

MARCH 2020

REVIVE MS SUPPORT NEWS

THE MONTHLY NEWSLETTER OF YOUR LOCAL MS CHARITY

**Newest
member
of the
Revive
team!**



Welcome!

Have you
heard we're
organising our
first ever
National
Conference?

Make sure you
don't miss
out!

Details inside.

Revive MS Support are delighted to name European 1500 metre champion, Laura Muir as our first sporting Charity Ambassador.

"I have seen first-hand the difference Revive makes to the lives of people with MS as well as their carers," Laura said. *"From gym-based activities to the oxygen chamber, the centre constantly aims to provide holistic, innovative and outcomes-focused care packages for its clients."*

Laura, has already won five indoor and outdoor European gold medals, and is hoping to fulfil her goal of securing a place on the Olympic podium in Tokyo later in 2020.

Revive CEO, Iain Morrison said. *"Last year, we supported over 2000 people affected by MS. Much of the work that our physiotherapy team does centres on exercise and mobility, so it is fitting that Laura is becoming our Ambassador. "*

To help us raise much-needed funds, Laura has donated signed photos that fans can purchase via a small donation on our website.



National Conference

Monday 27th April 2020, 9.30am – 4.00pm
at the Crowne Plaza Hotel, Glasgow

Come along to our first ever conference! The event will take place on Monday 27 April at the Crowne Plaza Hotel from 9.30am to 4.00pm and will feature a range of speakers including the team from the Anne Rowling Regenerative Clinic about updates on research. Other topics discussed on the day will include DMTs, fatigue management, cognition, nutrition and mental health. There will also be stalls and interactive workshops. Tickets are £10 to attend which will include lunch & refreshments. **Tickets from www.revive-conference.eventbrite.co.uk**

Did you know that Tom Hunter will donate a further 50% to your chosen charity with this year's Kiltwalk events?

Check out our website for more information

New Building Works at Revive



"More than 50% of those who come in to Revive have regular falls (even people in wheelchairs). We were therefore delighted to welcome June Devlin of the Hospital Saturday Fund this month, who presented us with £6,000 towards creating a new physiotherapy suite and link to our multi-surface Walkway.

This will support new physio services focused on improving walking, reducing falls and preventing fractures. Special thanks to Joe, Bill and Derek who did the modelling for the application and follow-up. A great team effort!"



A Word From Our North Coast 500 Team

We did it! Participants in the Friday morning exercise class hit our target of cycling 500 Miles in our virtual tour around Scotland. Thanks to Jen and Grace who made an annotated map, for us to chart our weekly progress around the route. It was Laura's idea to undertake this challenge and we all really enjoyed taking part, using the cycle machines in Revive's gym. Age was no restriction - Irene, an octogenarian, covered many miles and raised £161 from kind carers and friends. We got some help from others in the afternoon class too! Laura, 2 Annes, 3 Davids, Jean, Craig, Irene, Roz and Fiona all wish to say a huge **THANK YOU** to everyone who generously sponsored us. In total we raised **£1,469** well above what we had hoped for.



Coming Soon!

We are looking for businesses to take part in our upcoming £50 Challenge sponsored by Cochran Dickie. How it works: we give you and your team £50 and you have to use it to raise as much cash as possible within 50 days! Contact Cara for more info!



Save the date!!

This year, for the first time in fourteen years we will be changing the date of our annual Ladies Lunch! There is a month-long Climate Event happening over our usual time, so our new date this year will be Sunday 22 November!

Staff Changes at Revive



Please welcome our newest staff member, Elle Livingston (left), who is our new Receptionist working on the Modern Apprenticeship Programme. But don't worry! Roksana hasn't left us, she's just moved to a new role as our Finance & Fundraising Admin Assistant.



Sunshine Ball

On Friday 8th May 2020
Glasgow's Crowne Plaza Hotel

Revive MS Support will be rolling out the red carpet for our 3rd Annual Sunshine Ball hosted by the multi-talented Comedian and Presenter, *Des Clarke*.

Rock the night with The 'fantastic' EN-125 Band, preceded by a Sparkling Reception and sumptuous 3 course meal (including ½ bottle of wine per guest).

Be part of "the biggest night in our social calendar", supporting our critical work with people affected by MS.

Tickets are only £55.00 ("Early Bird" until 16th April then £60.00)
Book now at www.revivemssupport.org.uk/sunshineball2020
E-mail: caroline@revivemssupport.org.uk or call 0141 945 3344

Revive MS Support is a charity dedicated to the support of everyone living with Multiple Sclerosis across the West of Scotland in order to enhance their well-being and empower them to live full and productive lives. For more information about our work, go to www.revivemssupport.org.uk

If you would like to be an event sponsor, donate a prize, or volunteer on the day, please get in touch with our Fundraising Manager Caroline on caroline@revivemssupport.org.uk



A Scottish Charity
SC022886

We're delighted to have the fabulous EN-125 Big Band join us this year who did their own fundraising event for us last year, which was amazing!

Early bird runs out on Thursday 16 April, so make sure to get your tickets soon!



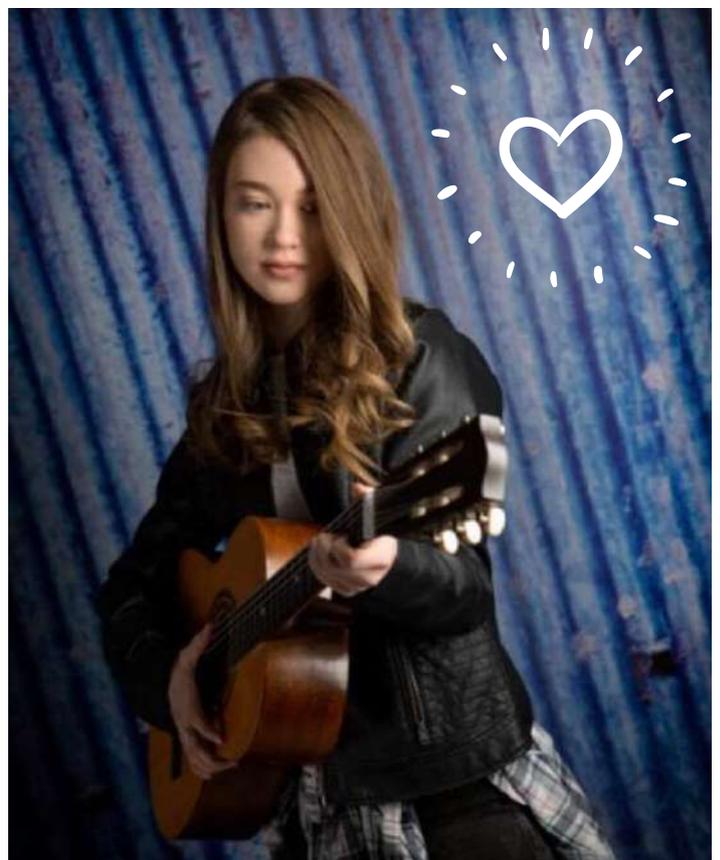
Educational Event Success

Our recent educational event for men was a great success, with a fantastic turn-out. Dr Maitra was able to talk to individuals on a one-to-one basis and those who were involved, have now been able to access medication or support as a result of attending the meeting. Andrew Kwong has also offered to come back to Revive to meet people one-to-one or at his clinic. If you are a man and would like to be referred to see Andrew to discuss continence or sexual dysfunction, then please talk to our MS Nurse, Moira, who would be happy to facilitate that.

We're delighted that our first Prosecco Afternoon Tea Party of 2020 is a sell-out, and that joining the entertainment on the day will be our own volunteer Abbie Sloey! Don't worry if you missed out on tickets this time, our Prosecco Committee have plans underway for Party No 2!



There have been some new faces in the cafe recently, as Marie and Marion have joined our volunteer team. **However, we are still looking for help on a Thursday and Friday.** Please get in touch if you have time to spare and can make a regular commitment.



REVIVE TRUSTEE

ALAN RUSSELL



Alan, aged 53, became a Trustee on the Board of Revive in November 2017. (Our board is made up of a group of volunteers who bring a range of skills and interests that form a vital part of the governance of the organisation.) He was diagnosed with Primary Progressive MS in April 2016. When he first started using Revive, we were still based in Maryhill, so he is able to see the transformation that we undertook in moving to our new home in Govan.

"I'm really impressed with the genuine compassion shown by every single member of staff at Revive. Very taken by how fast the response is and how detailed the service is to every "individual " as I know we are all different!"

When Alan was initially diagnosed, he received great assistance and support from our Welfare Adviser, Alan Steven, and Moira, our MS Nurse. He now uses the centre regularly for Chiropody with Stacey, as well as having interesting and informative chats with Kevin, Jacqui and Caroline!

" I'm very excited by potential future developments such as those recently highlighted by Margaret at the Board, for example the extension of ARMSS, our virtual clinic. Revive is a hidden gem that is slowly being uncovered by many with MS and, just as importantly, their friends and families. I'm really excited that Revive is shaped and influenced by clients and that has got to continue to grow for the benefit to all!"

The winning numbers for February:



1: 003

2: 386

3: 487



Congratulations to all our lucky winners! Join the 500 Club today for only £5 per month. Contact Cara for more info.



traveltek™

"Traveltek chose Revive as its nominated charity for 2020, as the services and support they provide make a real difference to the quality of life people living with MS. Traveltek wants to contribute to the continued growth and delivery of this invaluable service".

KILIMANJARO

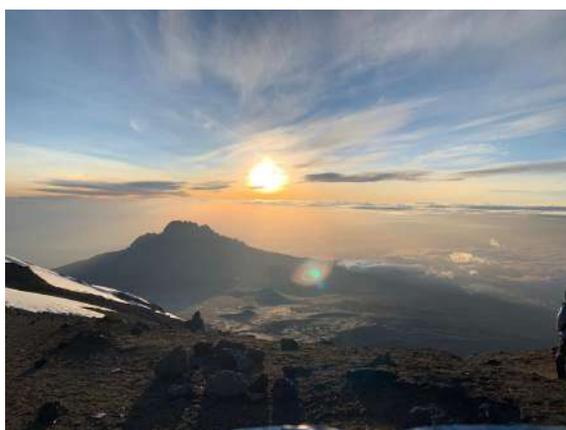
Over the last few years supporter Cheryl Anson has had some worrying experiences with her health that has taught her to not only look after herself but to do things outside of her comfort zone, never taking for granted the full use of her body and mind! Last year Cheryl's ambition was to become a qualified yoga teacher, which she achieved, and she decided that her 2020 challenge should be to climb the highest mountain in Africa!

Cheryl funded the entire trip herself, but wanted to help raise money for a charity on the way, and her good friend Julie has been attending Revive regularly for over 2 years, so she chose Revive as she has seen how much Julie benefits from our services.

Just over a month ago, through a very emotional and physical journey, Cheryl made it to the summit of Kilimanjaro at 5895m!

"It was really tough getting there, and was a struggle at times, but I felt that every ounce of pain was worth it, though I don't think I'd choose to do it again!"

Cheryl managed to raise a massive **£3,110.69** which totally surpassed her expectations! We want to thank Cheryl very much for all her amazing determination to see the challenge through, and her hard work raising vital funds!



The Top!!

COMING SOON TO REVIVE

We're delighted that March is kicking off with a sold-out Prosecco Afternoon Tea! But don't worry if you've missed this one, we'll be holding another one in June! This is just a wee glimpse of what the charity has going on, please check out our website for further details and how to buy tickets. Make sure to catch your early bird rate for this year's Sunshine Ball! For more info please contact **caroline @revivemssupport.org.uk**



Our next quiz is taking place on Saturday 28 March from 1pm - 3pm at the Revive Centre. We're looking for Teams of 4, and it's £5/person. To book your place, please contact liampriest@hotmail.com



Revive is holding it's first ever conference on Monday 27 April at the Crowne Plaza. For more information check out our website, or go to www.revive-conference.eventbrite.co.uk



Reserve your tickets now! Our Sunshine Ball will be on Friday 8 May at the Crowne Plaza, hosted by the talented Des Clarke and featuring the 18-piece EN-125 Big Band!



Our Annual Golf Day will take place on Thursday 20 August at the beautiful Douglas Park Golf Club! Registration is now open! Just £250 per team of 4, mixed teams welcome.



This year's Zipslide over the Clyde event is on Sunday 6 September down at Pacific Quay! Registration Packs are available at Reception and on our website. Please talk to Caroline to secure your place.



Looking to set yourself a personal challenge? Join in our sponsored 1 Mile Challenge this September at the Linwood ON-X Sports Centre. Date still to be confirmed and packs coming soon!