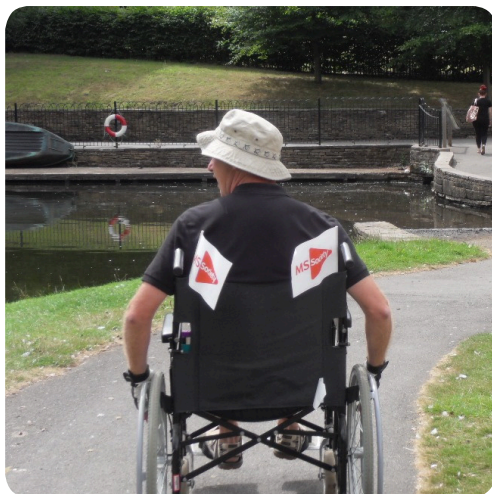
Wheelchairs, scooters, motability advance payments, car adaptations, driving lessons

HOME

Home adaptations, specialist beds and chairs, furnishings, flooring, domestic appliances, post adaptation remedial work, essential home repairs and removal costs.

PERSONAL

Clinical aids/equipment, communication aids, computers, exercise equipment, respite care, holidays, some complementary therapies where this is a fixed cost such as for a course of six massages.



Spotlight on : FIGHT BACK 4 JUSTICE



We know 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 overcoming the symptoms of MS. 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 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 the required paperwork and attending appeals.

They have already helped many of our local community referred by the group and the response from the people they have supported has been unanimously positive.

If you have a MS diagnosis and are making a claim for ESA or PIP, transitioning from DLA to PIP or going through a mandatory reconsideration 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 Group

www.calderdalemsgroup.com

Whether you have MS, or care about someone who does, our community is here for you though the highs and lows and everything in between .

We understand what life is like with MS and we look to help and support people to live more positively with MS. All the activities undertaken by the local group are delivered by volunteers.

You can find the latest updates on our website www.calderdalemsgroup.com
You can also contact the local group by emailing calderdale@mssociety.org.uk or call or text 07935 336437



Your volunteer team

Ann Marie Jane
Group Coordinator

Tricia Brown
Admin Volunteer

Simon Bottomley
Finance Volunteer

Robin Boardman
Health & Safety Volunteer

Andrew Warhurst /Andree Moss
Transport/ Support Volunteer

Keith Rhodes /Julie Blackburn
Fundraising/Activities Volunteer

Contact details

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

Find us on social media

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