



InforMS Borders

The Newsletter for the Borders Branch of the MS Society: July 2011

OUTCOME OF POWER PLATE PILOT STUDY

10 people with MS completed the Power Plate trial which involved an 8 week programme of exercises performed twice a week. The fitness consultant targeted specific areas of fitness including muscle strength, endurance, flexibility, range of movement, co-ordination and balance. Outcome measures were taken by the physiotherapist before and after the 8 week programme.

Results

9 out of 10 subjects had an increase in the vibration frequency from 30 to 35 Hertz and an increase in time from 30 to 45 seconds. 80% had managed to perform all the exercises in the retest compared with 20% in the initial assessment.

The results of exercise with vibration therapy showed a trend towards an improvement in outcome measures especially for strength and co-ordination, functional mobility and balance.

Side effects reported early on were an immediate increase in fatigue. This however lessened over the period of the study. No other side effects were reported.

As well as the physical results the effect on quality of life also appeared favourable. This was reflected in the questionnaire feedback which was very positive. Subjects highlighted having an improved sense of wellbeing, feeling positive or feeling more confident. Some quotes include:

“Balance has improved. Feel more energised and less fatigued and therefore more able to try more advanced exercises/postures”

“Reduced heavy legs for a while after each session (temporary), increased stamina, confidence and optimism. Better posture”

“Helped my bladder. Not going to toilet as much. Helped my movement getting in/out the car better. Sleeping much better.”

Subjects found the sessions enjoyable both physically and psychologically. Due to the individualised approach they were also challenging but achievable. Most of the participants improved their level of performance which indicates the positive benefits that can be obtained with a vibration therapy programme.

MS Physiotherapist, Dawn Dickson, was very impressed with participants commitment and drive. “The results were very favourable. A great alternative form of exercise which is manageable for most, in a wheelchair or not. The fitness instructor, David, was spot on in level he worked people at and really worked at having an understanding of peoples MS issues!”

Your Branch Office Bearers and Committee Members for 2011:

Chairman, John Stratford
Secretary, Wilma Graham
Treasurer, Judy Allott
Assist-Treasurer, John Robertson
Committee, Jane Currie
Judy Eglington
Sandra Hay
Mary Irving
Susy Rickett
Anne Weston
Gil Suttie

MS
Multiple Sclerosis Society

come along to our
STRAWBERRY TEAS

at Melrose Parish Church (next to the Rugby Ground) *24*
on SUNDAY 17th JULY from 2pm - 4pm

delicious fresh cream meringues, or tarts, homebaked traybakes,
tasty, moist sandwiches with an endless cup of tea or coffee
this isn't any strawberry tea..
this is The Borders Branch of the MS Society
raising money to support people living with MS
in the Borders. We appreciate your support.
Thank you.

Join us on 17th July at
Melrose for an afternoon
Strawberry Tea!



Visit our Website at www.msborder.org.uk

COME SWIMMING!

The Borders Disabled Swimming Group (also called 'The Dippers') is a small, friendly group of people with disabilities varying from those with minor disabilities to those who are wheel-chair bound, who get together to exercise in the water.

We do not do anything strenuous or adventurous, but simply have fun in doing so. The water helps support our weight whilst we either swim or do what we can to exercise in the water. It is a great way to exercise, making us feel stronger & improves circulation, and in doing so it gives us a sense of well-being thus improving quality of life.

Volunteers help those who need help in the changing rooms, and for those who are not swimmers they also help exercise safely in the water and encourage us to overcome any difficulties that may be faced. If you have a carer who is willing to help you take part then we would really appreciate it if they could also go in the water with you.

After being at the pool, some of us go to a local cafe for lunch, then shopping. It is very much a social group. Some members simply come along for the social side - it is up to the individual.

Some meet at Jedburgh Swimming Pool on a Monday 12-1pm whilst the most of our group meet at Kelso Swimming Pool on a Wednesday at 12-1pm.

For further details please contact Fiona McDonald on 07917340693 or visit our website at: <http://onlineborders.org.uk/community/dippers>



PLANT SALE

Many thanks to everyone who donated plants for this years Charity Plant Sale at Melrose. The weather was against us this year but there was a wide selection of flowers and vegetables on offer. Thank you to Sandra and Kenny who also made up hanging baskets to sell bringing the total amount raised to £1155.

If anyone is splitting up their herbacious plants this year, can they please keep some plants aside as we will be at Teviothead Show on 17th September with a plant stall. Contact Sandra 01896 752669 for more information.

RIDING FOR THE DISABLED

Two branch members took part in the annual RDA Regional Dressage Competition at Edinburgh on 29th May, representing the Border Group RDA.

Nancy Anderson was fourth in her class riding Blair and Jane Currie was first in her two classes, riding Softie, a beautiful horse on loan from Equibuddy. Jane now qualifies for the National Championships which take place in Hartpury, near Gloucester, in July.

Pictured: Jane [on Softie] and Nancy.



MS REGISTER

The MS Society has recently launched the MS Register. Over the last couple of years people who have recently been diagnosed have automatically gone on the Register, however the second part of the Register is now up and running and is for everyone who has MS.

WHY IS IT IMPORTANT FOR YOU TO REGISTER?

All information given by you will help to identify areas where there is a high incidence of MS and with this information the Society can campaign for better services in these areas.

Your information can also give researchers a more complete picture so that they can understand how MS impacts on everyday life across the UK. This information may help to shape the future design of treatment for MS.

HOW TO REGISTER

To sign up for the register go to <http://www.ukmsregister.org/Portal/Home>
For more information contact the research team research@mssociety.org.uk
or call 020 8438 0822

Unfortunately there is no paper-based system for signing up to the Register as the researchers are using complicated software to link data from neurologists with data from people with MS. For data protection reasons this must be done anonymously.

If you do not have a computer you can ask a friend or relative to help you join the Register. They will need a valid e mail address. Alternatively you can access the library free internet where you will be able to set up an e mail account.

If you are still unable to access a computer you can contact myself Judy Eglington 01573 420 576 for assistance.

POSTAGE OPT OUT?

Printing and postage can be quite expensive for our branch and although we realise the great importance of communication and keeping in touch with our members there is a way you can help us save money.

For those of you who use the Internet and email on a regular basis the branch could save expense by emailing you communications and the newsletter.

If you'd like to opt out of the postage system and receive emails instead then please let us know.

Email jane@msborders.org.uk

Would you like to learn about self-managing your MS?

Many people with a long term condition take charge of the way they live with it. They do this in partnership with their medical professionals and make informed decisions about their treatments and lifestyle in order to live their lives as fully as possible.

MS Society Scotland runs **FREE** 6-week (2.5 hours) courses ; "Self Management of a Long Term Condition", all over Scotland. The next one in the Borders will be on Friday mornings from 10am till 12.30 on the 19th August - 23rd September in the Chaplaincy Centre, at Borders General Hospital.

The courses are run by two volunteers, both with long term conditions themselves, who have been trained as course leaders. A small group will cover many topics through structured sessions and discussion. The course is not a support group as such but the folk attending them often become friends and are able to support each other afterwards.

Topics covered include: Pain & Fatigue Management, Difficult Emotions, Making Informed Treatment Decisions, Communication and Physical Activity. Participants learn how to use Distraction Techniques, Positive Thinking and Action Plans among other tools.

If you would like to learn more please contact Linda Kirby Organ (01578 722540 or email lindako@f2s.com) or Alex Tavern, MS Society Scotland, (07950 022810 or email a.tavern@mssocietyscotland.org.uk for an informal chat. Ailsa Blair from MS Society Scotland will be sending a mailshot to members of Borders and Peebles branches soon and will invite bookings. The participants list will close approximately 5th August so book early to avoid disappointment.

Borders MS Fun Run

Once again the MS Borders Fun Run was a huge success with over 350 contestants taking part from the very young being pushed around in buggies to the older generations making it a spectacular fun day.

This year even the pet dogs with MS t-shirts joined in! All participants completed the 3 mile course and were awarded a gold medal including the dogs. One of the first runners over the line was Paul Kellas from Glasgow who was diagnosed with MS 4 years ago and was a former marathon runner.

This is the eighth year that Michael and Debbie Crawford have organised and sponsored this event and it has now become a fixture in people's diaries! Don't forget it is only 12 months to the next fun run so get training!

The fun run not only raised over £4,000 for the MS Branch therapy fund but it was also a huge MS awareness event. The MS Borders Branch are very grateful to all those who supported this event and also to all who donated raffle prizes and money.

All the money raised is going to much needed funds for the therapies which we provide for people in the Central Borders who are affected by MS.

Last year the cost of the therapies was a massive £57,000 so any money raised helps to fund this very vital service.



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: Jane Currie, The Shambles, Ashloaning, Denholm, Hawick, TD9 8NW
or email: jane@msborders.org.uk [www.msborders.org.uk]

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