



ANNUAL MEETING
Friday 15th May 2015 at 2.00pm
Held at Allerton Court Hotel, Northallerton

Welcome

The Chairman welcomed all those present

Health and Safety Checks

Chrissie did all the necessary H&S checks.

Present

Robert Adamson, Gill Elkins, Janet Chester, Chrissie Grimston, Ann Headland, Doris Watson, Ann Whitewick, Melva Steckles(Chair), Helmut Pohl, Ruth Wheatley, Sue Sanderson, Greta Lidster, Colin and Judith Nesbitt, Di Welch, Alison Chubb, Trisha Hunter, Mr and Mrs Tilley

Guest Speaker- Sandra Thompson, Complimentary Therapist.

Judy Simson - AGE UK- Information Stand.

Apologies

Val Heath, Felicity Thomas

Minutes of 2014 AM

Minutes of the last AM, held on Friday 16th May 2014 were signed as a correct record.

There were no matters arising

Election of Officers

Chairman	Melva Steckles Proposed C Grimston Seconded by A Whitewick Agreed by all.
Vice Chairman	Chrissie Grimston Proposed by D.Watson Seconded by M Steckles Agreed by all.
Secretary	Ann Whitewick Proposed by M Steckles Seconded by D.Watson Agreed by all.
Treasurer	Doris Watson Proposed by C Grimston Seconded by M Steckles Agreed by all.

Committee Members

Gill Elkins, Greta Lidster, Janet Chester, Helmut Pohl, Felicity Thomas, Ann Headland and Val Heath were all nominated
These were voted en bloc and agreed by the members.

Treasurer's Report

As you will all be aware Sue has now moved to Madeira and I have resumed the role of Treasurer. I wish to thank her for all her efforts especially to inputting all the data for 2013/14 onto the new computer programme. The new software year runs from January to December as opposed to November to October, in effect producing a 14month year.

We began November 2013 with £26,472 and after income of £2,621 and expenditure of £702 we commenced January 2014 with £28,391.

Another successful year followed, with an income of £17,925 made up of Fundraising and Donations. This included Golf Day £2,323, Northallerton Coffee morning £978, a Lioness's contribution of £1,880, and a sponsored bike ride of £1,120. In addition we received £1,134 from Gift Aid and other funds from various other 3rd parties and our own fundraising events.

This income has enabled us to continue with branch commitments and move forward to providing additional support. We forwarded £5,000 to Head Office for Stem Cell Research as well as funding just over £4,000 worth of grants. We instigated a membership campaign costing approx. £770 and continued to support the physio groups to the value of £476. We have concluded 2014 with a balance of £29,984. Should anyone like a more detailed copy of the accounts, please do not hesitate to contact me.

Melva thanked Doris for taking on the role again of Treasurer and also thanked Sue for sorting out the new system for the accounts.

Ruth Wheatley said she was pleased we had sent money to research.

Melva said we were also asking the member if they had any specific areas of research they would like money to be sent to.

She also said we are looking for a new treasurer if anyone is interested in taking on the role.

Dales Support Group

The Dales MS Support Group, established in 2001, is well supported by members who continue to enjoy a varied programme of informal monthly lunches thanks to Chrissie and Avril who now look after organising the bookings and printing of the programmes etc. We were especially pleased to see Ann Stevens again when she was able to join us for lunch

recently during a visit to the area from her home in Bridlington. She still receives the Branch Newsletter by email so knew where to find us!

Last July we again enjoyed a splendid meal at the home of Val and Ron Heath in Harmby. On this occasion we were privileged to be joined by Jeremy Harris who, at the time, was the MS Society's Local Support Officer for the 'Yorkshire and Humber Region'. I don't know how Val and Ron manage it but, once again, we had fantastic sunny weather. We all appreciate the hard work that goes into hosting this event and I would like to thank everyone who helped.

At the beginning of August we had a very successful street collection in Leyburn, even though the weather was awful, raising £450.95. Later that month, in even worse weather which included rain and hail, the Richmond collection raised £212.86.

Hopefully we will have better weather for the collections this year, the first of which will be in Leyburn on Friday June 19th.

Chrissie also added that the Dales Lunches are going well and they are trying new venues.

Doris said that since last September she has been holding a Hambleton Coffee Morning every month at different venues. The newsletter has all the details.

Launch of Complimentary Therapies

Following the feedback from the Moving On event at Colburn where Complimentary Therapies were first offered as a trial, Doris has worked tirelessly seeking out treatments to offer members. A treatment will cost an MS member only £10, with the branch paying the rest, (See Flyer attached to minutes giving full details of the offer). If anyone is interested in taking this offer up they should contact Doris who will guide them to a therapist. We do need feedback on an evaluation form to see if this is working. Applicants must be members of our MS Branch and have MS. Robert commented that his had been dealt with in a very professional manner as we are not trained.

Chairmans Report

2014 – 2015 has been another eventful and busy year for our branch; We were fortunate to have the MS Society Chief Executive, Michelle Mitchel, at our 15th anniversary Annual Meeting when she outlined the direction of travel for the MS Society under her direction. We have now begun to see the changes she is making both in staffing across the country and in the MS National Strategy 2015-2019. I have posted up

here the list of 7 action points which are contained within this strategy, and now our branch will incorporate these 7 into our action plan of the H & R branch. The branch committee have listed actions they would like to achieve this year and these will be linked to the National Strategy at a committee meeting shortly. Since our meeting last year we have set ourselves topics for each meeting during the year so as to cover our Action Plan targets, therefore we are already making inroads into the work in hand.

A couple of changes to our committee took place in 2014 and 2015, Robert moving to York and Sue taking on the Treasurer's role which saw her deal very efficiently with the changeover to a new method of book keeping on line. Thankfully Robert has remained in touch and helps us with street collections, thank you, but Sue has gone to the extreme in moving and finding a warmer climate to suit her MS and her desire for continually challenging herself by going to live on the island of Porto Santo off Madeira. Hopefully she will still be contributing to our newsletter as she has done before. Here I would like to say a huge thank you to Tom Green, our newsletter editor. Despite being quite incapacitated with MS he does a magnificent job for us and just about copes with my delays and alterations at the last minute so as to get the latest news in the next edition. I have just collected the May-June newsletter this morning and it is distributed here today, I hope you enjoy it.

Our fantastic fundraising and local people's donations mean we can continue with the targets in our action plan to deliver continued support in the MS community locally and I am always immensely proud of the work our committee and volunteers do for us.

Chrissie, Ann, Greta and Doris, not forgetting John, have yet again embarked on our annual golf day which is being held at Bedale again. Thank you for all the work you do to make this day a success. Gill continues to support the Dales area and make sure our newsletters are posted, Janet continues to keep us on our toes over Health & Safety at outside events such as Physio classes and Ann is a dedicated secretary to our branch. Chrissie is undaunted by the many roles she supports for us such as Vice Chair, Social Secretary, Golf lead, Fundraising with Greta and the Dales Lunches programme with Avril. Our support team is outstanding as well, with Ann listening to our telephone helpline callers who need help, to the grants group of Val, Helmut and Doris in order that we can continue to support MS members who need financial support. The next major action in our branch plan, which resulted from one of our MS Matters days at Colburn Sports Centre, is our Complimentary Therapies offer to our members. Doris has researched and developed a terrific choice of therapies and venues for us which she is launching today. Thank you.

To complement our launch today I have great pleasure in welcoming Sandra Thompson who I know will give us a very interesting talk. She is

a great character and I look forward to hearing you Sandra.

Speaker Sandra Thompson

Sandra said that she has been a therapist for 15 years and has a practice in Colburn

With the aid of a pair of “plastic feet” she explained about the systems of the body. She gave an overview covering most of the therapies we will be offering above.

She said this in no way replaces conventional medicine but helps to alleviate some of the symptoms MS sufferers have. She said treatment is your time to relax and forget about your problems. She advised members to choose a therapy that suits them and said our offer is very good as therapies are expensive.

She advised members to try one treatment and see how they liked it

Thank You's

Chrissie thanked Sandra Thompson for coming along to our AM and giving such an informative talk.

She also thanked Melva and the committee for all their hard work and thanked the members for their support

The meeting closed at 3.10pm, to enjoy lovely scones with jam & cream!!