



Newsletter



Information & News From Calderdale

► Issue no 4 • Spring 2019

Welcome to 2019



Welcome to the Halifax & Calderdale MS Society newsletter, providing updates and news, events and activities of the local group as well as any local MS related stories, local fundraising, social activities and MS Society initiatives.

Read about some new social events for this year and discover how to "Have your Say!". Take part in a members survey . There is an update on MS Pilates class recently introduced and find out about the fantastic fundraising activity by MuSic 4 MS (West Yorkshire) . We hope you enjoy.

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Group Members Survey

Have Your Say

The Halifax and Calder Valley Local group should, like any group, be run for its members and what's the best way to find out what people want, ASK. Which is why at the start of 2019 we are running a survey and would love you to participate. There are a couple of topics that we'd really like your opinion on to ensure the Group plans its future activities and events effectively.

Firstly we are looking at social events and have several questions related to the types of events and their contents. This will help and assist planning to ensure that the events serve the needs of its members, providing opportunities for people to get together, enjoy each other's company and support each other.

Secondly the local group has a variety of fundraising initiatives throughout the year and receives donations. These funds are used in many ways, from supporting the group's members, providing advice on such issues as PIP and DLA, grants for adaptations and independent living to providing and supporting the social events for the members. When the local group makes any financial decisions then the survey's answers will ensure the right priorities are applied.

Membership is open to anyone whose life is affected by MS. So if you are not already a member and would like to be then email us and we will send you details on how to join.

How to complete the Survey

ONE

An invitation will be sent via email to all email newsletter subscribers

TWO :

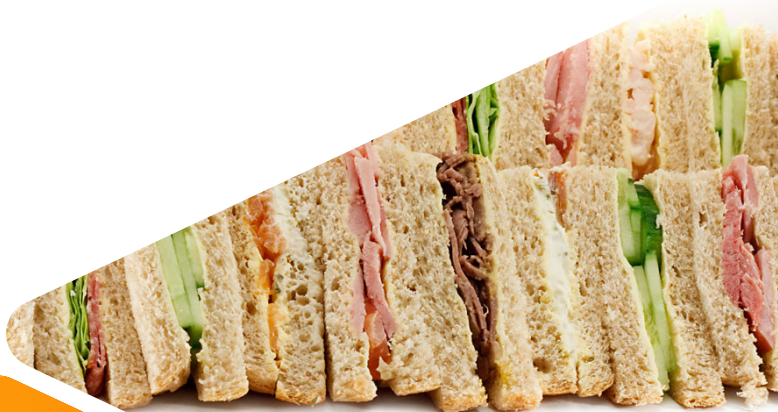
Paper copies will be available at our monthly get-together TEA, SARNIES & A NATTER

THREE ;

Email halifaxcaldervalley@mssociety.co.uk and we will send you the link.

The survey is completely anonymous and no personal or demographic information will be retained or published.

If completing the survey via the link the responses are automatically recorded



Tea, Sarnies & A Natter

Monthly Social

Halifax & Calder Valley

Last Wednesday of Every month

12-2pm

Pellon Social Club

Open to all

All Welcome . Please come
along

☎ 07395 336437 ✉ halifaxcaldervalley@ms-society.org.uk

STOP MS

National Campaign

This year, the MS Society is going to launch its biggest and most important fundraising campaign ever – The Stop MS Appeal.

Due to launch in spring 2019, the appeal aims to raise over £100m by 2024 for MS research, to dramatically accelerate progress in developing treatments that can slow or even stop the progression of MS. The appeal is also a major opportunity to raise awareness of MS and its impact on those living with the condition and their friends and family.

The ambition is that, by the end of 2024, we will have identified potential treatments to slow, stop or reverse MS in a late stage trial. To achieve this, the MS Society wants to develop the first ever clinical trial platform for MS, working closely with clinicians and scientists across the world.

A trials platform offers the best opportunity for us to test and deliver many treatments at once, saving time and money. It also allows us to start testing treatments in combination to understand what works best. The appeal offers huge potential to accelerate the development of new treatments and could revolutionise the lives of millions living with MS.

There'll be regular updates on the appeal over the next few months along with ideas for ways that you can get involved. Together, we'll have a huge part to play in spreading awareness and helping to raise

funds to Stop MS. Imagine how wonderful it would be if we could realise the dream of stopping MS in its tracks? If we can all get behind this campaign, we may finally get to a place where we can, once and for all, STOP MS!

If you've got any ideas, or would like to find out more, please contact the MS Society's local Area Fundraiser Simon Moran on 020 8438 0740.

Nick's Story

Nick is 57 years old and is from Kent. He is husband to Kate, and dad to Rosie, Harry and Lily. He battles MS every day.

"Twelve years ago, when I was 45, I started to lose control of my body. It was a frightening shock, and nothing could have prepared me, my wife and children for what lay ahead.

The unpredictability and resulting anxiety have made even the most mundane family activity fraught. It has robbed us of all spontaneity and changed all of our lives forever. I have felt the very profound effects of isolation by being confined to a wheelchair. Be in no doubt of the corrosive and destructive effects of MS.

It is time for a significant step change in funding, to bring an end to the pain and damage so many people are suffering. To do nothing would mean missing a unique moment in history when we have a real opportunity to change people's lives."

Nick Hely-Hutchinson.

Music 4 MS

West Yorkshire

2019 will be the fourth year of Music for MS West Yorkshire who fundraise by putting on music events throughout Calderdale featuring local musical talent.

The charity was set up and run by Halifax based Christine West and the funds raised have been donated to the MS Society and the Cambridge Myelin Repair Centre. Cambridge Myelin Repair are an internationally renowned laboratory who are at the forefront of MS research. In the first three years, Christine's fantastic fundraising work has raised over £16,000.

The charity's latest fund-raising initiative is a CD featuring 16 local Calderdale bands/ artists. Appreciation and respect must go to Christine and the 16 local bands and artists who gave their time and talent generously to raise money for MS causes.

You can pick up the CD for £5 from all local MS Society Group meetings and events. To keep up to date with all of upcoming events and fundraising initiatives then you can follow the Facebook page by searching for MuSic 4 MS (West Yorkshire). Donations can also be made on the Just Giving Page [/music4mswestyorkshire2019](https://www.justgiving.com/music4mswestyorkshire2019)

MuSic 4 MS CD Performing Artists - Thank You

George & Paddy Hodgson
Lewis Robinson
Molly Gaskell
Michelle Veasey
Georgina Keenan & Steve Tynan
Hena Singh
Chloabeth Hamer
Samwell Gent
Jake Smallbones
Viagra Falls
Ellie Telford
Hannah Lyons
Jimbo Lynch
Lost Weekend
Dean Finelli
Vic Wheatley



Better Living at No 42



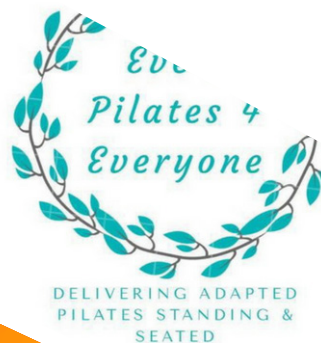
Social workers in Calderdale hope a new 'shop front' service in Halifax will make them more accessible to their local communities. The service aims to support Adults within Calderdale with the support they need to stay healthy, independent and in control of their life for as long as possible .

The social work practice, known as 'Better Lives at No. 42', is being run out of a shop in Halifax's Victorian marketplace with coffee tables downstairs where people can walk in and chat to the team, as well as some private areas for more private conversations .

Support provided is specific to a persons needs but could include conversations about assistive technology, equipment or signposting to other services.

The team at No 42 hope that the shop will make it easier for people to contact social care. and will be a chance to talk and to hopefully get help and support for people earlier so they can promote people's independence and wellbeing

Better Living will be on hand to chat at Monthly Social Event in Pellon on 27th February. Or please feel free to pop into the "shop" which is open from 10 am to 4pm Monday to Friday (Weds 1pm-4pm) and is located centrally in Halifax at 42 Market Street.



MS ADAPTED PILATES

Stainland & Holywell Green United Reform Church

Church Hall, Stainland Road, HX4 9AJ
Every Tuesday Afternoon 1.30 - 2.15pm
£2.50 per class

Research tells us that practicing Pilates can help you manage your MS. Doing just a little or few exercises a day is beneficial for your ms and can make a difference.

Read more about the class on Page 10

☎ 07395 336437 ✉ halifaxcaldervalley@mssociety.org



Multiple Sclerosis Society. Registered charity nos 1139257 / SC041990. Registered as a company in England no 02052914

New Social Events

2019

Coffee With Friends

Imagine you are in Central Perk enjoying a nice Cappuccino accompanied by an over indulgent chocolate cake, Talking about the important things in life like the latest Line of Duty series or celebrity scandal with Joey and Monica whilst people watching with FRIENDS.

What a great way to spend a Monday Morning! We are pleased to announce a monthly coffee get together supported and organised by the local society who will provide the coffee and cake for those who attend to enjoy .

This new monthly get together will be on the middle Monday of every month and times and dates will be published on our facebook group and are also listed on the opposite page. The location is the Shibden Park Cafe due to its central location and good parking and access facilities. The event is open to anyone from Calderdale whose life is affected by MS who wants to meet others with similar life experiences .

The new event will be trialled for 6 months to assess it's popularity So please come along and support this new social event and we look forward to seeing you there

Supporters Group (Launching Soon)

Do you support someone living with MS? Would you like to meet others for support or socialising ?

We are very pleased to be supporting a local venture which recognises that the people who support and care for those living with MS may also need support too.

Whether it is advice or support, , a shoulder to cry on, someone to have a coffee with, share a joke with, access to good information or a network of people with similar experience, we hope that the Supporters group that Jenny Wilson is planning to start in April this year is what many supporters out there will appreciate and find useful.

The first meeting will be at Square Chapel Arts Centre Cafe, Halifax on Thursday the 11th April 11.00am till 1pm.

For any further information you can email Jen.Wilson1@me.com or speak to Jenny directly on 07921 515524 where you can leave a message and Jenny will respond

MS Adapted Pilates

Research really does show that Pilates can help manage your MS so we are very pleased that the MS Adapted Pilates class that the society started to fund last year has continued to be busy and thoroughly enjoyed and appreciated by those who have attended.

The feedback has been very very positive so we are delighted to continue to support the class. We do appreciate that for some, the prospect of a gym class is daunting but please be assured the class is adapted to fit all needs and requirements.

To show everyone how accessible the classes are we have invited Eve to come along to the Monthly TEA, SARNIES & A NATTER on the 27th March to give a small demonstration of Pilates . There are still a few spaces left on the weekly class and we would love to see some new faces join .

The classes are every Tuesday Afternoon at Stainland & Hollywell Green United Reform Church between 1.30- 2.15pm. The session is subsidised by the society so costs only £2.50

Diary Dates - TEA, SARNIES & A NATTER (Monthly Social)

Wednesday 30th January - Pellon Social Club (12 till 2pm)

Wednesday 27th February - Pellon Social Club (12 till 2pm)

Wednesday 27th March - Pellon Social Club (12 till 2pm)

Wednesday 24th April - Pellon Social Club (12 till 2pm)

Diary Dates - COFFEE WITH FRIENDS

Monday 11th February - Shibden Park Cafe (10.30am till 12)

Monday 11th March - Shibden Park Cafe (10.30am till 12)

Monday 8th April - Shibden Park Cafe (10.30am till 12)

Diary Dates- MS ADAPTED PILATES

Every Tuesday Afternoon - Stainland & Holywell Green United Reform Church (1.30 -2.15pm)

Fundraising Update

Late 2018

Everyone who attended the musical fundraising event in October 2018 was treated to an evening of Motown and Soul classics brilliantly performed by local song man Richie Penrose (Picture bottom right). The dance floor was full as the audience enjoyed hits from mainly the sixties and seventies eras with plenty of people singing and swaying along with the words. Thanks must go to Keith Rhodes for his compering, organisation of the event and his tremendous efforts to sell tickets for the evening. Over £600 was raised for the society on the night. It has already been decided that a music fundraising night will now become an annual event so keep a look out for future newsletters and emails so you can hear all about this years event.

The local group was Harveys of Halifax charity of the Month in October. The store had collection boxes on every till point and volunteers spent a weekend in store to promote awareness, talk to customers as well as fund raise through a raffle . Over £300 was raised and special thanks to this local department store in supporting local people through it's involvement with us .

£150 was also raised by our Communications Vo,untethered David Jane who completed his challenge of completing 100,000 miles on a rowing machine in September at a Calderdale Sport club . Several other donations were made through the collection of Collection boxes at various locations throughout Calderdale.

As well as the now annual music night the group already have plans for supermarket collections later in the year, attending Brighthouse Gala and Harveys have kindly agreed to have us as their Charity of the month again this August. If you would like to assist in our fundraising or have any great fundraising ideas then please

togeth





Your Local MS Society Group

Halifax Calder Valley Local MS Group provide support and run activities throughout the Calder Valley.

All of the activities undertaken by the local society are delivered by Volunteers and you can find the details of the Volunteer team listed on this page. The team is supported and guided by area representatives of the National Society .

You can contact the local group by emailing halifaxcaldervalley@mssociety.org.uk or call us on 07935-336437



Your volunteer team

Ann Marie Jane
Group Coordinator

Simon Bottomley
Finance Volunteer

Tricia Brown
Admin Volunteer

Andrew Warhurst
Health & Safety Volunteer

Keith Rhodes
Fundraising Volunteer

Julie Blackburn
Activities Volunteer

Contact details

Group Contact Number: 07935 336437

Email:
halifaxcaldervalley@mssociety.org.uk

Find us on social media

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 /mssocietyuk

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