



Newsletter November 2019

We suddenly seem to have entered the winter season, so I hope everyone is keeping warm. Mince pies and mulled wine soon! You should all have received an email about the Community Foundation car raffle and there are more details below. It would be brilliant if everyone could put the link on Facebook, Instagram or Twitter, so please look at the section below for details. I hope you all have a good festive season and look forward to seeing you in 2020!

Car Raffle

This year we are supporting the Community Foundation car raffle again. This has been of limited success for us in previous years, but there is huge potential for us to bring in more money for our centre. Tickets are only available online, but this is an opportunity to sell tickets to people that you don't see in person. If each of our members could sell ten tickets to friends, family and work colleagues, that would make us £500. So PLEASE make an effort to help us out and sell as many as you can. Here is the link you need to put on your social media page or email to friends:

<https://winacar.mkcommunityfoundation.co.uk/payment?aff=mkmstg> This link will take people to the page selling tickets for the MS centre. Make sure you use the whole link, including =mkmstg (although you get a longer address if you post it on Facebook). Please ask if you want any help.

Quiz Night

Once again we had a successful quiz night at Simpson village hall. Many thanks to John Napleton and his friends in Simpson village for giving us access to this valuable fund-raising event. This year an impressive £450 was raised for MS Centre funds.



Subscriptions and Price Increases

As you will all know by now, after a very tough year financially, we were forced to increase prices for some of our therapies. You should have seen a letter about the new prices but if you are not aware of the changes, copies of the letter are available on reception. The increases for therapy are small and we have decided we must also raise the subscription fee for next year to £30. We hope you understand why the pressure of increased running costs has forced us to make these changes. Subscriptions are due in January.

Christmas Closing Dates



We will close for Christmas on Friday 20th December 2019 and reopen on Monday 6th January 2020. Happy Christmas everyone!

Fund Raising

Lionel Sutton will be working with local Rotary clubs to raise funds for us, but we are also going to take part in other fund raising activities and we are asking for your help in making a success of these.

Swimathon

Next year we will be entering a team for the charity Swimathon. Nearer the time we will be looking for people to take on the challenge of swimming lengths for sponsorship and cash for the centre.

EasyFundraising

I'm going to keep bringing this up as it is a pain-free way to raise funds for us if you buy things online. It doesn't cost you a penny! Here's how it works. Go to www.easyfundraising.org.uk and select Search For A Cause. In the search box type *Milton Keynes MS Therapy Group* and you will see details of our centre. Follow on-screen steps to complete the process. Thereafter you will be able to opt to activate Easyfundraising for all your online purchases. Each company donation is small, but it all adds up!

Amazon Smile

Amazon Smile is Amazon's version of EasyFundraising and is another way to get money for us without it costing you anything. All you have to do is use this link to go to the Amazon site.

<https://smile.amazon.co.uk/ch/1017488-0>

We will then receive a small donation for any purchases made.

January Blues Coffee Morning

Coming up on **Friday 31st January, 11am-1pm**, we have our coffee morning to chase away those January blues. This was a great success last year as a way to cheer up the long cold month of January. We look forward to seeing you there.



AGM

Our AGM was held on 14th October. Thank you everyone who managed to come along. As well as our committee elections, we were pleased to hear from Lionel Sutton, who has offered to help us with our fund raising.

Snow and Ice

It's starting to get cold again. We've already had a few frosty mornings, so we would like to remind you that in the event of bad weather, the centre will be closed. We must consider the welfare of the volunteers who run the centre and the safety of all our members. We advise you to call the centre, if there is snow or ice, to ensure that we are open. If there is no reply in opening hours **WE ARE CLOSED!**

Centre Opening Times		HBOT
Mon	9.30 a.m. - 2.00 p.m.	9.30, 10.30, 11.30
Tues	10.00 a.m. - 12 noon	10.00, 11.00
Wed	10.00 a.m. - 12.30 p.m. 5.00 p.m. - 8.00 p.m.	10.30, 11.30 5 p.m., 6 p.m.
Thurs	10.00 a.m. - 12 noon	10.00, 11.00
Fri	10.00 a.m. - 2.00 p.m.	10.30, 11.30

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