

Electronic Newsletter

Come on folks, I'm not getting any e-mail replies here and I know a lot of you have internet access. What I'm attempting to do is build an electronic database for members of the branch principally so that this newsletter can be sent to some who don't regularly receive it. This information, like the members address records kept for the Branch, will be held in the strictest confidence and all e-mail sent by me is virus checked on the way out.

So - Any Member of the Branch having access to a computer & e-mail can receive this newsletter on their Pc. Please send an e-mail request to "Don McCallum" via the e-mail address on the right to be added to the list. (Please include the version of MS Office you use ie. 95, 97, 2000 or, you can get it on pdf format (Adobe Acrobat).

Very shortly, about the middle of October, a small web site for the Branch will be published at www.icnewcastle.co.uk This is the web site for the Newcastle Chronicle & Journal and generally makes interesting reading. There are links to internal and external sites for different groups around our region. Just work your way through the "Communities" link in the menu and "Charities & Voluntary Groups" on the main page.

October 2001.



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MS MATTERS ON TAPE

It is possible to receive your copy of MS Matters, the national magazine on tape. All features of the magazine are read onto tape by a talented recording team. If you have eyesight problems, or just prefer to listen to a tape rather than read. You may find this a good alternative. It's possible to receive both Tape & Magazine if that suits your needs best.

MS Matters on tape works like other tape services – once you have finished listening to each issue, simply return the tape in its plastic wallet. (A mailing label is provided and no postage stamp is required.) There is no extra cost for receiving the tape version of the magazine.

For further details telephone MS Matters at MS National Centre on

020-8438-0725

NEW WEB SERVICE FOR CARERS

If you are a carer with access to the internet, you can now quickly and easily find information on a variety of topics by visiting the “Life Episode” section of www.ukonline.gov.uk. The new website is a government-backed initiative to harness new technology and gives information on services offered by central government, statutory service providers and key organisations in the voluntary and charitable sector. This includes financial support, practical advice & support, health & well being of carers, support for young carers and alternative caring options.

PETER CARDY

The Chief Executive of the MS Society will be leaving at the end of October to take up a new position with Macmillan Cancer Care. At this time no replacement has been appointed however, Ken Walker, the Assistant Chief Executive assumes the role.

MS Helpline, Tel

0808-800-8000 (freephone)

Mon - Fri 9 am – 9 pm

ELECTRIC EXERCISE BIKE

A new electric exercise bike has been purchased by the Branch and is to be installed at PALS in Ashington on Thursday 11th October. PALS is undertaking to maintain and insure the machine which will be used for the benefit of many MS sufferers locally. The money used for this purchase came from the Mayors Fund (collections in Fy. 2001).

PALS at Ashington, along with Morpeth Cottage Hospital have exercise equipment which is regularly used by Branch members. A referral from a GP is required and, more importantly, Physiotherapists supervise the exercise.

MILLENNIUM AWARDS

Yes, they are still in the system!

The Millennium may have passed but the National Lottery is still awarding money under their Millennium Award Scheme. So – why not apply for some yourself? The system is designed to allow individuals to apply for a grant of between £2,000 and £5,000 for a project that will benefit MS Sufferers, Families or Carers. The money can be applied for through the National MS Office Tel: 020 8438 0700 and the awards will be aimed at projects run by people who do not normally undertake the type of activity proposed i.e. If you normally work in Finance you may want to run an outdoor scheme of some kind (an activity which you would not normally do). Another idea might be to pay for a course for yourself to learn Publishing and Advertising however, the end result may benefit the Branch in some way i.e. You might be willing to undertake all the publishing and advertising for the Branch. These ideas are only given as examples – You use your own idea, pick up a telephone and discuss it with the Grants Team.

The Awards must be applied for by an individual, not a group, and the end result must benefit MS in some way. Over to you! It only takes a bit of imagination for the scheme then telephone the Grants Team on the number above to discuss the project and apply. The scheme runs for four years (2001 – 2004) and awards are made every four months. – Good Luck!

If you require any more information or help, locally, with an idea or application please telephone the number overleaf or e-mail me with your idea.