Your invitation to the Annual Meeting!

Wednesday 30th April 2014, 2.00pm to 4.00pm
The Bothy, David's Nurseries, Martin Hussingtree
(Agenda on page 5)

Nominations for committee

Members are invited to make nominations for the Worcester and District committee

You may nominate yourself. The nominated person should sign that they are willing to stand for election and all nominations must be seconded by a paid up member of the Society (This can be arranged at the AM if you are unable to get a seconder beforehand).

IMPORTANT NOTE: You must have paid your membership subscription by the beginning of the Annual Meeting (AM) in order to stand for election and vote. You will be able to pay at the meeting itself but only BEFORE the business begins.

If you are unable to attend the AM you may apply for a proxy vote be completing the form attached and returning it to the Chairman, Mr. M. Hawkins, 138 Penhill Crescent, Worcester WR2 5PZ, by the 5th April 2014.

If you wish to put forward a resolution to the AM please complete the RESOLUTION form attached and return it to MR. M. Hawkins by 5th April 2014.

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NOMINATION FORM FOR BRANCH COMMITTEE

I wish to nominate...............................................................(please print name)

As .................................................................(proposed role on committee)

Name .................................................................Signed............................Date..........................

Seconded .................................................................Signed..........................

I am willing to be nominated for the Branch Committee.

Signed ...........................................................................Date..........................

Return to Mr. M. Hawkins, 138 Penhill Crescent, Worcester WR2 5PZ, by the 5th April 2014

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4  What’s On, Cake Break Evesham, New meeting? Stamp collecting

5  MS Yoga, AGM Agenda

6  Alternative Therapy Day Gallery
Chat from the chair

We start 2014 with floods, high winds and high tides - our thoughts must be with everyone who has been affected. As we start this article, news has just reached us that some of the Main Roads in the Centre of Worcester have been closed causing horrendous traffic problems.

So what is happening with our local branch?

Our Annual Meeting will take place on April 30th - full details appear elsewhere in this newsletter.

On the “Social” side, the annual “Cake Break” which raises much needed funds for the Branch is eagerly looked to - already 2 dates have been booked! May 9th is being hosted by Jayne and Lyn at Evesham Community Hospital and Bev has booked May 24th for her annual event in Kempsey. Why not pop along and support them - there is a very relaxed and friendly atmosphere and an opportunity hopefully to meet other members. Details of times appear elsewhere. We are so grateful to the “hosts” for all their hard work to make the events a success.

Can YOU organise a Cake Break for us? It can be held anytime you want. Order your Cake Break Pack either:

Online at cakebreak@mssociety.org.uk

By telephone---0845-481-1577

By post---simply write to Freepost Cake Break.

What could be easier?

On December 6th last year, Jayne and Lyn arranged an “Alternative Therapies Day” at Worcester Rugby Club. 30 members attended and had a most enjoyable day and once again our sincere thanks must go to Jayne and Lyn for all their hard work in organising the event and ensuring it ran so smoothly. We must also thank the Therapists who attended and the girls from Malvern College who offered nail painting to anyone who wanted. Just one interesting fact----on the day, we managed to introduce 2 of our members to each other. They live in the same street in a village but had never met yet both had MS. What a small world.

We paid tribute in an earlier newsletter to Mike Clarke who had stood down as Chairman. Mike and his wife, Jean have now decided to stand down from the Committee and we thank them both for everything they did for the Branch over many years. Their help, enthusiasm and knowledge will be sorely missed.

One other change to mention is that Bev Smith has offered to deal with the distribution of the newsletter - thank you Bev for volunteering - your help is VERY much appreciated.

Our next Branch Committee Meeting takes place on March 12th - if you would like to raise any topic or suggest any events you might like us to hold, please let us know.

STOP PRESS!

The Women’s Fellowship Group of St Wulstan’s Church in Warndon, Worcester nominated our Branch as their “Charity of the Year”. From the events they held we have received a cheque for £1,440 for which we send our sincere thanks to Jill Bottmer and her members. More details will appear in the next newsletter.

To anyone who has not been well, we send our best wishes for a speedy recovery.

Mike H and Kerry

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This MS Newsletter is published by the Worcester and District Branch of the MS Society.

We give regular updates about MS and what is happening locally in the MS community.

All views expressed in this publication are individual and not necessarily the view or policy of the charity and its supporters.

Advertisements in this newsletter are not checked or endorsed in any way by the Worcester Branch.

Editor: Jill Crawley
Jill1@jillcrawley.me.uk
or 07905 895482.

Deadline for the Summer issue is 23 May.
WHO’S WHO

Joint Chairpeople:  
Mike Hawkins, 01905 424413  
Kerry Godwin, 01905 381597

Support Team Leader:  
Kerry Godwin, 01905 381597

Treasurer:  
Neil Bowen, 01684 566012

Hon. Committee Delegate  
Jayne Roberts, MS Nurse

Newsletter Distribution:  
Bev Smith  
Melanie Johnson

Membership Sec:  Melanie Johnson

Information Officer:  Mike Barber

Fundraising Officer:  Lucy Congrave

Minutes Secretary:  Brian Turner

Committee Members:  
Lynda Hawkins  
Catherine Concannon  
Alison Staines

Website Editor:  
Richard Raybould, 01905 778762

Newsletter Editor & Carers Rep:  
Jill Crawley, 07905 895482

Special Thanks to...

Donations from  
Mrs Gillian Higginson (from the sale of homemade jewellery) £212
Flyford Flavell Stores (Collection tin) £18
The Women’s Fellowship at St. Wulstans, Warndon £1,440
St. Mary’s Church, Sherrards Green, Malvern  
(Coffee Morning and Donations) £131

In Memorium Donations (to date)  
For Lesley Johnson £195
A big thank you to all concerned

Neil Bowen, Hon. Treasurer

MS Publications

Did you know you can order free hard copy publications by calling 020 8438 0799, or from:  
http://www.mssociety.org.uk/ms-support/publications-and-library

Alternatively, download Adobe .pdf files at:  
http://www.mssociety.org.uk/ms-resources.

National MS Society

The Big Broadheath Cake Break

Join us for afternoon tea with a spectacular range of cakes, bakes & biscuits. Plenty of space to sit down with friends and family and other stalls, so please spread the word!

Saturday 10 May, 2014; 2:30-5pm at Broadheath Memorial Hall, Church Lane, Lower Broadheath, WR2 6QY

Contact: Rae Hodgetts, 01905 641531

As you might have guessed, this will be raising funds for the MS Society!

Rae

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Neil Bowen, Hon. Treasurer
**WHAT'S ON**

**Coffee Mornings**
A social meet for people with MS and their Carers. Disabled facilities and parking.
Tuesdays, contact, 01905-424413

**Olive Grove, David's Nurseries,**
Martin Hussingtree:
March 4th, 18th, April 1st, 15th, 29th
May 13th, 27th, June 10th, 24th
All dates start at 10.30 am
Make a meal of it and stay for lunch!

**Lloyds Bar, The Crown, Broad St.**
Crown Passage, Worcester
Come along and enjoy a friendly chat, great coffee + wicked breakfasts.
Alternate Tuesdays to the above.
March 11th, 25th, April 8th, 22nd
May 6th, 20th, June 3rd, 17th
All dates start at 9.30 am

**Tenbury Carers’ Group**
Tenbury Library, Teme St, Tenbury Wells
2nd Tuesday of the month, 1.30 – 3.30pm
Contact Helen Lubin 01905 751343.

**TimeOut! Carer's Get Together**
The Swan, Martin Hussingtree, Worcester
WR3 8TE. A relaxed social evening for a chat and a meal Tuesdays 19.00
March 11th, April 8th, May 13th, June 10th
Contact 07905 895482.

**Physio/Exercise Group,** Alternate Mondays
10am. contact Community Physio Department
01905 681660 for times.
The Green Centre, Dines Green, Worcs.

**Physio/Exercise Group,** Thursdays 10.30
contact number 01684 612655
2nd Malvern Scout Hut,
Spring Lane, Malvern.

**Physio/Exercise Group,** Thursdays
Windmill Centre, Rye Grass Lane,
Windmill Drive, Redditch
Contact 01527 458730

**Yoga. Beoley Village Hall near Redditch.**
Mondays 11.30 am – 12.30 pm.
With Susan Cole.
Contact 01789 269637.

**Yoga, Upton Snodsbury**
Every Tuesday, with Sharon Gisbourne
Contact 01386 41431, 07775 605 630

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**New meeting?**
Some of our younger members are looking to meet up on a regular or ad hoc basis. Please let us know if you would be interested in meeting up with other younger people with MS or parents who have a young family. Let us know what you would like to do – coffee, meet at the pub, social events, parent and toddler's etc. Spread the word!

Please contact MS Nurse Office, Evesham 01386 502376 in the first instance.

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**Stamp collecting**
Some Members might have been sending their used Postage Stamps to a gentleman named Derek Dawson to raise money for MS Research. Derek has recently moved house from Arbury, Cambridge. His NEW address is:
Mr Derek Dawson, 54 Robertson Way, Huntingdon, Cambs, PE28 2GG
Please continue sending your stamps to him.

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**Cake break**
Let's get baking to beat MS!
Cake Break on Friday 9 May 2013
at Evesham Community Hospital
9.30 am to 12.00 noon

We will be by the dining room, so come and buy a cake or two from our stall plus try your luck on the tombola and quiz/raffle!
**MS Yoga Class**

Sharon Gisbourne, Yoga Therapist and Teacher has been running a Yoga class for people with MS since November 2012. The class started its life at Upton Snodsbury Village Hall and has now re-located to Stoulton Village Hall on a Tuesday morning, 10.30 - 11.30am. The class has become a great success and below are comments from some of the class members. I think they sum the class and its beneficial effects up beautifully.

Apart from the tremendous fun and giggles we have along the way, I think we have all found the yoga to be a massive benefit health wise. Whether you want to improve, or maintain what you've got, I think it helps enormously with balance, flexibility, strength and also confidence. Having fun and being kind to your body all at once, who could ask for more?!

Tess Hall

"I was nervous about going to the yoga class early after diagnosis, what would the people be like, what if I found it too difficult with my limitations that aren't really visible to others. I have now been going for a year; the group is friendly, welcoming and supportive. I find the class helps to relax me, and keep me balanced mentally. Sharon challenges us enough to keep our bodies' strong and moving taking into account each member's different restrictions. It's amazing to see how the confidence of members has grown. It's more than yoga though, it's time out with nice people away from busy life, to relax, refocus, exercise and nurture yourself"

Clair Dobrovic

Since doing yoga with Sharon I have noticed a big improvement in my core strength, muscle tone and balance. The class is always fun, and friendships have been made. The monthly coffee and cake days are very popular!! Sharon is always keen to understand the symptoms we are all experiencing and always manages to come up with ways to help us with them. It is a definite booking in my weekly diary and is very noticeably missed during holiday periods!!

Ruth Brown

Until recent years exercise for me had always been as part of a team or group. The yoga class has made this possible again, Sharon has been brilliant at adapting yoga to our individual abilities,

(continued from) I never thought I would be doing ‘Down Dog’ again!

Sue Adams

Thank you Sharon, you have enabled me to relax more and sleep better with all your relaxation techniques. Before starting the classes I imaging yoga to be exercise either standing or floor work but to my delight I found it can be done sitting! The group is good fun and friendly.

Kerry Godwin

If you are interested in the class then contact Sharon: 01386 41431, 07775 605 630

sharyoga@googlemail.com

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**Worcester & District Branch MS Society**

**ANNUAL MEETING**

Wednesday April 30th 2014

To be held at David’s Nurseries
Ash Lane, Martin Hussingtree

**AGENDA**

* Apologies
* Minutes of Annual Meeting 2013
* Matters Arising
* Report of Activities 2013
* Chairpersons’ Report—Mike Hawkins
* Support Officer Team Leader’s Report—Kerry Godwin
* Annual Accounts—Treasurer’s Report—Neil Bowen
* Resignation of Committee Members
* Election of Committee 2014/2015
* Grant Aid Rates 2014/2015
* Any Other Relevant Business
* Date of Annual Meeting 2015
A busy day which everybody enjoyed!
We started with an interesting talk from a Homeopath followed by therapies of Reiki, Emotional Freedom Technique, Indian Head Massage, Holistic Massage, Reflexology and Life Coaching. In between all this we managed to squeeze in getting nails painted or hands massaged, lots of chatting and a lovely lunch.