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Dear Friends

After a lean year for street collections, we've been blessed with five, all in the space of nine weeks! Tesco have offered us four dates to collect outside their stores and Sainsbury's have given us one.

We start at Tesco at Oxford Retail Park at Cowley on Thursday, 28<sup>th</sup> January. This will be followed by collections at Tesco in Marcham Road, Abingdon, on Saturday, 13<sup>th</sup> February, Sunday 14<sup>th</sup> February and Friday, 19<sup>th</sup> February. The Sainsbury date is at their Heyford Hill store on the Oxford ring road near Rose Hill and Littlemore on Sunday, 3<sup>rd</sup> April.

Our fundraiser, Alan Cusden, was pleasantly surprised by the number of helpers who have come forward and has already drawn up a rota for Thursday, 28<sup>th</sup> January.

The collections should give a

## Oxford and district branch Newsletter

**January-March 2016**

healthy boost to branch funds. If you would like to join one of the later rotas, please contact Alan on **01865 723420** or at one of our meetings.

### **ECONOMY DRIVE**

There has been strong support for our decision to publish the newsletter quarterly instead of bi-monthly to save money.

As we reported, it costs the branch between £80 and £90 to print and post an eight-page newsletter to 80 members, so cutting out two issues a year will reduce the annual bill by a third (or nearly £200).

Important MS or branch news which breaks between publication dates will be sent to members by email and announced at our Open Days.

Since we announced the change, a few more members have come forward offering to receive the newsletter by email rather than post. This is by far the cheapest method – and you get the pictures in colour!

## **ANNUAL MEETING**

It's almost time for the annual meeting again, and your chance to choose the members you wish to represent you on the branch committee.

It is also your chance to influence what the branch does. Are you happy with everything, or would you like to see changes? And if so, what?

The meeting will form part of our Open Day on Friday, 4<sup>th</sup> March. A form for you to nominate someone to one of the committee posts is included with this newsletter. Don't forget – only those who are paid up members of the MS Society are allowed to vote at the meeting.

## **OPEN DAYS**

We had one of our biggest, if not the biggest, attendance at our December Open Day. We were delighted to see so many of you at the Northcourt Centre.

The day began with the return of that popular duo, Diane and Ian Woods, leading us into the festive period with their special brand of music and humour.

Some members were particularly energetic, taking to the floor for a spot of wheelchair dancing, as you will see from the pictures in

this newsletter. Then our catering supremo, Sylvie Lambertstock, and her team of Elaine Smith and Claire White provided us with a splendid Christmas meal which was enjoyed by everyone. Our thanks to them all.

The guest speakers at our February Open Day will be Sue and Andrew Moss, of Kidlington, who will be telling us about their own Tour de France – an epic cycle ride by two enterprising and adventurous pensioners!

The March Open Day will feature our annual meeting, while in April, we will welcome the Rebukes ukulele group.

If you have ideas for musical groups or speakers you would like to hear at our Open Days, please call our chairman, John Chipperfield, on **01865 374877** or send an email to [mjpchipperfield@yahoo.co.uk](mailto:mjpchipperfield@yahoo.co.uk)

## **LEAFLET REPRINT**

Our first batch of leaflets publicising branch events and activities has been exhausted and we have just had a reprint.

Copies will be available at our Open Days and we hope members will distribute them widely, in hospitals, health centres, doctors' surgeries and other suitable places.



Members create their floral designs at a workshop led by Brenda Franklin at our November Open Day





## **SHOP DISPLAY**

The branch mounted a week-long display at an empty shop in Abingdon to publicise MS and our activities.

We shared space with other groups which use the Northcourt Centre and displayed on a large noticeboard pictures taken at our Open Days, copies of our newsletter and publicity leaflets, and other MS material.

Jo and Brian Hawtin, Alan Cusden and John Chipperfield joined a rota and spent two hours looking after the shop. Sadly, the number of visitors was small and it is unlikely we will take part again.

The shop, in Bury Street, has been made available free of charge to local community groups, charities and not-for-profit organisations for small-scale activities such as raising membership awareness, displays, meetings and small celebrations.

## **100 CLUB WINNERS**

The winners of the December 100 Club draw were Sylvie Lambertstock (£23), Jack Hammond (£11) and Lindsay Hammond (£5).

There are still plenty of spaces for you to join the £100 Club, which gives you the chance to win a cash prize and help the branch at the same time. Four draws are held every year for an outlay of £12. And the more who join, the more generous the prizes!

## **FESTIVE EVENTS**

Two fundraising events have provided much-needed cash for the Oxford Centre for Enablement, which some of our members attend.

A collection organised by the Friends of the centre at Templars Square, Cowley, with a band playing Christmas carols, raised £177.53, and a Christmas party at the centre, on the Nuffield Orthopaedic Centre site at Headington, brought in £591.47. The Friends raise money for equipment and aids for the centre, which are not provided by the NHS.

## **MS AWARDS**

The MS Society Awards are returning this year with new categories, including 'Branch of the Year'. Nominations close on 19<sup>th</sup> February. See the MS website or the Teamspirit magazine for details.



Wheelchair dancing as members take to the floor to the music of Diane and Ian Woods at our December Open Day and Christmas celebration



## **KEEPING FIT**

Laura Godfrey, from Age UK Oxfordshire, writes:

Generation Games, the exercise arm of Age UK Oxfordshire, runs a supervised gym session for people with neurological conditions such as MS at Oxsrade in Marsh Lane, Marston, every Wednesday from 10am to noon.

The gym is accessible to all, with adapted equipment designed for wheelchair users and specialist equipment including two MOTomed and a standing frame.

Improve your cardiovascular fitness (heart and lungs) using the static bikes, rowing machine, treadmill or the MOTomed.  
Improve your arm and leg muscle strength with the gym machines and hand weights.

The MOTomed movement trainer is especially suitable for people with limited mobility and wheelchair users. It can loosen and improve arm and leg muscle strength, improve circulation, improve functional capability, reduce stress and reduce water accumulation in the legs  
([www.motomed.com](http://www.motomed.com))

New participants are given a gym induction by Oxsrade staff and a tailored gym programme. The

session is supervised by an instructor who provides help on using the machines. It is a closed session so the gym is not open to the public.

To join the session, you need to be a member of the centre (for annual membership costs, contact [www.oxsrade.org](http://www.oxsrade.org)). Once a member, you pay £3.20 a week.

Generation Games also runs an exercise class for people with MS at the White Horse Leisure Centre in Abingdon on Mondays from 1 to 2pm, £3.30 per session (leisure centre membership rates apply). It is a group class, led by a qualified instructor, focusing on maintaining fitness, strength, balance and flexibility. A range of equipment is used, including a Swiss Ball.

For more information, contact Generation Games on **01235 849403** or email [generationgames@ageukoxfordshire.org.uk](mailto:generationgames@ageukoxfordshire.org.uk)  
([www.generationgames.org.uk](http://www.generationgames.org.uk)).

## **JOHN FRANKLIN**

We are sorry to report the sudden death of John Franklin. He regularly attended our Open Days and raised hundreds of pounds for our branch by collecting and selling used postage stamps. More on John's life in our next newsletter.

## **CHOCOLATE TRIAL**

Researchers at Oxford Brookes University are carrying out a study to discover if chocolate can help ease the symptoms of MS.

Volunteers taking part in the trial – funded by the MS Society – will test whether hot chocolate drink rich in flavonoids can help reduce fatigue.

Forty people with MS will be given hot chocolate every day over six weeks. For half, the drink will be rich in flavonoids while for the others, it will be low in flavonoids.

## **BRIEFLY**

Thanks are due again to our friends at St Mary's Church, Iffley, who, as we have reported, have vowed to support our branch financially for three years. Church member Patricia Michael suggested our branch and we have just received another cheque for £385, for which we are very grateful. This is the second donation we have received – the one for 2014 was a very generous £363.25.

The family of the late Mr K R Asker have sent us a cheque for £205 as a result of donations given by friends at his funeral. Our thanks and sympathy for their loss go to his relatives.

A collection tin at the Oddbins off-licence in Little Clarendon Street, Oxford, contained £46.04 which has been paid into our funds. Other recent donations include £25 from Hilary Bradley.

Let us know if you hear of anyone ill or in hospital. Call **0779 237 7178** for all welfare matters. Send correspondence to John Chipperfield at 3 Lambs Close, Kidlington, Oxon OX5 2YD. For the MS nurses, call **01865 234461** or email [ms.advice@orh.nhs.uk](mailto:ms.advice@orh.nhs.uk) Call **01865 231869** for information about ongoing and new MS trials. To contribute to the newsletter, call John Chipperfield on **01865 374877**, write to 3 Lambs Close, Kidlington, Oxon OX5 2YD or send an email to [mjpchipperfield@yahoo.co.uk](mailto:mjpchipperfield@yahoo.co.uk)

If you change your email address or install email in your home, please make sure you let Stevan Heads, our membership secretary, know. The more newsletters we send by email, the more we save in printing, stationery and postage costs. And you see the pictures in colour, not black and white. Call Stevan on **01235 532184** or email [sheads@icloud.com](mailto:sheads@icloud.com)

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

## **DATES FOR YOUR DIARY**

**Thursday January 28:** Collection at Tesco, Oxford Retail Park, Cowley.

**Friday February 5:** Open Day, Northcourt Centre, Abingdon. Speakers: Sue and Andrew Moss, our Tour de France cycle ride. 10am-4pm.

**Saturday February 13/Sunday February 14/Friday February 19:** Collections at Tesco, Marcham Road, Abingdon.

**Friday March 4:** Open Day, Northcourt Centre, Abingdon. Annual meeting. 10am-4pm.

**Friday April 1:** Open Day, Northcourt Centre, Abingdon. Entertainment from the Rebukes ukulele group. 10am-4pm.

**Sunday April 3:** Collection at Sainsbury's, Heyford Hill, Oxford

**Friday May 6:** Open Day, Northcourt Centre, Abingdon. Brenda Franklin leads a craft workshop. 10am-4pm.

**Friday June 3:** Open Day, Northcourt Centre, Abingdon. Speaker: Former customs officer Malcolm Nelson, with more tales of catching smugglers. 10am-4pm.

**Friday July 1:** Open Day, Northcourt Centre, Abingdon. Speaker: Bridget Britton, Royal National Lifeboat Institution. 10am-4pm.

**Friday August 5:** Open Day, Northcourt Centre, Abingdon. Speaker to be announced. 10am-4pm.

**Friday September 2:** Open Day, Northcourt Centre, Abingdon. Entertainer: Harpist Rosemary Munro. 10am-4pm.

**Call Alan Cusden on 01865 723420 or Geoff Cowan on 07930 542692 if you wish to help with fundraising or collections.**

**Don't forget to look at our website at [www.mssociety.org.uk/oxford](http://www.mssociety.org.uk/oxford)**



## **Oxford and District Branch Officers – 2015-6**

President: Prof Derick Wade

Chairman/Newsletter Editor: John Chipperfield 01865 374877  
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MS Support Officer: Paula Mallaghan 01865 378519  
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Open Day Officer: Vacant

Membership Secretary: Stevan Heads 01235 532184  
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Committee member: Dorothy Warner 01235 554448  
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Information Officer:  
Vacant

**The Annual General Meeting of the Oxford & District Branch of the MS Society will be held on Friday, 4<sup>th</sup> March 2016 at 10.30am at Northcourt Centre, Northcourt Road, Abingdon.**

Only those who have paid their annual subscription by the beginning of the AGM can vote and stand for office. Members are invited to put names forward for any of the following roles:

Chairman  
Vice-chairman  
Secretary  
Treasurer  
Support Officer  
Fundraising Officers  
Open Day Coordinator  
Transport Officer  
Newsletter Editor  
Membership Secretary  
Information Officer

Nominations should be seconded and must reach our secretary, Jo Hawtin, at 11a Vicarage Road, Kidlington, Oxon OX5 2EL by 11<sup>th</sup> February. If you are unable to attend the AGM, you may nominate a branch member to be your proxy.

**Committee Nomination Form**

Name of nominee.....

Telephone number of nominee.....

Position on committee.....

Proposed by.....Signed.....

Seconded by.....Signed.....