



Multiple Sclerosis Society

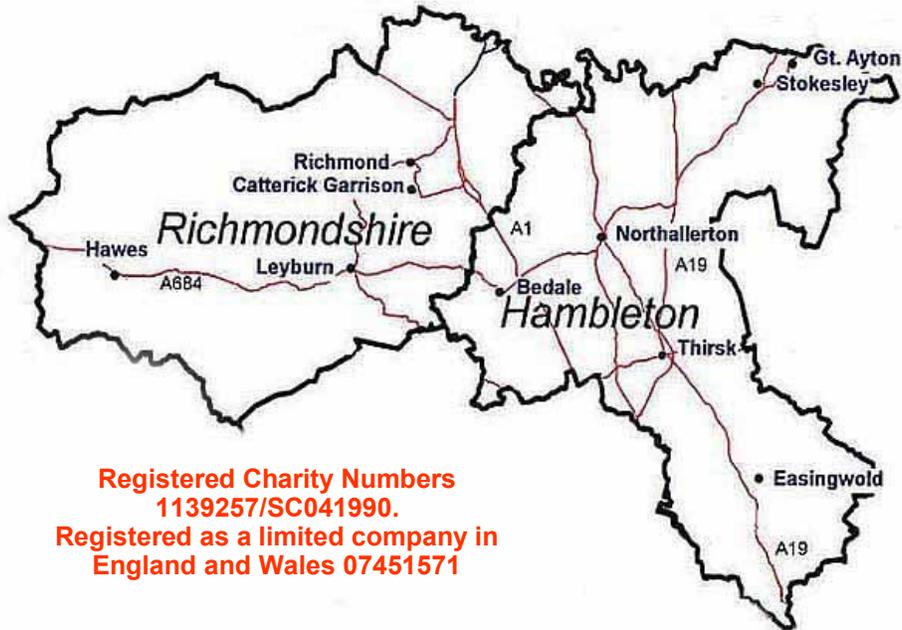
Newsletter

May / June

2015

Hambleton & Richmondshire Branch

Branch President: Dr Paul McKee



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Hello and welcome to your May/June branch newsletter.

As I write this the sun is out and it is quite warm so I have just had an afternoon cuppa in the garden, lovely, now my sister is mowing my grass so even better. Unfortunately the first May bank holiday has turned cooler and wetter but I am sure we all have some lovely days to look forward to. Sue Staincliffe, our committee treasurer has gone one further than most to find the good weather and has moved with her husband Peter to an island off Madeira, Porto Santo. Our committee presented her with a Mediterranean cookery book and card signed by us all wishing her every happiness in her new home. I am sure Sue will keep in touch and send us articles for the newsletter from time to time.

In this newsletter are a few important items, one being the launch of complementary therapies for our members. This is something we are very proud of being able to fund for you to try and we hope you will be able to enjoy and benefit from our special offer of £10 per therapy up to a maximum of 3 treatments. All we will ask of you is that you complete a feedback form to enable us to assess the benefits to our members.

I am sorry to tell you that our committee member Val Reid (Support Lead) from Harmby is not very well and we all send her our love, very best wishes and support as she starts her treatment.

Do try the pancakes, they are so light and airy and very quick to make. My mixture did not last long!!! And the maple syrup is a must over early summer fruits-enjoy.

Finally, I do hope to see you at our AM at The Allerton Court Hotel, 15th May.

Take care, stay safe and enjoy the wonder of Spring.

Melva

May

May's a month of happy sounds,
the hum of buzzing bees,
the chirp of little baby birds
and the song of a little breeze.



COMPLIMENTARY THERAPIES

Hambleton and Richmondshire Branch

MS Support Groups

If you are affected by MS please come along to one of our events.

COMPLIMENTARY THERAPIES – Only £10 per session

MEMBERS PAY only £10 PER SESSION (Max 3 sessions), the branch covers the remaining costs, subject to available funds. You must be a branch member to qualify. The following therapists and venues have been carefully checked according to MS Guidelines incl; DBS checks & accessibility.

Masham / Middleham – Reflexology, Aromatherapy, Reiki & Acupuncture.

Colburn - Reflexology, Aromatherapy, Reiki & Health Kinesiology

Thirsk – Indian Head Massage, Reflexology.

Please contact Doris Watson for further details on **01677 424455**.

NHS MS PHYSIO GROUPS - Free

Colburn, Brompton, Thirsk, Leyburn.

Come along to a group to so see what we do or Contact your GP for referral or Contact the NHS Physio team 01609 751324 to find out more.

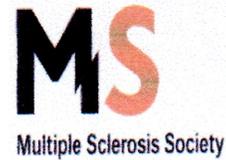
MS SUPPORT GROUPS

Dales Group Meets 2nd Thursday in month for lunch.

Contact Avril on 01748 811157.

Hambleton Group- Last Thursday in month for coffee & or lunch: Call Doris

Hambleton and Richmondshire Branch



We look forward to seeing you at our

Annual Meeting

May 15th 2015

2pm

@

The Allerton Court Hotel

Northallerton

DL6 2XF

01609 780529

www.allertoncourthotel.co.uk

Tea and Coffee on arrival from 1.30 pm

Guest Speaker

Complimentary Therapist – Sandra Thompson

Refreshments will be served following the AM.

If you wish to travel early the Hotel serves lunches.

We recommend you telephone the hotel to book lunch.

Please complete this form in order that we know numbers for catering.

I will be attending the AM on the 15th May'15.

Name

Tel No.

E-mail

Please return to; Ann Whitewick, Secretary,
40 Crestbrooke Road,
Northallerton, DL7 8YR

Or e-mail; annwhitewick@btinternet.com

10 Things you need to know about the Care Act

Changes to the Care Act will have an impact on support for those who are affected by MS.

What is the Care Act?

The Care Act is a new piece of legislation that will change how care and support is provided in England. It came into force on 1st April, 2015.

Have the eligibility criteria changed?

Yes. Before the Care Act local authorities were able to set their own eligibility criteria. Now all local authorities in England must follow national eligibility criteria set by the government. To be eligible, a person has to have a physical or mental disability and as a result be unable to achieve two of the ten listed outcomes, which range from managing and maintaining nutrition to developing and maintaining family and other personal relationships. Not being able to achieve these outcomes must also have 'significant impact' on a person's wellbeing. To know if you meet the criteria you must have an assessment with your local authority to identify your needs.

How will the assessment work?

Everyone is entitled to an assessment of their needs with their local authority. To have an assessment you must contact your local authority. There are different ways to be assessed, including face to face, online, by phone or self-assessment. The ways you are assessed will depend on your own preferences.

What if I have fluctuating needs?

When deciding if you are eligible, the local authority must consider whether your needs are likely to fluctuate and what your ongoing needs for care and support are likely to be. The local authority must consider your needs over a suitable period to get a complete picture of your needs.

Will everyone get a personal budget?

Everyone who meets the eligibility criteria must receive a personal budget. A person's budget is an important piece of information that sets out the amount of money the local authority has allocated to meeting your needs.

Can I get a direct payment?

Everyone can request to receive all or part of their personal budget as a direct payment. Direct payments are paid straight to the individual so they can plan and arrange their own care in the way they want.

What about Care and Support planning?

Everyone who is eligible for local authority support must receive a care and support plan, which sets out a person's needs and how they will be met. If you have a fluctuating need your care and support plan must set out how the local authority will meet your needs if they change and should ensure that contingency plans are in place if there is a sudden change or an emergency.

What about working adults?

The Care Act will reform the care and support system for both older and working age adults. However, the Care Act guidance is clear that a working-age adult should be able to choose care and support tailored to their situation and should not only have a choice of services designed for older people. We hope that this recommendation will prevent working-age adults being pressured into taking places in residential care homes designed for older people.

Will I have to pay for care?

Following a needs assessment there will still be a financial assessment to decide what you can afford to pay towards your care. Under current rules, if you have less than £23,250 you will receive means-tested help to pay for your care. However, the Care Act will introduce a new financial assessment, including a cap on care costs (a maximum amount you have to pay in your lifetime towards your care) from April 2016. The government has not yet finalised the details of this policy.

Where will I find out more information?

If you would like more information, please visit the MS dedicated information pages at www.mssociety.org.uk. Or contact the MS Society on 0808 800 8000. Or contact your local authority directly, NYCC.

SUDOKU PUZZLE **(TO KEEP YOUR** **MIND ACTIVE)**

Please try to fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.
(Solution on page 17)

				9				
		5				8		
			3	4		6		
4	1			6				
7					4	2	3	
								5
			9			5	4	
	3							
	6		8	3			7	

What The Robin Told

The wind told the grass,
and the grass told the trees.

The trees told the bushes,
and the bushes told the bees.

The bees told the Robin,
and the robin sang out clear:

Wake up!
Wake up!
Spring is here.

RHS - May - Summer's on its way

As bulbs fade and herbaceous borders grow in leaps and bounds, it is now clear that summer is approaching. Sowing and planting out bedding can begin, depending on regional weather variations, and you can take softwood cuttings. It's also time to get back into the lawn mowing regime, as the lawn will be loving the warmer temperatures this month brings.

Top 10 jobs this month

- 1 - Watch out for late frosts. Protect tender plants
- 2 - Earth up potatoes, and promptly plant any still remaining.
- 3 - Plant out summer bedding at the end of the month (except in cold areas).
- 4 - Collect rainwater and investigate ways to recycle water for irrigation.
- 5 - Regularly hoe off weeds.
- 6 - Open greenhouse vents and doors on warm days.
- 7 - Mow lawns weekly.
- 8 - Check for nesting birds before clipping hedges.
- 9 - Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs.
- 10 - Watch out for viburnum beetle and lily beetle grubs.



Cytokine may play major role in multiple sclerosis

Multiple sclerosis (MS) is caused by immune cells that activate a cascade of chemicals in the brain, attacking and degrading the insulation that keeps neuronal signals moving. These chemicals, called cytokines, drive the inflammation in the brain, attracting more immune cells, and causing the debilitating disease marked by loss of neurological function. Researchers have now discovered the role of a major cytokine in multiple sclerosis that could be a target for new therapy against the disease.

NHS PHYSIO GROUP DATES - 2015

Colburn Group - Meets at Colburn Leisure Centre Wednesdays 11.15

Run by Rebecca Green (07768632576) and Maggie Severs (07785370491)

May 6th May 20th Jun 3rd Jun 17th Jul 1st Jul 15th

***** AUGUST BREAK *****

Sep 2nd Sep 16th Sep 30th Oct 14th Oct 28th Nov 11th Nov 25th

Leyburn Group - Meets at Brentwood Lodge Tuesdays 10.45

Run by Rebecca Green (07768632576) and Anne Wilson

May 5th May 19th Jun 2nd Jun 16th Jun 30th Jul 14th

***** AUGUST BREAK *****

Sep 1st Sep 15th Sep 29th Oct 13th Oct 27th Nov 10th Nov 24th

Northallerton Group - Meets at The Orchards, Brompton Wednesdays 10.45

Run by Rebecca Green (07768632576) and Maggie Severs (07785370491)

May 13th May 27th Jun 10th Jun 24th Jul 8th Jul 22nd

***** AUGUST BREAK *****

Sep 9th Sep 23rd Oct 7st Oct 21st Nov 4th Nov 18th Dec 2nd

Thirsk Group - Meets at The Lambert Wednesdays 1.00

Run by Jill Atkinson (07787524571) and Maggie Severs (07785370491)

May 13th May 27th Jun 10th Jun 24th Jul 8th Jul 22nd

***** AUGUST BREAK *****

Sep 9th Sep 23rd Oct 7st Oct 21st Nov 4th Nov 18th Dec 2nd

Causes of MS

No one knows the exact cause of MS, but it is likely that a mixture of genetic and environmental factors play a role.

Genes and family history

MS is not directly inherited - unlike some conditions, like cystic fibrosis, for example, there is no single gene that causes it.

It's likely that a combination of genes make some people more susceptible to developing MS, but not everyone with this gene combination will develop MS. Genes are only part of the story.

While MS can occur more than once in a family, it is more likely this will not happen. There's only around a two per cent chance of a child developing MS when a parent is affected.

Environmental factors

MS is more common in areas further away from the equator. It is virtually unheard of in places like Malaysia or Ecuador, but relatively common in Britain, North America, Canada, Scandinavia, southern Australia and New Zealand.

Viruses

It is not clear why people further away from the equator are more likely to get MS, but it is possible that something in the environment, perhaps bacteria or a virus, plays a role.

No single virus has been identified as definitely contributing to MS, but there is growing evidence that a common childhood virus, such as Epstein Barr virus (which can cause glandular fever), may act as a trigger.

This theory is still unproven and many people who do not have MS would have also been exposed to these viruses, so just like genes, they are unlikely to be the whole story.

Vitamin D

There is also a growing amount of research that suggests that a lack of vitamin D could be a factor in causing MS.

We get most of our vitamin D from exposure to sunlight. Low levels of vitamin D have been linked to higher numbers of people developing many different conditions, including MS.

Smoking

A number of studies have looked at smoking in relation to MS, and have found that smoking appears to increase someone's risk of developing MS. It's not yet clear exactly why this is, although one theory is that the chemicals in the cigarette smoke affect the immune system.

There is still more we need to know about the link between smoking and MS. This includes whether the risk increases the more someone smokes, how smoking interacts with other risk factors for MS and whether smoking also affects progression in MS.

Risen Pancakes with Fresh Fruit and Maple Syrup

These are like crumpets, but easier and quicker to make. (They will freeze well, but must be layered between sheets of greaseproof paper or else they will stick together. Warm them on a tray in a low oven).

Serves 8

175gr (6ozs) self-raising flour.
1 tbsp baking powder.
100gr (3.5 ozs) caster sugar.
2 medium free range eggs, beaten.
275ml (9.5 fl ozs) milk.
Unsalted butter.
100ml (3.5fl ozs) maple syrup.

Sift the flour into a bowl with the baking powder and caster sugar. Add the eggs and milk and whisk together, but be careful not to over mix.

Heat a little butter in a non stick pan, then add 2 tbsp of batter for each pancake. Once golden brown, turn over and cook on the other side, about 2 mins in all. Repeat, using a little more butter, until you have used all the batter.

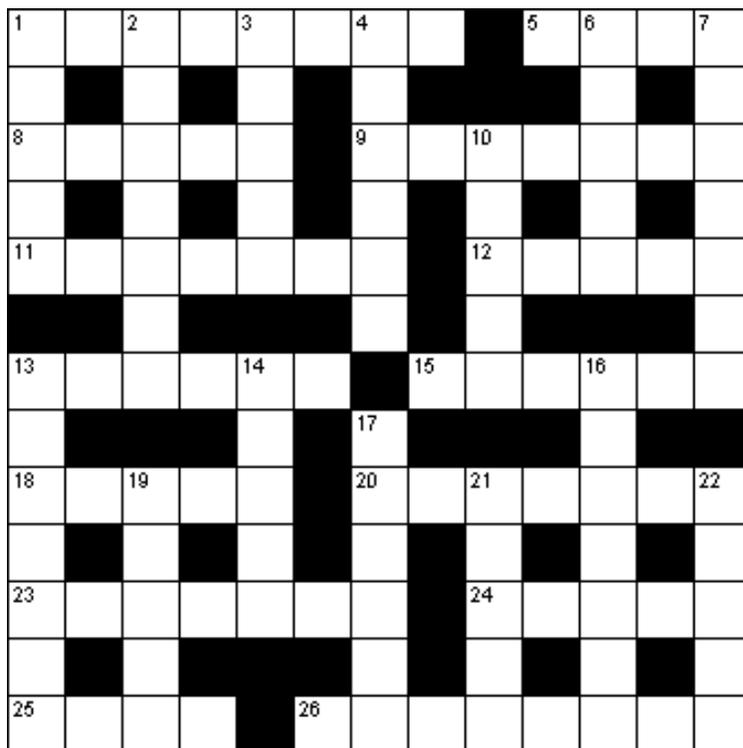
To serve

200 gr (7ozs) mixed fresh fruit. (strawberries, raspberries, blueberries etc.)

Serve the pancakes with the fresh fruit on top. Drizzle with maple syrup.

For a little indulgence serve with ice cream or whipped cream as well!!

From James Martin's "The Collection". 2008.



Across

- 1 Loud and grating (8)
- 5 Half of a quart (4)
- 8 English county (5)
- 9 Race-meeting for boats (7)
- 11 Thin glossy silk-stuff (7)
- 12 Elder brother of Moses (5)
- 13 Cotton fabric (6)
- 15 Dam-building animal (6)
- 18 Elk (5)
- 20 Young children (7)
- 23 At my house (4,3)
- 24 Of the moon (5)
- 25 Mislaid (4)
- 26 Intellectual (8)

Down

- 1 Perspiration (5)
- 2 Tranquil (7)
- 3 Southern states of USA (5)
- 4 Scandinavian country (6)
- 6 Bury (5)
- 7 Sports coach (7)
- 10 Forest clearing (5)
- 13 Funny (7)
- 14 Dairy product (5)
- 16 Wine seller (7)
- 17 Two-piece bathing costume (6)
- 19 Portents (5)
- 21 Pilfer (5)
- 22 Prison officer (slang) (5)

Solution on page 17

ANNIE'S COLUMN

**DR. ANNIE HICKOX
CONSULTANT CLINICAL NEUROPSYCHOLOGIST
FRIARAGE HOSPITAL - NORTHALLERTON**

How activity scheduling can improve your mood

Why planning helps

You will have no doubt experienced the unpredictable and changeable way in which MS symptoms present themselves. A good day can be followed by a few bad days, or a relapse can seem to arrive out of the blue.

It can be tempting to put aside plans when this happens, out of fear that you will not feel up to making a commitment. It may be that your mood is low or anxious, or that your fatigue or pain seems relentless and debilitating.

From a psychological perspective, abandoning plans actually tends to make things worse. Although doing so can leave you feeling temporarily relieved of pressure, in the long term it can leave you feeling that your MS is taking over your social, occupational, and family life, and that 'there is no point' in making plans or looking forward to things.

Using planning constructively

Daily plan: Making a plan for each day is a great way to motivate yourself to get out of bed and not pull the duvet over your head! The evening before, write down a plan for

the following day, scheduling *manageable* goals for morning and afternoon. Over a week, try to include a range of physical, social, cognitive, and meaningful activities. Planning 'me time' and bedtimes/rest times is also essential!

Weekly plan: As well as your day to day plans, also schedule a more major activity for each week. It may be easiest to reserve this for the weekend, when your family is together, or you may prefer to do something special when the others are at work and school. Think about something that you've been wanting to do for a long time, but have been putting off, then schedule it for this week.

Monthly plan: For each month, plan an activity that perhaps requires a day or two. It could be a weekend away, or a couple of separate activities (e.g. a day out with the family one weekend, a spa day on another weekend). The activities should be pleasurable and/or satisfying (hopefully both!). They can be social, or perhaps just time to yourself, such as spending a day with an old friend.

Longer term plans: Once you get accustomed to making plans and carrying them out on a weekly or monthly basis, you will probably feel more confident about making more major plans over the year. Planning a holiday, taking a course, starting a family tree, writing some poetry...whatever you choose should be something that gives you pleasure, and also presents a (manageable) challenge. You may be surprised at what you are capable of doing, as long as you are setting gradual, clear goals, and engaging in activities that are rewarding.

The impact of planning on our mood

I suspect you might be thinking, ' Dr Hickox just doesn't get it – I don't feel up to doing any of this'. My reply is, don't put

the cart before the horse. Most of us, if we are feeling down or anxious, feel reluctant to make plans. But in fact, planning and carrying out activities is well known to boost our mood and our confidence. You don't have to do it perfectly – give yourself a chance to get good at it.

It takes about 30 days for a new habit to become established, so persevere with your new schedule for a month, and then revise it if you wish. What did you learn from engaging in activities? See if planning has led to an improvement in your mood and your sense of achievement. If not, revise the plan – but don't quit! Keeping your mind and body active, without overdoing it, is the key to helping you manage your MS symptoms.

Branch Helpline

**Ann Headland
01609 761536**

www.hambletonandrichmondshiremsbranch.co.uk

National MS Helpline

**9am– 9pm Monday– Friday 0808 800 8000
www.mssociety.org.uk**

If you would like to receive future editions of this newsletter directly to your email inbox or if you have any ideas for future newsletters simply notify Tom Green by emailing him on branch.newsletter@yahoo.com



Useful telephone numbers

MS Nurse	01642 854426
Befriending Service	01748 832271
Friarage Hospital - Northallerton	01609 779911
Memorial Hospital - Darlington	01325 380100
James Cook University Hospital	01642 850850
Urgent Social Service (Dales)	01969 622125
Hambleton District Council	0845 1211555
Richmondshire District Council	01748 829100
North Yorks. County Council	0845 8727374
Domestic Violence Helpline	0808 2000247
Citizens Advice Bureau – Richmond	01748 823978
Citizens Advice Bureau – Northallerton	01609 770354
Community Visiting Scheme	01609 780458

Branch Donations to National MS Research Projects

Our branch has budgeted to donate £5,000 in 2015, either as a whole sum or in smaller amounts to MS Research. The branch committee will be debating how to allocate the £5,000 at their 24th June '15 meeting. We would very much welcome member's opinions on where we allocate the monies.

E-mail-melva31@btinternet.com or tel. 01748 812751 and leave a message.



Fatigue and sleep disorders

Fatigue is one of the commonest symptoms of MS and can have a major impact on daily life. The level of fatigue does not reflect the severity of someone's MS and people can experience fatigue that interrupts their daily life or that prevents them from working whilst having no other symptoms.

The underlying causes of fatigue in MS are poorly understood and it is not known how much sleep disorders such as sleep apnoea (interrupted breathing during sleep) or restless leg syndrome contribute to the overall levels of tiredness felt by some people with MS. Since fatigue is an expected consequence of MS, people with MS who report symptoms relating to tiredness tend not to be referred for sleep studies.

More research is needed to identify indicators that would help doctors spot those people with MS who are most likely to benefit from in-depth sleep evaluations and consequently get earlier treatment for an underlying sleep disorder.

The researchers wanted to see if there was any relationship between polysomnography findings and the frequency of daytime symptoms such as fatigue, tiredness, lack of energy and sleepiness. Polysomnography is a detailed sleep study which records the amount of time spent in different stages of sleep, arm or leg movements, breathing, heart rate etc.

How this study was carried out

This study compared two groups of people who had been referred to a sleep clinic, one group of 30 people who had MS and a second group of 30 who did not have MS (controls). All the participants underwent polysomnography.

They were also asked to complete questionnaires rating symptoms of daytime fatigue.

What was found

More people with MS than controls reported fatigue, tiredness and lack of energy to occur often or almost always; sleepiness was reported similarly by both groups. Sleep efficiency is a measure of the time spent asleep compared to the amount of time spent in bed; decreased sleep efficiency in the MS group was associated with increased reports of tiredness, fatigue and lack of energy.

What does it mean?

The results suggest that people with MS are more sensitive to the consequences of reduced sleep efficiency. Measures to increase sleep efficiency in MS could improve daytime fatigue, regardless of whether underlying sleep disorders are present. The observation of reduced sleep efficiency in people with MS highlights the importance of considering sleep disorders as a cause of fatigue.

Solution for sudoku puzzle
(on page 6)

1	4	6	2	9	8	3	5	7
3	9	5	6	1	7	8	2	4
2	7	8	3	4	5	6	9	1
4	1	2	5	6	3	7	8	9
7	5	9	1	8	4	2	3	6
6	8	3	7	2	9	4	1	5
8	2	1	9	7	6	5	4	3
9	3	7	4	5	2	1	6	8
5	6	4	8	3	1	9	7	2

Solution for crossword puzzle
(on page 11)

1	S	T	R	I	D	E	N	T	5	P	I	N	T			
W		E		I		O						N		R		
8	E	S	S	E	X	9	R	E	10	G	A	T	T	A		
A		T		I		W		L		E				I		
11	T	A	F	F	E	T	A		12	A	A	R	O	N		
			U					Y		D				E		
13	C	A	L	I	14	C	O		15	B	E	A	16	V	E	R
O					R			17	B							
18	M	O	O	S	E			20	I	N	F	A	N	T	22	S
I			M		A			K		I		T				C
23	C	H	E	Z	M	O	I			24	L	U	N	A	R	
A			N					N		C		E				E
25	L	O	S	T				26	H	I	G	H	B	R	O	W



MS treatments cost effective, says Risk Sharing Scheme

Beta interferon (Avonex, Betaferon and Rebif) and glatiramer acetate (Copaxone) are cost effective treatments for relapsing MS, according to the MS Risk Sharing Scheme's (RSS) six year results, released 2/4/15.

These treatments slow disease progression by between 24-40% compared to natural course of history.

What is the RSS?

The RSS was set up in 2002 to collect additional evidence on the treatments and provide access to them at a price deemed cost-effective to the Department of Health.

It has enabled 18,000 people with MS to access treatments on the NHS that otherwise would have been denied to them. Continued NHS provision crucial.

Nick Rijke, Executive Director of Policy and Research at the MS Society, said:

“By slowing disease progression, these treatments have enabled thousands of people with MS across the UK to take greater control of their condition and their lives. It's crucial that the treatments continue to be provided on the NHS once the scheme stops collecting data in summer 2015.”

“However, despite the proven efficacy of disease modifying treatments, six out of ten people with relapsing MS are not currently taking one. This has to change! The MS Society calls on policymakers to improve access to all DMTs and ensure that everyone with MS has access to the right treatment at the right time, no matter where they live.”

WHO'S WHO

Chairperson	Melva Steckles 01748 812751	melva31@btinternet.com
Vice Chair & Social Secretary	Chrissie Grimston 01609 258147	christinegrimston@gmail.com
Secretary & Membership	Ann Whitewick 01609 770209	annwhitewick@btinternet.com
Treasurer (Temp)	Doris Watson 01677 424455	jw@jwtc.freeseve.co.uk
Strategic Support & Hambleton Group	Doris Watson	
Dales Support Group	Gill Elkins 01969 625202 Janet Chester 01969 622138	gillelkins@supanet.com janet_chester@tiscali.co.uk
Dales Support Group Luncheon Programme	Chrissie Grimston (with Avril Bunch)	
Support Lead	Val Heath 01969 625697	dvalreid@aol.com
Support Help Desk	Ann Headland 01609 775043	
Support Information / carers	Helmut Pohl 01609 748075	hp@hapohl.idps.co.uk
Volunteer Recruitment	Felicity Thomas 01969 640404	felicity001@btinternet.com
Campaign Team	Melva Steckles Chrissie Grimston Felicity Thomas	
Fundraising	Greta Lidster 01609 881625 Chrissie Grimston	greta.lidster@btinternet.com
Newsletter Distribution	Gill Elkins	
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		www.hambletonandrichmondshiremsbranch.co.uk
Health & Safety	Janet Chester - Events Chrissie Grimston - Branch Meetings Helmut Pohl - NHS Physio Groups	
Honorary Members	Margaret Lister Robert Adamson	

What's Happening

May 2015

5th Tuesday
Physio - Leyburn - 10.45am

6th Wednesday
Physio - Colburn - 11.15am

13th Wednesday
Physio - Brompton - 10.45am
Physio - Thirsk - 1.00pm

14th Thursday
Dales Lunch - 12pm
@ The Kings Head, Masham,
HG4 4EF

15th Friday
Annual Meeting - 2pm
@ Allerton Court Hotel, N'ton

19th Tuesday
Physio - Leyburn - 10.45am

20th Wednesday
Physio - Colburn - 11.15am

27th Wednesday
Physio - Brompton - 10.45am
Physio - Thirsk - 1.00pm

28th Thursday
Hambleton coffee/lunch - 11am
@ The Watermill, Carlton Minniott
Thirsk

June 2015

2nd Tuesday
Physio - Leyburn - 10.45am

3rd Wednesday
Physio - Colburn - 11.15am

10th Wednesday
Physio - Brompton - 10.45am
Physio - Thirsk - 1.00pm

11th Thursday
Dales Lunch - 12pm
@ The Queens Head, Finghall,
DL8 5ND

16th Tuesday
Physio - Leyburn - 10.45am

17th Wednesday
Physio - Colburn - 11.15am

24th Wednesday
Physio - Brompton - 10.45am
Physio - Thirsk - 1.00pm

25th Thursday
Hambleton coffee/lunch - 11am
@ Strikes Garden Centre, N'ton