



InforMS Borders

See back page for details of how to vote for the branch in the Bank of Scotland Community Fund 2014

The Newsletter for the Borders Branch of the MS Society: September 2014

Welcome to the latest edition of our branch newsletter..

Raising The Stakes Against MS

Back in July a typical Jedburgh welcome - "the warmest of the whole trip"- awaited MS Society fundraiser Antony Butcher on his **Lands End to John O'Groats cycle ride** challenge. Antony decided to raise £10,000 when his Mum was diagnosed with progressive MS. Rhona and Peter showed their support by giving Anthony a bed for the night and making sure he was made welcome with a little party to celebrate his trip so far..



*Read his moving blog and donate at www.antonyjcbutcher.wordpress.com
Lending support was a contingent of Jed Bikers and his overnight hosts
Rhona and Peter Elliot of the MS Borders Racing Club.*



This year the dates for our week at B.G.H. are from 13th – 17th October. This is the 17th year that we have been able to hold a stall at the Hospital and it is one of the main fund raising events of the year. On sale there will be Christmas cards and other chosen items from the M.S. Christmas catalogue which comes out this month. Also there will be Home baking – Home preserves – Tablet – Knitted goods including toys and craft items.

Each day we need six Volunteers to man the Stall – if you would like to help please let me know by 22nd September. Donations to sell will also be very welcome and again please let me know as there are certain guide lines we have to abide by. Lets make this a record breaking year!
Anne Campbell Tel. 01835822174 E mail shaun.anne1@btinternet.com



Free MS Helpline

 **0808 800 8000**

Our Branch number is 07890 443494

MESSAGE FROM MARY
Thank you to everybody
who donated clothes
for our GladRags Sale!

Visit the Website at www.msborder.org.uk



As a branch, we cannot thank Dorothy enough for her huge contribution and we are so very grateful to her for supporting us as we continue to raise funds to support people affected by MS in the Borders..

The story behind 'the lady who knits'

Since moving to the Borders in 1989, Dorothy Heddle has become one of the top fundraisers in the branch thanks to her talent for knitting. Whether it is a baby's cardigan, or a knitted panda, Dorothy continues to keep producing these varied items, resulting in people flocking to MS coffee mornings to get their hands on one of these items.

In fact, due to the large demand, Dorothy also sells all of her items from her St.Boswells home for those that cannot make it to one of the fundraising efforts.

Dorothy's passion for knitting started back in 1984 when she lived down in Sunderland, knitting for her cousin, who had M.S. She then spent some time living in Papua New Guinea where her husband worked as a Merchant Navy Engineer before returning back to the U.K. They had both always loved Scotland and when they saw an opportunity and a house which they loved they decided to move to St Boswells. Just three years after they moved across the border, in 1992, Kenneth was sadly diagnosed with MS. Dorothy had found out about the Borders Branch and following a meeting with Dawn Platt a Foundation Member agreed to continue her skills of work for the Borders branch.

When Dorothy was asked exactly how many items she had knitted, she replied "Oh! Thousands and thousands, it's too hard to count!" In fact, someone did attempt to count up the number of items produced; roughly 10,000 cardigans and at least 2,000 other items have been knitted – quite a number!

Getting the wool for her work initially came from some of the Hawick mills but was not always suitable leaving her to intertwine four or five strings of wool to get the right thickness for her knee rugs. She also received many donations as word got around. More recently Sandra Hay came to her help by putting an Advert in the paper and the result – she has been inundated with offers of wool from all over the Borders.

As I mentioned before, Dorothy is an ever popular figure at MS coffee mornings, with the annual St.Boswells coffee morning being started by her! Perhaps the event that attracts the most attention for her knitting is the annual BGH week long sale. Dorothy has always tried to create a new item for each BGH event, and this year might well be a new surprise!

It can be hard to work out exactly how much money Dorothy has raised for MS Borders since she started with items being sold at various events. She does, however, attempt to keep a record of everything sold and the fundraising figures are quite remarkable. Currently, Dorothy sells around £1,200 to £1,500 of stock per year, a tremendous effort! Now, if you remember that she has been doing this for MS Borders for 27 years, it is likely that a huge sum of money has been raised by her.

Dorothy has seen first-hand exactly what care the MS Society can give, with her cousin in Sunderland and her husband both having had MS. However, even though her husband passed away a few years ago now, that does not mean the support that she gets from the MS Society stops...

Dorothy was asked how long she plans on knitting. She replied "As long as my hands keep working, I will keep knitting! It's my way of saying thank you to MS for everything they did for Kenneth when he was alive. Now they do it for me with all of the support I have been given."

By Ruairidh Campbell

IJF/MS Evening with John Francome at Kelso Racecourse - 24th May 2014

Rhona Elliot had her wish granted at long last "an evening with John Francome" MBE, former National Hunt Champion Jockey, television pundit and author.

Sadly she had to share her hero with a sell-out crowd of 210 fellow diners!

Chairman of the IJF, John Francome, was an excellent, charming, witty and informative speaker who will be a hard act to follow for next year - all suggestions welcome!

The golf day, dinner and auction raised the terrific sum of £19,000 to be shared equally between the IJF and MS (Borders) Society. The cheques will be presented at Kelso Races Twilight meeting on Wednesday 17th September.

Thanks are due to so many people for making it such a successful event, especially the generous donors of auction lots as well as Kelso Races Ltd and their MD, Richard Landale, who support us so well throughout the year.



WALKING FOR FITNESS

A recent study carried out by researchers at Sheffield Hallam University, funded by the MS Society, into the effects of exercise on fatigue in MS has shown exciting and interesting results. It was proven that moderate exercise, walking or cycling, even for a few minutes can boost quality of life for MS sufferers. Participants reported lower levels of fatigue, long term improvements in emotional well being and social function, a long winded way of saying walking is wonderful.

For many years MS sufferers have limited their activity in order not to exacerbate their symptoms, exercise has now been shown to improve function, mobility and health related quality of life in people with MS. More information is available on the MS Society website. The evidence is compelling, it must be worth a try, I'm not a keen cyclist (too hilly where I live) but am a trained walk leader, I lead a weekly walk in Earlston for the council, and have lived with MS for 30 plus years, I am vice chair of the MS Borders group. If you would like to put exercise to the test please join me on a series of planned walks, starting short and on the level. Contact me on 07717706931 or email clandouglas001@tiscali.co.uk. I will pick a central venue on the most convenient day/time for all and we'll see how we get on!

I am standing as a candidate for the MS council, if the newsletter comes out before the election I would very much appreciate your vote. Thanks Mary Douglas

I've had MS for 20 years & until recently been working & very active. I love to get out and about with my husband & Irish Setter Lily and my new bike still enables me to do this whilst exercising my legs at the same time. I'm not someone who lets my MS take over my life & realise how important exercise is so would recommend this to you sufferers out there.
Linda x



FUND RAISING

The 'POP UP' shop in Gala raised £280.20. Coffee mornings at Hawick raised £614 and at St Boswells £689.00.



Our Branch Awareness Stand at Kelso Show saw many people popping by and trying their luck on our Teddy Tombola (which covered the cost of the pitch for the weekend).



DAWN'S PILATES/EXERCISE CLASSES

The classes are as follows:

Gala-Tweedbank Community Centre 1st and 3rd Tuesday of the month 10.30 -12

Hawick-Teviot Church Hall 2nd and 4th Thursday of the month 2.30 -4pm

Jedburgh- Venue has changed from Glebe, call Dawn for details. 3rd Tuesday of the month 2.30 – 4pm

Dawn's contact details: 07786 315861 E-Mail ddickson14@btinternet.com

Your community. Your vote.

VOTE FOR MS SOCIETY BORDERS BRANCH

We've been shortlisted for a Community Fund award, where we could receive a grant up to £3,000. This award would make a huge difference to us and our community, so please vote for us today.

TEXT 'VOTE VWG' TO 82332
To find out more search: Bank of Scotland Community Fund



Bank of Scotland Community Fund 2014 will be open to applications on Tuesday 7 December 2014 and ends at 23:59 hours on Friday 10 October 2014. One vote only for a grant value per email address. Terms, awards, further details at bos-cf.co.uk/vwg. For full details on how to vote and full T&Cs please see conditions, please visit bos-cf.co.uk/vwg.

VOTE NOW

Please vote for the branch in the Bank of Scotland Community Fund 2014 to receive a reward of up to £3000 - this will go along way to help the branch continue to support people with MS in the Borders. VOTE either by text (see poster above), online at <https://bos-cf.co.uk/VWG> or pop into your local Bank Of Scotland branch. Voting ends 10th October!

100 CLUB WINNERS

JUNE: Isobel Cook, Jackie Aglen.
JULY: Joyce Short, Judy Allott.
AUGUST: Paddy, Diana Canby.

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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