Young MS In Fife

There are around 800 people in Fife who are diagnosed with MS, with around 30 new cases each year. MS is most commonly diagnosed between the ages of 20 and 40. You could assume then, that the Fife Branch membership would grow to reflect the newly diagnosed numbers, but we are aware that this is not the case.

We would really like to change this. Volunteers run the Branch, and we want to encourage more people in the younger age group to join us.

This spring, in the East area, two of our volunteers, Sarah and Ashley, are setting up a Young MS Group. We want you to have a say in how the group runs. You can put your ideas to Sarah and Ashley, and they will work on a format to suit what you want.

The first meeting of the Young MS Group will be Wednesday 25th April at 7.30 in Agenda, Leven.

Please come along and put your ideas forward. The Fife Volunteers have worked really hard over the last 3 years to establish a strong Branch. The Branch is for you. You can shape what we do in the future. Please come along and let us know what you want.

The Fife Branch is grateful for donations received recently from individuals, families and local companies (Rexroth).

MS Fife Roadshows

In 2012 MS Fife Branch hits the road. We will be rolling into a variety of venues throughout Fife. Why not come along and tell the Committee your ideas about how we can help, meet other people affected by MS and pick up some information along the way.

The first stop on our journey will be at the Sands Hotel in Burntisland on Thursday 29th March, 6.30 to 8.30. There will be a short presentation on MS in Fife, details of meetings, forth-coming courses, and information about what the branch can offer, including what grants are available, and how to how to apply for help. This meeting is open to everyone. If you choose to become a member of the MS Society, this can be arranged on the night. Membership is £5 per annum.

Let us know if you want our Roadshow brought to your area. Phone 01592 764850 or e mail branch@mssocietyfife.org.uk
Ann & David Manzie were the proud recipients of a very special award in November. At a ceremony in Rothes Halls, Glenrothes, their work with the Fife Branch of the MS Society was recognised and rewarded by Volunteer Centre Fife and VONEF (Voluntary Organisations North East Fife).

Ann and David’s nomination highlighted the vast number of hours they dedicate to the Branch, in a variety of roles. Ann is currently Branch Secretary and David Assistant Treasurer, both are volunteer Befrienders, and they also man the office on a Wednesday for the “drop-in” session, welcoming visitors, volunteers and general enquiries. Anyone who has cause to call on this pair, are sure to be welcomed with a smile and encouragement.

What we want to know is- what medication is she on, or does she have a (Dorian Gray) picture in the attic?

World MS Day

The fourth Annual World MS Day will be on 30 May this year. World MS Day was launched in 2009 with over 200 and is an opportunity to raise awareness about MS and to strengthen the network of people living with MS across the world.

Locally, June Rodger, has held a coffee morning in Jane’s Tea Room, Lundin Links, raising awareness of MS, and collecting donations on World MS Day each year. June advertises the event, Jane’s Tea Room makes a donation for each customer attending, and June and other volunteers make themselves available on the day to answer questions about living with MS. If you think you could do something similar in your area, contact us on 01592 746850 to discuss how we can help.

St Andrews Group

The MS Group in St Andrews meet on the first Friday of each month, in the Scooniehill Lounge at 11am. This group is for all has been established for many years, and would like to welcome new members. Each month, a guest speaker is invited to attend, giving a short presentation before a buffet lunch is served. Forthcoming talks include:

March 2nd - Chat and Catch-up
April 6th – Police Dog Handlers
May 4th – The Swilken Singers
June 1st – Rambling for the Disabled.

Everyone welcome, but please phone Kay on 01334 478563 to let her know numbers, so that we have plenty of lunch for everyone.

Remember

MS Society Scotland can help people with MS, their carers and families with grants towards short breaks, holidays and activities. Phone Ruth Morgan 0131 335 4050.
MS Fife Branch AGM

This year’s AGM will be at 12 noon on Saturday 21st April at the Rothes Halls, Glenrothes. All Branch members are encouraged to attend, and you are entitled to vote, as long as your subscription is up to date. Nominations for Branch Officers are invited, ie Secretary, Support Officer, Treasurer, as well as committee members and this year, nominations are also invited for the post of Branch Chairperson, as our present Chair, Jeni Rankin has held the position for the maximum allowed 3 years.

Notice of the AGM will be sent by March 10th, and nominees to the committee will at that time be invited to submit a pen portrait as their application.

Dunfermline Group

There are two monthly lunchtime meetings currently in the Dunfermline area. On the 1st Tuesday of each month, the group meet for lunch at 12.30 in the Halfway House, Kingsseat. Around 20 men and women regularly attend this group, and new members are very welcome.

On the 3rd Tuesday of the month, another mixed group meet up at various locations throughout the Dunfermline and Rosyth area. For details of this meeting, please contact Kevin Marshall on 01383 852708.

The Dunfermline group recently made a donation to the Branch, in memory of member Elsie Fleming who sadly died recently. Elsie was a very popular and cheerful lady who is much missed by all.

St Andrews Links Donation

St Andrews Links Association generously donated £500 to the Branch in January. Our picture shows Branch Treasurer, Mike Teevan, accepting the cheque from Steven Robertson (right), and Euan Loudon (left), Chief Executive of St Andrews Links Trust.

Email Addresses

Most information is sent out by email to keeps costs down. Please email the branch at secretary@mssocietyfife.org.uk to update your details.
Several Fife Branch members spent a weekend in November on a short residential break arranged by MS Scotland at the Calvert Trust, Kielder Forest, Northumberland.

Over the weekend a range of outdoor activities was on offer including zip sliding, buggy rambles, abseiling, archery and motor boating on Kielder Water. Full board & accommodation was provided and the home cooking was superb.

Calvert Trust Kielder provides tailor-made holidays for people with disabilities, their families and friends including a full respite package.  

www.calvert-trust.org.uk/kielder/kielder

Jeni Rankin

Jeni has served 3 years as Branch Chairperson this spring, the maximum term allowed in the role. We would like to recognise the work that has been done over these three years.

The Branch in Fife, had struggled to find volunteers take on Committee roles over a number of years. For reasons related to the Homelands project, it was essential that the Branch name be kept in existence, so, in 2007, Jeni had agreed to take on the role of Treasurer, with two others holding Chair and Secretary roles, although there were no other volunteers at that time.

In 2009, Jeni was one of a group who committed to re-invigorating the Branch, and in June 2009, she was elected to the role of Chairperson, with a new and hard-working team of committee members working to develop volunteer services for people with MS in Fife.

We are delighted to say that the Branch, under her chairmanship, has almost doubled our membership, developed and produced this newsletter, a website and a facebook page, increased enormously the support calls we have dealt with, and generated more gifts and donations from the community. We have increased the number of grants we have awarded, arranged successful fund-raising and social events, delivered talks to community groups, and have plans to continue raising awareness of MS in the Fife Community. The MS Community in Fife thanks Jeni, for her Chairmanship throughout this period of growth, and we wish her well in the future.

Spring Barge Trip

Last year’s Barge Trip with the Seagull Trust was so popular, that the Branch have organised another outing this year. The trip will be on 17th April, from Bantaskine Park, Falkirk FK1 5PT to the Falkirk Wheel.

For this year’s outing, we have booked two barges, and booking forms are available now. Phone 01592 764850 and leave your name and address if you haven’t yet got one.