

Heart Of The Midlands

Newsletter



Where's Wally—a new game, can you see me in the crowd?



Uttoxeter

I had the pleasure of being invited to a stunning venue by the president of Uttoxeter rotary club on the 25th of last month. Dave presented me with a cheque for £2,500.00 to help people with MS. Dave has a connection with the group as his late wife had MS.

It has been decided to keep the money in the area and we have asked the therapists at the Marjorie centre to work with the MS group to subsidise the prices.

We have Venu who will do neuro physio at the centre or at your home, Isabel who will carry out Shiatsu at the centre, Louise who will carry out massage and Reiki at the centre, Rebecca with Reflexology and Claire with Acupuncture all at the centre.

We will monitor the funds and subsidies as we go along and our only request is that you drop me an email at vince.holyoak@groups.mssociety.org.uk to say you are using the service and possibly send me a review so I can put it in the next newsletter.

To book for a therapy, please contact the centre as normal through their telephone number: 01889 567 999

or email them on: hello@themarjoriecentre.co.uk

Please ask for the prices if you are a MS sufferer, you won't be disappointed.



Grace Cares

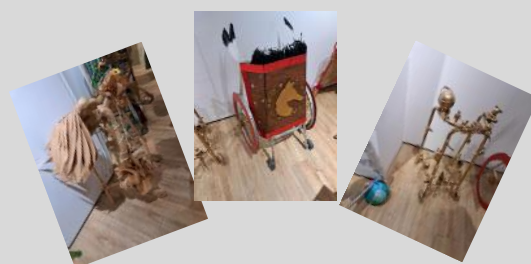
By Vincent Holyoak

I had the privilege of being invited to the Grace Cares Pimp My Ride event at St Mary's Hub in the centre of Lichfield where some politicians and the Mayor showed their faces for this prestigious function. Led by Hannah and the team they got some of the schools/colleges to dress up a stroller.

Each candidate had a theme that described their thoughts behind the design. We all voted on who we thought should win.

The winning design will be shown off around Lichfield in next years Bower parade. I learned today that Grace cares have made it to central news.

Here are a few designs:



Well done to all involved!

Health and Wellbeing Grant Category	Maximum Grant
Home adaptations	£2,500
Wheelchairs	£2,000
Scooters	£1,500
Standard profiling adjustable bed/standard riser recliner chairs	£1,000
Specialised profiling beds (for example height adjustable or turning beds)/specialised seating (for example lateral support or pressure relief) - where specific features are essential to meet need	£1,500
Specialist equipment (for example FES, portable hoists, sleep systems, specialist exercise machines, eye recognition systems)	£1,000
Furniture (including standard beds)/domestic appliances/flooring/removal costs/essential home repairs	£600
Computers/tablets/laptops	£350
Bankruptcy or DRO fees (*these can only be paid by BACS transfer)	£680
Vocational training (accredited courses to develop or change career)	£800
Physical activity (for example one-off or taster gym membership/one of block of sessions, exercise equipment)	£300
Breaks at respite centres (or breaks where specialist care needs are met)/paid care hours and equipment hire on breaks - one week maximum	£1,200
Other items that support health and wellbeing (on a case by case basis - must not be on the list of items we will not consider)	£500

We do not consider:

- * items that have already been ordered and purchased
- * items that statutory services must provide and pay for
- * ongoing costs, such as daily living costs, travel costs, care home fees, and servicing costs for equipment
- * debt repayment, legal fees, university fees, medical treatment, travel costs for treatment in another country, complimentary therapies, funeral costs, holidays, boilers, private cars, car adaptations, Motability advance payments, driving lessons

This is the list of grants that we would consider. Contact myself or Linda to apply and get the forms and guidance sheets. This will then be put to a panel, anonymously for their decision. At the moment we are limited to one grant every 2 years. To save time please get at least 3 quotes and a letter from the MS nurse before applying. Also have savings of less than £6000.

C.A.B. gateway@citizensadvicemidmercia.org.uk

----- VINCE HOLYOAK

At the end of August, we will lose this as a priority service to the MS Society, but that doesn't mean that you cannot contact them to help you out.

The service over the years has supplied an excellent service to those with MS, but unfortunately the numbers have dwindled and the grants will not justify the current level of use.

People are now more established with their PIP, ESA etc... and the times between reviews have been extended for most.

For people who are newly diagnosed, I would still direct you to the C.A.B. but if you are after an immediate response I will give you the number for the MS Society in the box below.

Where we can, we will help you with the best advice to get you through some of these tough forms and guidance on what is best for your situation.

MS Society 0808 800 8000

If you ring the main number, you can ask for either an MS nurse or someone in the legal team. They offer all sorts of advice and point you in the right direction.

Coffee Breaks

Burton - August 21st 10:00 to 12:00

We are thinking of having this monthly for the rest of the year. We stand a chance of losing the attendance of the MS nurse based on current levels of people coming along. Whereas one month we have the Burton and Uttoxeter coffee break, I'm willing to do the opposite the following month where we do Uttoxeter then the Burton one. I need to get this confirmed, but we have had a chat and thought a later one might help in Burton. I'll keep you posted.
Morrisons, Wellington Road, Burton. DE14 2AR

Uttoxeter - July 17th 10:00 to 12:00

Come along for a coffee, biscuits and chat. It's a lovely venue with some lovely people.

Uttoxeter cares, 2 Hermitage Gardens, ST14 7DT.

Swadlincote - 25th July 13:45 to 15:45

Come along on the last Thursday of the month to meet Tracey and Garry for some great conversation and like minded people. The group keeps growing and are pleasant company to be with.

Swadlincote fire station, Civic Way, DE11 0AE .

Lichfield -9th July 13:00 to 15:00

Again, another group that keeps growing and has been pleasant to what form from a small bud to a flourishing bouquet.

Tesco Extra Church Street, Lichfield. WS13 6DZ

Tamworth - Wednesdays 12:00 to 14:00

This group is part of the group that stuck together through the collapse of Tamworth and Lichfield. Not formally set up as part of the MS Society, I have been visiting them on a regular basis. They do not object to new people going along and spending time with them.

Over the next couple of months I intend on making one of these Wednesdays a proper MS coffee break where you can use the facilities the MS group has to offer, even if it's just seeing me on a more regular basis.

Sacred Heart House, Glascote Heath, Tamworth. B77 2EA

For further details, please contact me on:

vince.holyoak@groups.mssociety.org.uk or on 07539 644 866.

Together we are stronger.

Facebook

We try to spread the word of all the group activities on a page called 'West Midlands MS Society Group'. Set up by our regional development officer, this will cover the West Midlands and surrounding areas. I've included a QR code:



West Midlands MS Society Group

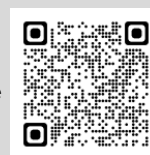
We still have our own page, but this gives the chance of surrounding groups and areas to benefit from activities in our area.

A fabulous young lady looks after the Burton Page and has done an outstanding job on designing the pages we advertise.

Please like and follow both pages so we can keep you up to date with the latest activities.

We would also like you to Share our posts, social media is the way to get to people who miss out on activities.

Heart Of The Midlands
MS Society Face Book Page



**SEATED
CHAIR YOGA**
WITH GEORGINA

YOGA WITH G

Anslow Village Hall,
Burton-On-Trent, DE13 9QH
Monday - 11:30am & Friday - 12:30pm

FIRST CLASS FREE!

07835412917
www.yogawithg.co.uk
yogawithg8@gmail.com

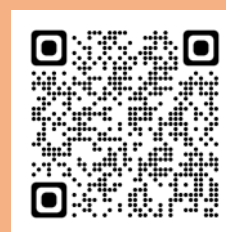
"We laugh together, breathe together,
move together"

Chair Yoga and Chair Assisted Yoga With G (Georgina)

Every Monday and Friday, with Georgina, we have yoga sessions aimed for those who have Multiple Sclerosis. Thanks to the money raised via the 100 club, we are happy to offer the classes at £5 per class.

The first session is free, so you can try it out without committing.

Georgina is currently in Bali and will not return to her classes until the 15th of July.



While she is enjoying the culture out there please have a look at the video on Youtube via the above QR code.

Information day and Cake Sale

Wow! What a day!

Firstly I'd like to thank those who donated and supported the event. It doesn't matter if it was their time, presence, cakes or money. The turnout by people with MS amazed me also as we had all of our major locations turn up.

The weather wasn't the best to start off with, but it definitely brightened up as the day went on. We managed to talk to everyone and pass on some vital information.

I'd also like to pass my thanks on to the committee members for helping make all of this possible and on to Marstons Sports & Social Club for letting us use their venue.



We raised over the course of the afternoon:

£105.00

Thank You Everyone



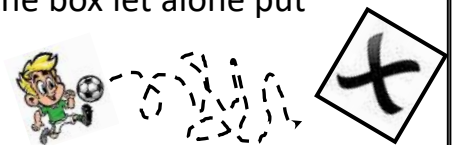
My daughter obviously knows me too well when it came to Father's Day.



Dad Jokes

The England football player will not be voting in the election on the 4th of July,

They can't find the box let alone put a cross into it!



We are into a new year and anyone wanting to support a worth while cause, why not ask for a number and have a chance of winning one of our prizes.

We donate the money to help reduce the cost of the Seated Yoga classes on Monday & Friday.

We can give out the bank details if you wish to do this in monthly instalments.

1st £50.00

2nd £25.00

£2.00 / No.

100 Club - Proudly supporting seated yoga for those with multiple sclerosis.

For details contact:

vince.holyoak@groups.mssociety.org.uk

Or Clare Kirk on: 07981 798 150

Other Contacts

Mark Mellish (MS Nurse) and Adult Ability Team
(Staffordshire, Burton and Uttoxeter)

0300 323 0930

Caroline Jordan (MS Nurse) Derby Hospital


01332 783 537

Derbyshire Community Health Services NHS Foundation Trust
(Newhall and Swadlincote)


01335 230 030

These will offer Occupational Therapists and Physio Therapists and the support associated within their roles.


Social Medias:

 Instagram is -
@heart_of_the_midlands_ms_group



 Twitter is -
@MsSocietyBurton



 Facebook is - @Heart Of The Midlands MS
group



The Team

Vince Holyoak	(SC)*	Group Coordinator Lead Support Volunteer
Ken Builth	(SC)*	Treasurer
Clare Kirk		Fundraising 100 Club
Tracey Fullagar	(SC)*	Fundraising & Administrator
Garry Fullagar		Fundraising
Michael Terry		Fundraising
Linda Terry	(SC)*	Support
Nin Sambhi		Communications/Media
Oluwaseun Eluwole		Health & Safety

(SC)* members of the sub-committee for grant approvals

Anyone wanting to join the team, please have a look on-line for any roles that you could help and support with.

We are Looking for new members for Tamworth, Lichfield & Uttoxeter do you think you can help support those with multiple sclerosis - Come and give it a go, it's so rewarding.

Speaker Sessions

I've had a few emails of late asking me to set up sessions for there companies to speak on what they can offer. This goes from will writers to chiropractors, therapists to other local charities.

At the next meal event, we are thinking of asking one of them to come along and give a 20 minute to 30 minute talk on what they can

offer. We'll still have all of our other activities on.

Question: If we was to set up our Key Clubs again, What would suit you better? Time/Day/Location

Is it better to merge with coffee breaks or once every so often with other events. Your input on this is important. Email me your thoughts.

Heart of the Midlands Link for the main MS Society page and details.



Note from myself

The role of volunteering can be time consuming, but I have found that recently it can be rewarding. People with this condition have a big battle daily just to function. To be able to step out and support those who have the condition gives us the warmth that what we do is worthwhile.

The time doesn't just stop at just turning up to an event, but what goes on in the background. For those who are carers to close ones have just as big of a challenge. MS is not easy in any capacity and the support we give to each other as a group is vital.

Keep going, and pace yourself. One bit of information I still struggle to take on board. I do know that without the committee we wouldn't have a group. Learn to look after yourselves first, then you can look after others. Thank you

Kind regards

Vince

2024 Dates

July

Seated Yoga every Monday & Friday except the first 2 weeks

8th July Committee meeting

9th July Lichfield Coffee Break 13:00-15:00

15th July Yoga restarting

17th July Uttoxeter Coffee Break 10:00-12:00

24th July Music in the Park 13:00-16:00

25th July Swadlincote Coffee Break 13:45—15:45

26th July Uttoxeter Races 14:00 onwards

August

Seated Yoga every Monday & Friday

12th August Committee meeting

13th August Lichfield Coffee Break 13:00-15:00

14th August Tamworth Coffee Break 12:00-14:00

21st August Burton Coffee Break 10:00-12:00

21st August Uttoxeter Coffee Break 13:30-15:30

29th August Swadlincote Coffee Break 13:45—15:45

Collection and Awareness at Uttoxeter Races - Ladies Day



Yes we are back at Uttoxeter Races this month on the 26th of July to raise awareness and collect for the group. Anyone wanting to volunteer for the day please let me know ASAP. Last year we raised just over £1300.00 without it being a sell

out crowd. At the Rotary event I was luck to sit next to the event organizer who has told me that they have sold out the hospitality.

Roman Kemp is also there doing some music for the end of the party.

If you happen to go, encourage people to find us in orange T shirts.

Also look out for myself as I'll be giving another fantastic speech between the two of the races.

Awareness at Music in the Park

Church Gresley

We have booked to have a stall at this event to raise awareness for the MS group.

It would be great to see you there and hopefully the weather will be kind to us. We'll be in a marquee, so we should be okay.



Grants - Latest

I've had a telephone call from the latest person to receive a grant. I won't embarrass her, but I'm sure when she reads this she will know who it is.

On visiting the Tamworth group for the first time I started to get to know them one by one. There is a certain lady that stood out from the rest. Not because of her MS but by how she was helping other members of the group.

She orders her food and drink and then continues to feed two of the group before starting her own. This woman does nothing but give without a care to the condition she has. On top of MS she has osteoporosis and she struggles to stand.

She struggles to cope with form filling and has never claimed anything other than PIP.

When I told her that the grant was approved, the wheelchair that she had asked for came on time to her delight.

Her words was: "nothing like this ever happens to me and I feel overwhelmed." - "it's like winning the lottery for me and I can't thank the group enough"

To see someone who has just been giving all of the while to receive something that will not only just help her, but conserve her energy to help others is so pleasing.

Sometimes you have to review your own life and think about the things that would improve, not only for yourself but the people around you.