

## An Update from The M S Therapy Centre - 2022

As we begin to move through 2022 we are finding that our patients are starting to return with confidence to enjoy their therapies and the atmosphere of the centre. As restrictions with Covid-19 have eased we can once more start to arrange social fundraising events to raise much needed funds for the benefit of all our patients.

Our MS Information Hub area is being facilitated by outside groups and feedback so far has been very positive. In the coming months on a Tuesday this area will be utilised by newly diagnosed MS sufferers with input from the local MS Nurses and monthly talks on various subjects relating to health and well-being.

Our newly refurbished Gym area is also being put to task and we are now offering the use of equipment to MS patients free of charge as we understand that exercise is important for rehabilitation and managing symptoms of any condition.

Our presence on social media has increased namely on our Facebook page-increasing awareness of our centre in the local area and beyond we now have 806 people following us, our aim is to increase this to over 1000.

We are looking forward to exciting times ahead and feeling full of positivity, although we do appreciate there may be difficult challenges for us to deal with, as there are for many charities in this current climate. Paula Anderson Centre Manager

## President Richard wants send help to Ukraine

It is my wish to donate £800, being the sum reserved in the club's Charitable Giving Programme for Emergency Disaster Support, to the Government's appeal, launched today to provide emergency support for refugees fleeing the war in Ukraine.

This sum doesn't fall within the remit of the Grant Giving committee, but is within the remit of the Trustees. Details of the appeal can be found at UK Fundraising - DEC Launches Ukraine Appeal, from which you will see that the Government is match funding donations up to a total of £20 million; you will also see that the fund will be immediately dispersed to a range of support organisations, such as The Red Cross etc.

I have investigated a number of other possible recipients for our donation, such as Shelter Box and Rotary's own Disaster fund, but have come to the conclusion that the DEC will represent the best, quickest and most direct use of our donation and by attracting match funding, also be most beneficial.

Good news!! The club trustees approved the donation.

## Details of the Spring walk. Sunday, April 3rd. 2022.

I have deliberately made the walk not too long and I am designing it to be a Fellowship and social event as much as a walk. 10am – park on either the Oddfellows or Sainsbury's Metro car parks at Compton, Wolverhampton.

Neither has a camera nor time restraint controls and no notices of restrictions.

From the Oddfellows, cross Bridgnorth Road by the pedestrian crossing, or from Sainsbury's use the footpath at the side of the fish and chip shop. Go down on to the canal towpath to walk along it towards Tettenhall. If there has been wet weather, the canal side path can be quite muddy, in which case, we would walk both directions on the Railway Walk (see below.) There are interesting information boards at each end of the walk. You immediately come to Compton lock, which was the first of 43 on this canal designed and built by James Brindley.

Distance to Tettenhall – three quarters of a mile, time at a steady pace, 45 minutes.

**1045 to 1215** - Visit the small but interesting Wolverhampton Heritage Transport museum on the site of the old Tettenhall station by prior notice, then cross the canal to visit the MS Centre for coffee, by prior arrangement, so perhaps some of our new members can see the great work done there and our Rotary club's involvement in its founding and ongoing success.

**1215** – cross back over the canal and go onto the old railway walk, returning towards Compton. The railway walk forms part of the Smestow Valley Local Nature Reserve so there will be plenty of birdlife etc. to see. The path is hard surfaced so should be dry.

It is popular with cyclists, so we will have to be alert for them as they ring their bells asking us to step aside as they approach!

**1pm** Reach the old Compton Station and go down the sloping footpath to Bridgnorth Road and go into the adjacent Oddfellows for lunch.

**1.15pm** – lunch. There is no private room so numbers and names will have to be given to me 2 weeks beforehand so I can book seating in the restaurant to ensure we all get in. Payment will be on the day by diners.

Members who don't want to do the walk can join us for the visits at each end and the lunch. The museum can be accessed by steps or a ramp. It is open every Saturday and Sunday from 10am to 4pm. Total walking distance one and a half miles. A change of footwear is recommended for the pub in case the paths are muddy.

*Richard Green*