

MMS

60
years

InforMS Borders

Multiple Sclerosis Society Scotland

The Newsletter for the Borders
Branch of the MS Society: March 2013

As the date of the General Meeting draws near, this year May 26th, at The Woll, Golf Course, I hope as many of you who can come and join us will, as it is a time when we can learn from you all as to how best as a Committee we can meet needs, we are always open to, and looking for new ideas.

Since last year's meeting we have had a number of very successful events to raise funds, and some one off events done by individuals who raised significant amounts. One such raised over £7500 thus allowing us to extend the contract with Borders Sports and Leisure to provide a Power Plate service to Hawick as well as Galashiels.

So at a time of general economic restraint the generosity of the Borders people both in their time volunteering and making donations sees the Borders Society in a financially sound position. This is in no small part due to our two finance officers keeping a tight control on the purse strings.

We have been lucky in having three new members join the committee, but are still actively looking for a Secretary and new Chairman for next year, so interested parties please get in touch.

[Acting Chair] *Anne Weston*



Borders Branch Fundraiser:
Film Night in Hawick on
26th March. Tickets available
from the Heart of Hawick.
Date: 26th March
Venue: Heart of Hawick Box
office: 01450 360688
Time: 6.30pm for wine and
nibbles
Price: £10
Film: The Best Exotic
Marigold Hotel

A DATE FOR YOUR DIARY:
Borders Branch
General Meeting:
26th May 2013
at The Woll, Ashkirk.

All other dates for forthcoming events are listed on the back page

Visit the Website at www.msborder.org.uk

ARTICLE IN RACING POST by THOMAS KERR Jan 2013-02-21

RHONA ELLIOT was diagnosed with multiple sclerosis, a degenerative and incurable disease of the central nervous system, more than two decades ago. MS is a disease that can only be fought, never beaten, and it has afflicted many lives, particularly in Scotland where the disease is believed to be more prevalent than in any other corner of the globe.

It is better if Elliot describes the particular evil of MS. She says: "It is so cruel. Every illness is cruel, every illness is tragic, but there are drugs for cancer now and it is not the end of the world. You can live through it. There is hope. There are lots of things you can do. But in the last 50 years nothing much has happened for the treatment of MS. There is no treatment." Implicit in her words is that there is no hope for sufferers of MS, but Elliot's inspiring story seems to suggest otherwise.

In 2004 the former trainer set up the MS Borders Racing Club and in the subsequent years she has not only kept the club running on the thinnest of budgets but she has helped raise over £70,000 for the Borders branch of the MS Society, a charity which offers support to sufferers of the disease whose needs often go far beyond what is available from the state. Getting the club off the ground was a struggle. Elliot not only had to overcome financial and logistical hurdles but also the condescending attitudes some adopt towards wheelchair users regardless of whether their handicap is mental or physical. But thanks to Elliot's perseverance and others' generosity a first horse was secured: Diamond Mick.

Then without success in a 15-race career, Diamond Mick went to Kelso to debut for new connections. Remarkably, and propitiously for the syndicate, he won. Elliot says: "That was a fairytale. I still get a lump in my throat when I think about it. Imagine being given a horse and it wins the first time it runs – how many times does that happen to a syndicate? It was just thrilling."

The most successful of the three this season has been Hannah Jacques, who picked up two wins last year including a thumping 14 length victory at Sedgefield in December. The club has taken its members, many of whom never dreamed they could own a racehorse, across Britain following their horses. Only a handful of its members have MS, but Elliot emphasises that racing is perfectly suited for those with disabilities – something she believes the sport does not promote enough.

"Racecourses are marvellous for disabled people, they have wonderful facilities and it is something the whole family can do," says Elliot. They are still more marvellous if you get to celebrate your own horse winning, and the syndicate is recruiting.

If you would like more info about the club contact Rhona 01835864111 or theyett@btconnect.com



Joe is a 10 year old horsefield tortoise who has been an entertaining member of the Hunter house hold for the past 9 years.

He makes everyone aware when he wants out for a wee wander around the house by banging his shell on the glass doors of his vivarium.

He likes to climb up the skirting board in the living room to get himself closer to the heating vent so he can feel the hot air on his face and then he turns himself around to heat his bottom up!!

He's a nosy wee boy that likes to be where everyone else is and listen to what everyones saying! he likes to investigate any new objects lying around and tries to push them out his way no matter how big or small they are!

He often opens the kitchen door by himself so he can go through for a wander. He has a ramp he loves to climb everyday and he loves keeping his Mum, Susan, company.

Have you got a special pet who keeps you company? Let us know and we may feature them here too!

Joe the Tortoise



Calvert Trust taster activity weekend

The Calvert Trust team in Kielder, Northumberland, are organising another taster activity weekend for people with MS, their friends and families in May.

The taster weekend is a great chance to try out activities such as sailing, abseiling, archery and the zip wire. All activities are fully accessible, as is the centre itself and the accommodation. For those who prefer to relax, there is also a hydrotherapy pool, sensory and games rooms and a fully licensed bar.

The MS taster weekend will take place from Friday 24 to Monday 27 May 2013.

Three nights costs £317 per person, which includes accommodation, activities and meals. A respite care package for over 18s is also available at £488 for the weekend, including all of the above plus care.

To book your place, call 01434 250 232 or email enquiries@calvert-kielder.com.

Visit www.calvert-trust.org.uk to find out more.

Our Short Breaks and Activities Fund might be able to contribute towards the cost of your break at the Calvert Trust. Contact the grants team on 020 8438 0700 to apply.

100 Club.....

Would existing members please remember to send a cheque [for £12] to Mary by 1st May for their years subscription.

Make cheques payable to the 'Borders Branch of the MS Society' and send to; Mary Irving, Teviotrigg, Haysike, Hawick, TD9 0NR.

If you'd like to join our 100 club please contact Mary auntymary3010@btconnect.com thank you.

Power Plate for Hawick

The Borders Sport & Leisure group have now got a power plate at the Teviotdale Leisure Centre, Hawick, which will be available for people with MS to use starting 14th March (once the staff there have had the necessary training).

The Galashiels sessions have been very popular with our members. Please call the Leisure centre to book an appointment and to find out more details.

Coming Up:

- **25th March: Pub night at Wetherspoons - pop in for a blether with other members of the Borders Branch, from 7pm.**
- **March 26th: Film Night in Hawick** [tickets from Heart of Hawick Box office: 01450 360688]
- **April 20th: Coffee Morning and Plant Sale at St Boswells. Please drop off your plants on the day [from 9.30am onwards]**
- **April 24th: Flag Day - collecting in Tescos, Galashiels.**
- **April 25th, 26th, 27th: Flag days, collecting in Morrisons, Hawick.**
- **9th May: Drop-In, Teviot Church Hawick. Come along for coffee and cake and a blether with friends, 2pm - 4pm.**
- **May 19th: Car Boot Sale, St Boswells. Please bring some nice things for us to sell on the MS table! or book your own 'boot'.**
- **May 26th: Branch General Meeting, The Woll, Ancrum.**
- **June 2nd: The annual Fun Run in Melrose - look out for information in the local press and on the website nearer the time.**
- **July 26th & 27th: Kelso Show - come and see us at the MS Stand - Teddies needed for the Teddy Bear Picnic Tombola please.**
- **August 31st: Coffee Morning in Hawick.**

If you can help at any of our fundraisers please get in touch - we are always on the lookout for new ideas and people to help us, and remember we are still looking for committee members, a secretary and a Chairperson for the branch.

Many thanks to all those who have supported us and helped raise money for the branch over the past year - it is very much appreciated.



The October challenge was a joint venture between MS and Arthritis UK. It was held in Melrose Parish church on Friday 19th October and featured the East Fife Male Voice choir in concert.

The evening raised about £1400 between the two charities. It was an excellent concert with people already asking when the choir will be back again. *Sandra*

Lee Race undertook a huge challenge to raise money for the Borders Branch. A friend of Natalie Brown and family, Lee competed in **Ironman UK** (2.4m swim, 112m bike and finishing with a gentle marathon)
Lee was amazed at the support he received from everyone and raised a superb amount of £4441.25

"When all the dark thoughts and pain were trying to stop me training, the thought of Natalie's fight pushed the pain and negativity away."

Lee would like to thank the people and organisations that have been instrumental in raising the monies.

Well done Lee and thank you!

THE BORDERS BRANCH of the MS SOCIETY CONTACTS

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This is your newsletter, if you have anything which you would like to be included then please get in touch and we will print all relevant information. Email jane@msborders.org.uk

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