



Halifax & Calder
Valley

A photograph of a man and a woman standing outdoors at what appears to be a community event. The man, on the left, is wearing a light-colored bucket hat, sunglasses, and a bright orange t-shirt with the 'MS Society' logo. He is holding two balloons, one orange and one white. The woman, on the right, is wearing sunglasses and a matching orange t-shirt. She is holding a white balloon with the 'MS Society' logo. They are both smiling at the camera. In the background, there is a large orange pop-up tent, green trees, and a table with various items on it. A large orange triangle is overlaid on the bottom left of the image, containing the text '2019 Review'.

2019 Review

Welcome to our Review of 2019



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.

We produce a review to keep everyone up to date with the local group's activities throughout the year. In 2019 the group has added two new regular events, worked on a couple of projects with the MS Nurse, conducted a survey of its members whilst also spending a lot of time fundraising. You can read about many of these activities in this publication.

Page 2 - Welcome
Page 3 - Coordinating Team Update
Page 4 - "Living Well with MS" Event
Page 5 - Local MS Nurse Projects
Page 6 - Group Income
Page 7 - Group Expenditure
Page 8 - Aqua MS
Page 9 - New Events in 2019
Page 10- Grants
Page 11 - Fundraising Thank You's
Page 12 - Group Contacts

Co-ordinating Team

Update

The co-ordinating team is always keen to find out the views of the group members and the "Have Your Say" online survey conducted at the start of the year provided some useful feedback and has been invaluable to the coordinating team when planning and improving the activities that it delivers.

Based on the results of the survey we successfully introduced a new coffee morning, COFFEE WITH FRIENDS and entered into a new partnership with FIGHTBACK 4 JUSTICE to deliver support to people living with MS when claiming the benefits they are entitled to (ESA, DLA to PIP transition, PIP etc).

The MS ADPATED PILATES class which launched in late 2018 proved to be well attended and popular so has now been adopted as a permanent fixture provided by the group.

In 2019 the national MS Society brought a new software package to the coordinating team members which is a huge support in delivering the groups activities.

We are also delighted to have another two volunteers join the group with the addition of Robin Boardman and Adele Hopkins who is working to bring our Aqua MS class to fruition.

New Activity in 2019

MS ADAPTED PILATES: After an initial trial period in late 2018 , this has now become a permanent feature

AQUA MS: Funded by the National Lottery Communities Fund

COFFEE WITH FRIENDS: Our new monthly Coffee Morning held at Shibden Park cafe every month

FIGHTBACK 4 JUSTICE: A new partnership to provide support for people living with MS when claiming the benefits that can assist with daily living .

LIVING WELL WITH MS EVENT: Information day with MS Nurse

NEWLY DIAGNOSED INFORMATION PACKS: (Issued by MS Nurse)



Living Well with MS Event
2019

MS Nurse Partnership

Projects

Living Well with MS Event

During 2019 we asked our Local MS Nurse, Denise Winterbottom how we could support the fantastic work she does. From the feedback she provided we then hosted and funded a "Living Well with MS " event at Shibden Hall Cafe on the 14th July .

The event was fully booked with 50 local people attending the event. Denise Winterbottom delivered a very interactive presentation on how to manage your MS symptoms. It is was very good to see a lot of input and suggestions from the people who attended the event sharing their own experiences and tips that worked for them.

This was followed by a presentation about the local Halifax and Calder Valley Group, outlining the group's activities which was delivered by Ann Marie Jane and Andrew Warhurst who are both on the local group's coordinating team.

After a break for lunch , there were presentations from Ruth Stockdale, External Relations Officer from the MS Society, who gave presentations on the latest MS Research and an interesting guide to Phone Apps and websites that people living with MS might find helpful.

Newly Diagnosed Info Pack

We understand that a diagnosis of Multiple Sclerosis (MS) can be very difficult, and there's a lot for you, and your family, to think about. In conjunction with Denise Winterbottom, local MS Nurse, we developed an information pack to be provided by the MS Nurse to any newly diagnosed patients.

It focuses on what the patient needs to know following their diagnosis and provides some practical tips for the weeks and months ahead and offers lots of potential avenues of support. It may also be a helpful for patients' family and friends and give them the chance to learn more about the condition.

The A5 folder contains leaflets that explain about MS, effects and symptoms, potential support , claiming benefits, how to get the best from your medical appointments etc .

It also lets people know of the support on offer from the local MS Group, an open invitation to local MS group social events as well at the support on offer from the national MS Society Helplines. Contact details for many support services and organisations are included.

Group income

2019 saw a welcome increase in income with donations, fundraising and collections all showing significant increase on the previous year. This is a testament to the generosity of the people of Calderdale and a reflection of the hard work and effort of our volunteering team.

We have been fortunate enough to receive a good amount in donations in this year, as well as raising nearly £4,600 through our many fundraising activities. This year this included our second annual music night, "An Evening with with Ritchie Penrose" in October, a very worthwhile book stall for a month in Tesco King Cross and our annual attendance at Brighthouse Charity Gala. There was also a £500 increase on raffles – a well done to Margaret Reaney for her hard work in raising funds.

Our bucket collections in local supermarkets raised a further £2,800 including a record amount of over £600 in Tesco Brighthouse. A huge thank you to all those who took the time to help at these events and special thanks to Tricia Brown, Admin Volunteer for organising the collections.

Note that the income also includes a £8,500 grant which is specifically earmarked for well being projects in 2020. However this still means the group generated £2,000 more than it spent in the year.

Sources of Income

Donations £6,700 (Up £3,300)

Fundraising £4,600 (Up £1,900)

Collections £2,800 (Up £1,200)

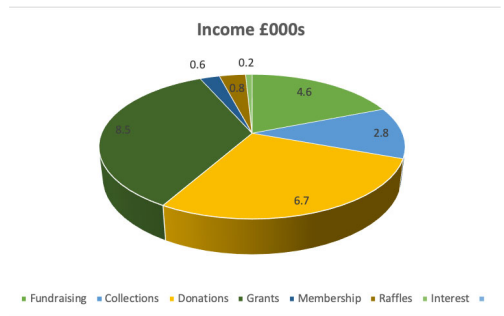
Membership £600 (Up £300)

Raffles £800 (Up £500)

Grants £8,500

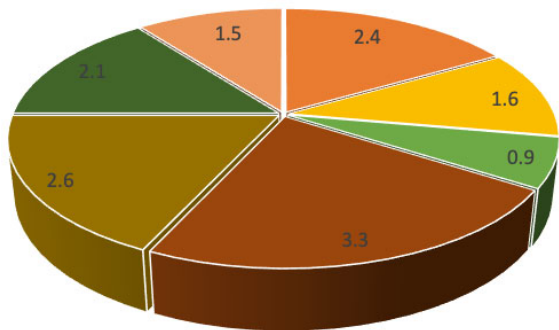
Interest £200

TOTAL £24,200



Group Expenditure

Expenditure £000s



■ Socials ■ Therapies ■ Admin ■ Advice ■ Transport/Travel ■ Grants ■ Donation to MSNC ■

The Co-ordinating team believes that the money raised by the group is there to be spent for the good of the local MS Community. So along with the increased income there was increased expenditure of £4,000.

It should be noted that the £4,000 extra spent on the previous year was spent on things that bring value: increased expenditure on grants given to local people, social events such as "Coffee with Friends", an additional Xmas event, therapies.

A renegotiation of the group's Advice & Support contract saw a saving of over £2,000 whilst receiving positive

feedback about our new provider.

Many thanks must go to Simon Bottomley , Finance Volunteer , for the excellent guardianship of the funds.

EXPENDITURE

Advice & Support (External) £3,300
Transport & Travel £2,600
Social Events £2,400
Admin £900
Therapies £1,600
Grants £2,100
Donation to MS Society £1,500

TOTAL £14,400



Aqua MS



Brighthouse Swimming Pool

Every Wednesday

6-6.30 pm

Fully Accessible and Open to All

Please get in touch to book your place

We're the MS Society. Our community is here for you through
We understand what life's like with MS. Together

One of our new
Wellbeing Projects in
2019

☎ 07395 336437 ✉ halifaxcaldervalley@msa.org.uk



Registered with
FUNDRAISING
REGULATOR

Multiple Sclerosis Society Registered charity nos 1189257 / SC041990. Registered

New Events in 2019

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 group started to fund last year has continued to be busy, and thoroughly enjoyed and appreciated by those who have attended. Based on the numbers attending the class and the positive feedback we are delighted to continue to support the class.

The prospect of a gym class can be daunting but the class is adapted to fit all needs and requirements with many of the exercises being delivered in a seated position.

To show everyone how accessible the classes are we invited Eve, our qualified Pilates instructor, to come along to one of our monthly get togethers and provide a small demonstration of Pilates which was well received .

The classes are held every Tuesday Afternoon at Stainland & Hollywell Green United Reform Church between 1.00 – 1.45pm. The session is subsidised by the group so costs only £2.50 per session.

Coffee with Friends

Our newest social event launched in February this year was "COFFEE WITH FRIENDS", the name of our monthly coffee morning.

It is held at the cafe at Shibden Park which is an excellent venue with free parking for Blue Badge holders situated close to the cafe and level access from car parking area to cafe door. Drinks and cakes are provided free to those who attend.

We are very pleased to say that the number of people attending the coffee morning has exceeded expectations and it has lived up to its name with people making new friends, the chat free flowing and plentiful.

The initial plan was to have a 6 month trial to test its popularity as a social event for members but due to its popularity, this event has become a permanent addition. Coffee with Friends takes place at 10.00am on the second Monday of each month . For further details please check out the group's Facebook page.

Grants

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 help you live well with MS.

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 spent out in grants.

Grants are also available through the national MS Society and our Local Group Support volunteers will advise whether any grant requested should be from the local group or national society.

They will also advise on the eligibility guidelines, quotes required and will help and support you through the entire process from start to finish, for either local or national applications.

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

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

Grants are available for :

MOBILITY

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

HOME

Home adaptations, specialist beds and chairs, furnishings, flooring and domestic appliances, post adaptation remedial work, essential home repairs, 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, classes or courses where this is a fixed cost such as a short course that runs for a specified number of weeks.

To all our Fundraisers we say THANK YOU

There has been some fantastic fundraising activity throughout 2019. We simply don't have enough space to mention it all. So please accept our thanks and gratitude to everyone who has raised money for the group this year.

THANK YOU to everyone who donated books for our Tesco Book stall in July 2019 which raised over £1,100.

THANK YOU to Tesco and Morrisons supermarkets who allowed us into their foyers .

THANK YOU to the fantastic local charity MuSic 4 MS and Christine West who in their 4 years of existence have raised nearly £30,000 for local and national MS causes .

THANK YOU to HARVEYS OF HALIFAX for allowing us to be their Charity of the Month for August 2019.

THANK YOU to HILLARD'S CHARITABLE TRUST for your grant award.

THANK YOU to the local Halifax Masonic Lodge for your wonderful donation .

THANK YOU to Halifax Rock n Roll Club for your fantastic donation .

THANK YOU to all the local newsagents and cafes who have our collection boxes at their tills .

THANK YOU to team of volunteers who organised and ran the Ritchie Penrose Music Night which raised over £1,000.

SPECIAL THANKS to all of the local group volunteers who help to fundraise and give their time generously. Special mention to the members of the co-ordinating group for all their hard work.

EXTRA SPECIAL THANKS to the population of Calderdale who continue to support the local group.

*Thank
you!*

Halifax & Calder Valley Group

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 of the activities undertaken by the local group are delivered by volunteers.

Contact the local group by emailing halifaxcaldervalley@mssociety.org.uk or call/text 07395 336437.



Your volunteer team

Ann Marie Jane
Group Coordinator

Simon Bottomley
Finance Volunteer

Tricia Brown
Admin Volunteer

Andrew Warhurst / Robin Boardman
Health & Safety / Transport Volunteer

Adele Hopkins
Support Volunteer

Julie Blackburn & Keith Rhodes
Activities & Fundraising Volunteers

Contact details

Group Contact Number: 07395 336437
Email:
halifaxcaldervalley@mssociety.org.uk

Find us on social media

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