



InforMS Borders

The Newsletter for the Borders Branch of the MS Society: November 2010

Hi Folks and welcome to this latest issue of your newsletter!

We hope you find it interesting and informative, keeping you up-to-date with the 'goings on' in your branch. We're into the quiet period for fund raising now but we have got ideas for next year and, of course, we have the Christmas lunch coming up at the beginning of December. Remember to reply to the invitation which should be included with this newsletter. We're always looking for people to help us fund raise for the branch. If you think you can contribute in any way then please get in touch with us. We're starting this newsletter with information from our MS nurse, Lorna Rogerson..

How to contact the Multiple Sclerosis Specialist Nurse..

The NHS Borders Multiple Sclerosis specialist nurse service is based at Borders General Hospital. The service is available 22.5 hours per week; Monday, Wednesday, Thursday 9.30-2.30 and Tuesday 9.00-5.00. I am often out of the office so will pick up messages left as soon as I return.

The MS Nurse Service is available to anyone with a confirmed diagnosis of MS. You can either self refer or ask your GP or consultant neurologist to refer you. I can be contacted by phoning the number below. This is a 24 hour answer phone. If I am not in the office at the time of your call I will get back to you as soon as possible. This may not be the same day. Please leave a brief message with your name and number.

If you are admitted to hospital there is no central notification system to inform the MS nurse or the neurologist if you are an in-patient. Please ask the ward staff to phone and leave a message using the contact number below.

When should I contact the MS Nurse?

- If you have a question about your MS or treatment options.
- If you are concerned by any symptoms you are experiencing.
- If you are finding it difficult to cope with any aspect of your MS.
- If you need advice about medication.
- If you want any information about MS.

Lorna Rogerson, Multiple Sclerosis Nurse Specialist, Day Hospital, Borders General Hospital, Melrose TD6 9BS Tel: 01896 827067

Your Branch Office Bearers and Committee Members for 2010:

- Chairman, John Stratford
- Vice-Chair, Anne Weston
- Secretary, Wilma Graham
- Treasurer, Judy Allott
- Assist-Treasurer, John Robertson
- Committee, Jane Currie
- Judy Eglington
- Sandra Hay
- Mary Irving
- Fiona McDonald
- Linda Kirby-Organ
- Susy Rickett

DATES:

18th November: Drinks with friends in Herges on the Loch, Tweedbank, at 7pm.

20th November: Coffee Morning in Birgham Village Hall, 10.30 - midday. All Welcome!

5th December: Branch Christmas lunch at the Mansfield Rugby Clubroom in Hawick.

18th February: Murder Mystery in the Horse & Hound, Bonchester.



'POWER' PLATE

Power-Plate has long been recognised for its medical benefits and many hospitals use them for rehabilitation.

Based on the theory that by disrupting stability in a minor way, both large and small muscles get a workout so overall muscle strength and performance is improved. Increase flexibility and range of motion, reduce pain especially in the lower back, fat burning, improve blood circulation and reduce joint and ligament pain. On a basic, neural level, all the muscles –small and big- work to counter the vibration. It's reducing swelling and overall water retention. It exercises muscles to maximum capacity without putting any strain on joints, making it ideal for those with specific medical conditions.

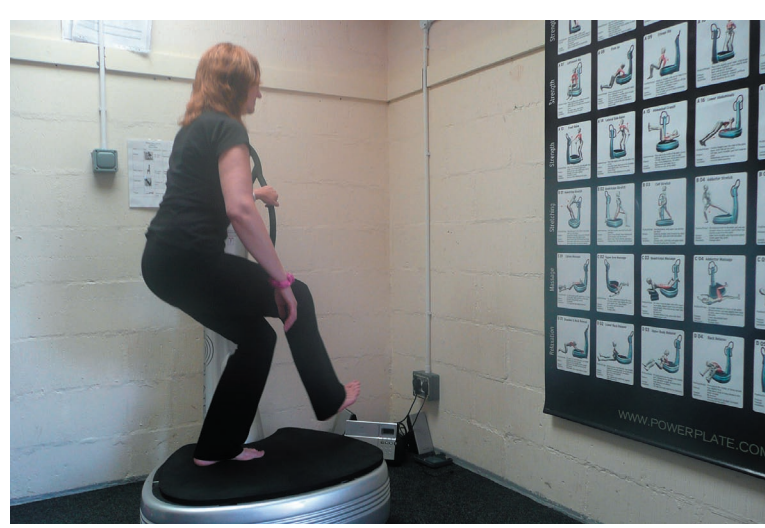
Recently there have been articles about its benefits for people with MS and adverts are appearing in MS magazines. The Power Plate, or similar vibration machines are also now appearing in our gyms and a small group of MSers went along to try it out at Tweedbank Gym.

Sandra's Story..

We all know how good exercise is for us both mentally and physically, but fatigue can often get the better of us, which is why I was very interested to read about a new accelerated system of training. After reading good reports about the vibrating power plate in various MS publications, I decided to try it out for myself.

The plate works by producing vibrations in three different directions, north/south, east/west and up and down. The benefit is that the machine stimulates the muscles without too much exertion by the user, therefore maximum benefit with minimum effort. After only a few minutes my muscles felt that they had been through a total workout. After only a few sessions I noticed an improvement in my balance and core stability. The plate can be used for different types of exercise e.g. stretching, strength and relaxation and anyone can benefit regardless of their mobility.

I was so impressed, that with encouragement from the sports centre staff, I found three more ginuea pigs. We had good fun at our weekly group session and all felt the benefit (three of us still use the plate on a regular basis).



Carol Douglas tries out the **Power Plate** at Tweedbank

Natalie's Story..

In August this year I was first told about the Power Plate at the Tweedbank Gym. As a group of five we all went along to see what it was like.

After three sessions of trying it as a group I decided to go and try 'one to one' sessions. As a wheelchair user I wanted to see what else I could get up to on the Power Plate, so I started doing the sessions twice a week. Here I was able to work on my legs, arms and core, all with the instructor David. He is very positive and is able to see past the MS which a definite bonus.

The main points with the Power Plate are increased sense of well being, strength, increased circulation (meaning my feet are warmer for a day), increased core stability and I find I sleep a lot better after it. The most positive thing is that I like is that you can do quite a good workout in thirty minutes. I can't say for definite that it's a wonder machine, I will say that it is ideal for me at the moment and I hope it continues.

As I progress it is something you can definitely build on as you improve. As I write this I can really feel where I have worked on today (usually gone by the following morning), so you know you have worked. Every client gets an individual plan to follow, and help from an instructor if required like myself.

TRY IT YOURSELF?

We hope to offer a 'taster' session to our members where you can go along to the gym and have a go or ask more questions about the vibration machines. We shall let you know when we have made arrangements for this, times and dates etc., If you would like to ask Sandra or Natalie a question about their experience then please email me at jane@msborders.org.uk and I'll pass it onto them.

CHRISTMAS STALL - BGH

Our "annual" Christmas stall was held from 4th till 8th October in the Chaplaincy Centre at BGH and we are very grateful to Ron Dick and the Trustees for allowing us to use these facilities.

It was extremely well supported and we are delighted that the wonderful amount of **£2662.66** was raised. We are as always indebted to our loyal band of supporters who 'man' the stall and produce all the amazing cakes, preserves, tablet, knitted goods, crafts etc. Many thanks to everyone who contributed.

The decision was made to take a stand at the **Border Union Show** this summer. This was a step into the unknown, but was very successful.

After a hilarious time setting up our gazebo we were ready for action! The stand was manned for the two days by a number of committee and members of the branch. This was to be an awareness exercise and on this front was very successful.

A great number of people came to the stand to say they knew someone with MS, and enquired about the workings of the branch. Some people just wanted to talk and get advice for family members and friends. We were out there to let people know how we could help and maybe encourage others to give some of their time to volunteer. We all had fun and I think did what we set out to do.

To cover our costs was a priority, but we made a small amount of money (£327.46) with our raffle and some more from the collecting cans.

JEDBURGH COFFEE MORNING

The coffee morning held in the Royal British Legion in Jedburgh on 16th October raised **£746** for the Borders Branch. Many thanks to Jean Kinghorn and her helpers and all those who came along to support us - **thank you!**

CHRISTMAS LUNCH 5th December

This year's Branch lunch, to celebrate Christmas, will be held at a different venue.

As space can be an issue at the wonderful Woll Golf Club the committee has decided to try the Hawick Rugby Club which has been recently refurbished and has full disabled facilities. You will be receiving a letter with the details and a reply is needed so we can let the caterers know the numbers. I know this is a bit early but..

HAPPY CHRISTMAS!

Back in July we hosted **STRAWBERRY TEAS** in Melrose Parish Church. As well as the 'teas' we also had a selection of stalls and a tombola. Many thanks to everyone who helped out and those who came along to sample the delicious tarts and meringues!



FOR SALE: Riser recliner armchair for sale. Rust coloured. Good condition. £400
Contact Liz on **01750 20093**

OBITUARY

Ken Stephen from Selkirk passed away peacefully on 19th September. Ken and Liz worked tirelessly for the Borders Branch. No doubt many of you will remember him doing the famous car boot sales among other things. He will be deeply missed. Our thoughts are with Liz and her family at this sad time.

SOCIAL GET-TOGETHER

Fancy a night out? A chat with other MSers? We thought we'd try arranging something for those who do. So if you'd like 'drinks with friends' then meet us in **Herges on the Loch** on **18th November at 7pm**. Come along, meet people, have a blether and enjoy an evening out..



The MS Borders Racing Club started off the season with Scarvagh Rose at Kelso Races on 16th October. 'Phyllis' (as she's known in the yard) was having her second run of her career and behaved like a pro.. in fact she was so composed and relaxed in the parade ring I wondered if I should give her a prod to wake her up as she wandered (as the others pranced) by.

"I was pleased with the photos, apart from the ones of the horses in the run in.. they were mainly out of focus so I'll have to be more careful with that.. perhaps I was getting too excited watching her progressing from the rear to midway.. and romping home safe and sound to finish in 6th place". Connections are very pleased with her performance and we look forward to her next outing.

Keep informed of the horses at <http://msracing.wordpress.com/>

We have **3 mobility scooters** available to loan on Kelso race days, the race dates are listed below for the autumn. The scooters are serviced and raring to go so I do hope people take advantage of this free service and have a day out at the races and experience the fun of being mobile by whizzing around and enjoying the thrills and spills on race days. The M.S. racing club hope to take a box occasionally which they can join in, all that is required is to book with me or Kelso Race Course. **Rhona 01573 440268.**

Autumn Fixtures at Kelso Racecourse: Saturday 6th November, Sunday 21st November, Sunday 5th December and Wednesday 29th December..

A series of half day workshops for carers taking place in Kelso



The courses are open to carers who wish to discover simple techniques to help alleviate some of the stress and concerns that come with the role of caring for a loved one.

Each session will take place in the Abbey Row Centre in Kelso. Sessions start at 9.45am and finish at 12.15pm Light refreshments will be available.

3rd November 2010: "How to get what you want" This session will include information on the Carers Centre followed by some assertiveness techniques.

10th November 2010 "Save a Life" The Red Cross will give an introductory taster session on First Aid techniques.

17th November 2010 "Relaxation & Stress Management" Simple, easy to learn relaxation techniques which you can use in every day life.

24th November 2010 "Relaxation & Stress Management" A re-cap of session three and how you have used your learning and some additional tips.

1st December 2010 "Services to support carers" Sensory awareness session and information on how NHS and Scottish Borders Council can help.

8th December 2010 "Tai Chi" Gentle exercise.

Please call the Carers Centre on **01896 752431** if you are interested in taking part in any of these courses.

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. Send to:
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or email: jane@msborders.org.uk [www.msborders.org.uk]

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