

Welcome to the Autumn newsletter! We have lots going on so read on and remember to book your attendance with Elaine. If in the future you would like to receive your newsletter by email just let Carol know, (help to keep our costs down).  
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M.S.T.G. Autumn Newsletter  
2015  
Reg. Charity No. 1111565

**Up-coming events**

Soul Bites Nite: 17<sup>th</sup> October 2015- In aid of the M.S.T.G. - £11.95 - @ the Westcliff Hotel, Call Tony for tickets on 01268 784020, or the Westcliff Hotel on 01702 345247. Also available on Thursday mornings at the group from Lynette Moore. For every ticket sold £5 is donated to the M.S.T.G.



Halloween Cake Sale: 29<sup>th</sup> October 2015 @ the M.S.T.G. – Please help by bringing in lots of scary treats to sell and raise funds!



Christmas Craft Fayre: 10<sup>th</sup> December 2015 @ the M.S.T.G – Your normal M.S.T.G. with added festive cheer and christmas treats.



Dinner Dance: Friday 5<sup>th</sup> February 2016 – Back at Friern Manor by popular request. Ticket price £50.00

A planned talk by a consultant is on the agenda shortly.  
And a planned talk by an Occupational Therapist.



**Closure Dates:**

Thursday 22<sup>nd</sup> October as the T.A. Centre is in use

Thursday 3<sup>rd</sup> December as the T.A. Centre is in use

Christmas Closures: 17<sup>th</sup> Dec, 24<sup>th</sup> Dec and 31<sup>st</sup> Dec 2015 (Reopens on 7<sup>th</sup> Jan 16)

**CLOSURE**

**What's been happening?**

**Dinner Dance 2016**

...Friday **February 5<sup>th</sup> 2016** – and we are delighted to advise you that the ticket will remain at £50 inclusive of a 3 course meal, music and ALL drinks!

**Friern Manor by popular demand!**



**M.S.T.G.**

Remember the M.S.T.G. survives because of your attendance. So if it's been a while since we have seen you we would welcome your return. We will do our best to help you with your exercise routine and our personal trainers have developed balance & exercise techniques to help improve mobility. We are delighted to report that our patients tells us they find coming to the group very beneficial.

Big get well wishes:

To Vicky Calder and to Tom McQuade



T H A N K Y O U

Thank-you to ...

Team 'Smith' well mainly Kim, twin sister of our Keiron and daughter of Anne who held a fund raising night at their local Indian Restaurant raising £400 for the M.S.T.G. and a further £380 towards research. We have donated this to Professor Giavonnoni and his team.

All those who organised and helped with the Summer BBQ on a particularly warm day, Tina and Patsy and Carol Toms for all their hard work and organising, our DJ Tony who gave his services for free, Adam and team for all the wonderful cooking, Phil for his 'Green Fingered' ability (plants still doing well!!) and all those who ran stalls, helped to set up/ clear away etc, it is really appreciated and raised £2010-83.

As you know the M.S.T.G. teaches exercise techniques, runs group classes and individual sessions of physio based stretching but did you also know that staff can advise on positioning, moving and posture? If any of this is of interest, come along and see for yourself. We promise not to bite on your 1<sup>st</sup> week!

We know how important DAILY exercise is to acute and chronic conditions but proof is always an incentive so we decided to run a trial. Initially it was to run for a month with timed walking at the beginning and end. This over ran due to holidays booked etc., to six weeks.

The PLAN was a daily exercise routine, explained and demonstrated at the group and backed written detail.

The OUTCOME was to measure daily activity against possible improvement in walking and balance. The RESULT was the eight patients on trial ALL improved on their walking and balance. The average walk was reduced by 40% with a significant reduction by ALL. A great achievement!

Patient Comments:

"Motivation slow at first but ended up enjoying the exercise and delighted with the result"

"Hard going but worth the effort"

"Definitely felt my balance improved"

"It's a no brainer"



Exercise tip:

Exercise in front of a mirror or reflective surface so you can see your posture, this way you can see if you are keeping your posture straight and correct where needed.

