



POSITIVE LIVING WITH MS

## February 2020 Newsletter

PLEASE JOIN US FOR OUR  
SUMPTUOUS  
*Ladies Lunch*  
To celebrate International Women's Day  
With Guest Speaker - Nicki Ballantyne ...  
Nicki, who works in Film & Television is coming back again this year  
to tell us more amusing stories of working in the business!

at  
BISHOPSTROW HOTEL & SPA

Lunch Menu:  
Pan Seared Chicken Breast; with a red wine jus, Dauphinoise Potato & fresh vegetables  
Fruit Yogurt Panna Cotta; with Berry Compote  
Coffee & Mints  
Vegetarian option: Sun Blushed Tomato Tagliatelle with Goats Cheese and Spinach

**FRIDAY**  
**06-03-2020**  
arrive at 12:30 for 1:00 pm

RAISING MONEY FOR  
WESSEX MULTIPLE SCLEROSIS THERAPY CENTRE  
International Women's Day

Tickets £27  
Contact Amanda  
01985 217728

COME ALONG TO SEE  
THE BEAUTIFUL HELLEBORES  
AND ENJOY SOME  
DELICIOUS  
HOME  
BAKED  
CAKES!

£5 ENTRY  
KIDS FREE

*Kapunda  
Open  
Gardens*  
Sunday  
15<sup>th</sup> March 2020  
2-4pm

SOUTHSTOKE LANE – BATH – BA2 5SH

Juliet has been a serious propagator of Lenten Roses since 2003, when she fell in love with these captivating plants. The garden now puts on a wonderful display each spring and will be open so you can view the beautiful gardens and enjoy Tea & Home-baked cakes. Kapunda Plants will be selling Hellebores on the day.

### Ladies Lunch – Bishopstrow House Hotel, Warminster. Friday 6<sup>th</sup> March

It is that time of year again when we get together to celebrate International Women's Day and treat ourselves to a luxury lunch at the Bishopstrow House Hotel in Warminster. We have the wonderful Nicki Ballantyne joining us again this year with her hilarious stories about her life and career in TV and film. Tickets cost £27.00 which includes a sumptuous lunch and coffee and mints. Please contact Amanda Strong for tickets 01985 217728

### Kapunda Open Garden – Sunday 15<sup>th</sup> March 2pm to 4pm

Do come and join us in the wonderful gardens of Kapunda on the outskirts of Bath. Juliet Davies has been a serious propagator of Lenten Roses since 2003 and opens her garden to show off the wonderful display every year. We will be serving tea and home made cakes and everyone is invited. Kapunda, Southstoke Lane. Bath. BA2 5SH (£5 entry)

### Cakes, Cakes, Cakes

We would like you all to bake us a cake! However, we know that might be a bit tricky so if anyone has the time and skill to bake a cake please can you bring one in for Friday 13<sup>th</sup> March? This is for the Kapunda Open Garden and we always have a lovely busy afternoon and need as many cakes as possible. We would be very, very grateful for any contributions; lemon drizzle, victoria sponge, chocolate brownies, coconut and jam sponge (mmm...) or whatever you would like to make...

### Shoe Donations

The East Street Charity shop will open it's doors on Monday 3<sup>rd</sup> of February as a Nearly New Shoe Shop. All and any donations of nearly new shoes would be very much appreciated.

## **100 Club Winners: Winners: Pamela Lloyd, Dee Armstrong, Molly Dando**

Please contact Amanda Strong to claim your prize. Also, April is the month for renewal for the 100 Club! Please contact Amanda Strong on 01985 217728 to make your renewal or join up and win some prize money.

## **Bath Half Marathon Cheering Station –**

Also on Sunday 15<sup>th</sup> March we have 23 runners representing the MS Centre in the Bath Half Marathon! We will be there at the crack of dawn in the runners field and then we will set up a cheering station opposite Widcombe Primary School. This is a great spot as the runners pass you twice, once when first out of the blocks and secondly when they are nearly finished. If anyone is going along to support the runners you will find us there.

**Sponsorship** – and, if you do want to support one of the runners, Jane Cave-Gibbs is one of our physiotherapists and it is her big 50 this year and she is racing in the Bath Half Marathon. We have a sponsor form on the front desk if you want to support her run...

## **New year – New Membership**

This is a reminder that we ask all of our members to complete a membership renewal form every January, these are available on the front desk. The cost of the annual membership is £25 for individuals and £30 family membership.

## **Book Club – Thursday 27<sup>th</sup> February 2pm to 4pm – Therapy Centre**

Do you ever worry about your memory? Is MS fog getting on your wick? Well one of the best ways to keep on track is to join a book club, and we are now running our very own book group. The next meeting is on Thursday 27<sup>th</sup> February from 2pm to 4pm and the next book is The Salt Path by Raynor Winn. Everyone is invited to come along and talk about the book or just join in for the tea and biscuits and listen to others talking about books.

## **CITIZENS ADVICE BUREAU - CAB**

Eriko James who works for the C.A.B covering Wiltshire is available to all members with MS living in the Wiltshire area for help and assistance with regards to PIP and various other benefits. She is happy to discuss what benefits you are currently getting and is happy for you to call her on her mobile number 07376055865. Eriko only works 5 hours a week so if she does not answer leave a message and she will get back to you.

## **Chocolate Tombola!**

If you are in Warminster on Friday 21<sup>st</sup> February do pop into the Three Horseshoes Shopping mall where we will be holding our very own chocolate Tombola.

## **Save the date – Friday 13<sup>th</sup> November Fall Ball.**

Two years ago, we held a ball in the Civic Centre in Warminster with a live band, delicious food and a wonderful silent auction and we raised £8,000 for the charity. Well this year we are going to do it all over again and everyone is invited. More details to follow so please save the date.

**Gong Therapy** – Friday 21<sup>st</sup> February 12.45 (bring a blanket) pay £10 to therapist.

**Free Counselling for carers and volunteers** – call Helen 077155 844144

**Reflexology** - Relax and unwind with this deeply comforting treatment. Bev 07401 266640

**Massage Therapy** - Give those muscles a wake up call **Stephanie Davis** on 07746 798684

**Counselling** - For emotional support call Lisa 07805 623153 and make that appointment.

**Indian Head Massage** – Call Bev on 07401 266640

**Pilates** – Friday 11am to 12noon. Complete booking form at reception.

**Bovine Colostrum** – Liz Rostand – 0750 7489345