

# SWINDON MS & NEURO THERAPY CENTRE

Supporting those with Neurological Conditions



LOTTERY FUNDED



# Summer 2018 Newsletter

# WELCOME

Hi Everyone

Welcome to our summer edition of the newsletter. Tim, our Chair of Trustees, would normally write this bit of the newsletter but he has been extremely busy so I thought I would take the opportunity to 'fill in' for him.

Summer has arrived and for some of us, we enjoy the sun and heat but for others, it's not so good. We have done our best to keep the centre cool and been pleased most people have still been able to attend the centre as usual. Upstairs you will see the generous donation made by Tracy of an air conditioning unit for the gym which has made a huge difference to all participating.

We have welcomed a number of new volunteers recently and also new members of staff. Teresa White is our Welfare and Carer support worker and is available to help Carers by assisting Members at the centre, giving the Carer a small amount of time to themselves. For more information on how Teresa can help, please chat to her or come and see me in the office. Sarah Himelfield Shaw is our new grant fundraiser and is going to be working on applying for Grants and Trusts to help us sustain our income. There is more information about Sarah further on in the newsletter.

A plus about the summer is that people are able to partake in outdoor sponsored events for us as the weather is generally better. We have some of these events coming up (more information on the next few pages). Thank you to all those taking part and making a massive difference to our fundraising.

We have some great things to look forward to including 2 trips organised by teams from Zurich, a visit to Cotswold Wildlife Park and a Barge trip for Members. I hope many of you can enjoy these days out along with the rest of the summer.

**Louise Walker**

**Centre Manager**

**Do you receive our emails? If not please see the office and we can update your records. Thank you**

# CENTRE NEWS

## Local Giving

As from August we will no longer have membership with Local Giving. We have taken this decision due to the increasing fees charged per transaction for processing and an increase in their annual fee to £96 a year. This means for every £10 you kindly donate we will receive approximately £9! We are writing to all of our Members who kindly currently contribute to the Centre through Local Giving, with alternative methods. Thank you.

## GDPR

Thank you to everyone for baring with us whilst we implemented this new legislation and to all of those who took the time to complete the forms and return them to us. Hopefully you are now well informed on how we look after and use your data, and we have updated our database for your preferences. From now on, unless you have paid your membership or have completed a form, you will not be hearing from us either via email or any other means. Forms are still available if you are aware of anyone who would like to be added and hear about what is happening in the centre.

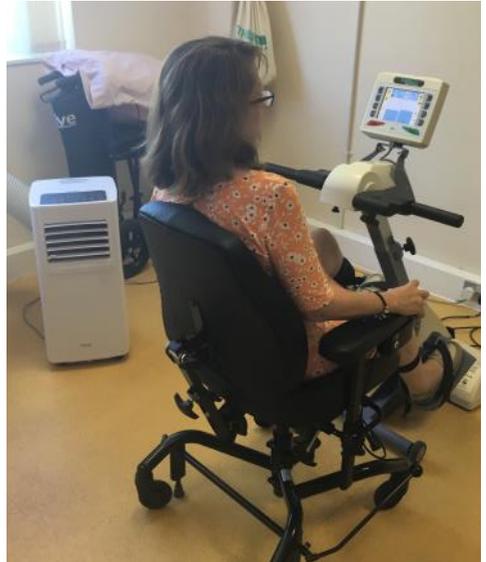
## Air Conditioning in the Gym!

It's been a little bit warm hasn't it and all of your hard work has been generating more heat in the Gym! The good news is that, thanks to a very generous donation from Tracy Gase, we now have air conditioning making it much more comfortable for everyone. We have been aware for a while that people don't like attending the gym when the weather is hot, so why not come and give it another go?

A huge, huge thank you Tracy, from all of us at the centre!

## Sainsbury's Charity Partnership

We have been chosen as the Local Charity of the Year for Sainsbury's Stratton. Thank you to everyone who voted online and in store. This collaborative partnership will include a range of support such as awareness-raising and fundraising in store, volunteering and donations.



# MEMBER NEWS

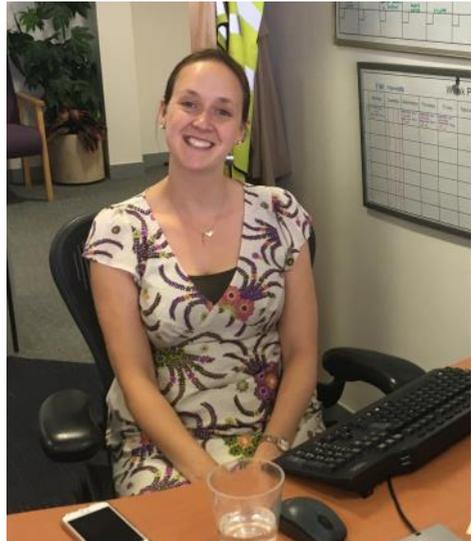
Every year Zurich Community Trust offer teams of employees to volunteer in the charity sector. We have been selected by 2 teams to organise trips for our members

1. Tuesday 11<sup>th</sup> September trip to Cotswold wildlife park –provided by Zurich – details to follow at later date
2. Tuesday 25<sup>th</sup> September willow Trust Gloucester barge trip –provided by Zurich – again details to follow

Anyone interested in either please contact Support worker to add name to list.



Sarah Himelfield Shaw joined us in July as our new grants fundraiser. She has worked in the charitable sector since 2006, mainly focusing on organising fundraising events. She has worked for a variety of charities including Salisbury Hospice Charity, World Cancer Research Fund and The Brain and Spine Foundation where she gained knowledge of many neurological conditions including MS. Sarah has a personal interest in MS as a family member has been affected. She's very much looking forward to raising as much as she can for the centre!





As you may have noticed there are some Physio posters which have gone up around the centre saying “ Ask your Physio about this 😊 “

Well what is THIS

The Physio team have joined a Campaign run by The Chartered Society of Physiotherapy called “ Love Activity Hate Exercise “

The idea is to do More of what you Love doing with Physio – so that doesn’t mean coming to the gym or doing classes if that’s not your thing but talking to us to see if we can help find you ways of doing what you love, be that gardening, horse riding, sailing or any other activity

If you have a passion for some activity you don’t think you can do now or one you fancy trying – this is your chance to ask the Physio team and we’ll see if we can find out for you and help support you on a new adventure

Doing something you love is more likely to keep you fit, keep you motivated and if not done in isolation create more of a social life – what could you not love about that

We have a display board up in the Pulse gym and we’re getting flyers for a wide range of activities – we have stickers to hand out, cards with tips for activity and a place for us to write details on and photo opportunities to promote our brilliant centre

We need your help to make this campaign work and to publicise our centre through social media and spread news of the campaign which lasts till October

Anyone willing to put a few words together to say how their activity helps them would be most welcome – we could add it to the National Physio website and really put us on the map

So JUST ASK YOUR PHYSIO 😊

# FUNDRAISING

## FUNDRAISING UPDATE

Thank you for all your support over the last few months of Fundraising activities. With your help we have been voting with our green tokens in Waitrose and John Lewis, voting online and instore at Sainsbury's stores in the area to secure us being chosen as Local Charity of the Year for Sainsbury's Stratton.



Sarah Leyfield has introduced a monthly Bingo which is held after the Wednesday lunchclub. The first Bingo raised £75 and our subsequent one held at the Summer raffle Draw raised £92. Please keep an eye on the diary dates and posters in the members area for dates of these.

Our Summer Raffle was a big success, with some very generous prizes donated of an iPad, a Yacht trip plus lunch and Car Valets. We sold 2448 tickets at £1 each. The members enjoyed a bring and share lunch before eagerly waiting to see if they had won any prizes. Thank you to all those who gave us prizes and asked companies for their help.

## Store Collections

Store collections are a great way of both raising awareness of our Charity and raising money. We have had collections in Wyevale Garden Centre (raising £113.79) and Morrison's (raising £217.13) last month and over the next few months we have a collection at The Orbital Shopping Centre on Saturday 21st July and Street collections at the end of September.

## Sponsored Events

Many people have been doing sponsored events for us recently and we have many still training for events later in the year.

Lisa Willingham ran the Brighton Marathon in April and raised £312.05

Kate Mc Cracken threw herself out of an airplane and raised £175

Jessica and Adrian Griffiths ran the Milton Keynes Half Marathon in May and raised an impressive £1933.75

Richard Durie shaved his head in May and raised £390

6 runners took on the British 10K in London in July and have so far raised over £700

On 29th July we have 5 cyclists taking on RIDE London 100 mile cycle—Craig Brett, Tim Culling, David Wray, Ivan Myatt and Keith Tredget. We wish them well and thank you for the £2200 raised so far through their individual Virgin Money giving pages.

In September Sara Pryke and Carol Lawrence will be taking on the Thames Pathway Trek. If you would like to sponsor them on Virgin Money giving please search for their names.



On 12th September Angie Brunning will be cycling from London to Paris

On 23rd September Chris Padley will be taking on the Wiltshire Big Wheel Ride.

The fundraising team meet every 6 weeks to review the Fundraising Calendar and suggest and plan future fundraising events. If you would like to join this team or visit us for a meeting please speak to Sarah.

## JOIN US FOR THE MONTHLY DRAW

**1st Prize £150**

**2nd Prize £45**

**3rd Prize £20**

Prizes are drawn on the 7th of each month (or nearest working day)  
For only £1 per week paid in 4 instalments of £13 payable on 5th September, 5th December, 5th March and 5th June. Next draw entry point is for the June Draw so application form and payment by standing order or cheque needs to be at the centre by 5th February.

Please contact the Centre for an application form or further information.

# WAYS TO HELP

## ONLINE SHOPPING



For those of who do online Shopping please use the easyfundraising site as all the major retailers are on there and will donate a % of your purchases to the Centre at no extra charge to you!  
<http://www.easyfundraising.org.uk/msswindon>

## TEXT GIVING



We are set up on JustTextGiving which means you can now donate by text. So to give £5 directly to the centre please text STCD17 £5 to 70070. Other amounts can be donated by changing the amount after the £ sign. You can still add Gift Aid to your donation. After making a donation, you will be prompted by text to submit your details and add Gift Aid.

## BOOK & PUZZLE SALE

Our Book Sale area at the centre is regularly receiving new donations of books and Puzzles so please take a look. We have lots of children's books as well as adult fiction and non-fiction. Suggested donations of 50p each for books and reasonable donations for the games and puzzles.

## TAKE ON A CHALLENGE

Would you or a family member or friend like to take on a challenge and raise sponsorship for the Centre. We have places available for Swindon Half Marathon (13.1 mile run) or enter your own race and set up a sponsorship page on Virgin Money Giving.

We have also got links with large challenge organisers who can arrange all the challenge for you and advise you how much to raise for us. Please take a look at [www.actionchallenge.com](http://www.actionchallenge.com) and [www.CharityChallenge.com](http://www.CharityChallenge.com) and see if there's any challenges you would be interested in doing. From trekking in Peru to walking along part of the Ridgeway there are various levels of adventure and challenges available. Call Sarah on 01793 481700 to talk through your sponsorship and entry options.

# THANKS TO



Our Charity Partner



For match funding us to £10,000 through 2017-2018



Our Charity partner



For our regular Volunteer help



Big Lottery

**Donations have also been received from**

DNO Consulting Ltd, Zurich Community Trust challenge team,

**Thank you to the following stores for allowing us a Store Collection**

Lechlade Garden Centre, Wyevale Hay Lane, Morrison's Haydon Wick.

## A BIG THANK YOU TO ALL !

### **Disclaimer**

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

# Save the Date

## Below the Belt *Information Day*

If you'd like to find out more about the common bladder and bowel issues that can arise with MS and ways to treat and cope with them, come along to our Information Day, hosted by local MS specialists in association with MS Society and Coloplast.

**Saturday 3rd November**  
**10am—3pm**

**The Academy**  
**Lower Ground Floor**  
**Great Western Hospital**  
**Marlborough Road**  
**Swindon SN3 6BB**

To reserve your space please contact the MS Specialist Nurses at GWH. Tel 01793 605946 email: [traceyforty1@nhs.net](mailto:traceyforty1@nhs.net)



Great Western Hospitals   
NHS Foundation Trust

## Get in touch with the centre, We're here to help

Please get in touch and tell us your ideas and feedback. We would love to hear from you.



[stcswindon@msswindon.org.uk](mailto:stcswindon@msswindon.org.uk)



01793 481700



Bradbury House, Westmead Drive, Swindon SN5 7ER