



NEWS

January 2018

INTRODUCING MS POSITIVE

Britain's newest multiple sclerosis charity, MS Positive, has started work with an ambitious programme of fundraising events and fitness classes.

Your life has changed and it will never be the same, but a continuing positive outlook can only be beneficial to you and your family.

Doors in life close and of course we love what we have left behind, but MS Positive will help you find the tools to accept your new life. Open and honest communication with your family about the disease helps you and them accept your new situation.

MS Positive launched in October with twenty-five volunteers scaling the peaks of Mount Etna in Sicily and raising over £80,000 in the process.



Then in November, MS Positive held its UK launch with nearly two dozen people attending free pilates and Thai Chi classes in Golders Green, tailored to the specific needs of those with MS. A number of trial fitness classes have been held since, with a full programme now started (see www.mspositive.co.uk for details).

The charity is the inspiration of North London mother of two, Toni Krok, who was diagnosed with MS ten years ago. Toni wants to give anyone affected by MS the opportunity to live positively building on her personal experience. 'I am very appreciative of the outstanding work of existing charities such as the MS Society, but I believe that there is a need for more bespoke support for individuals, their families and in particular children.'

Other plans include the launch in the Spring of a helpline, to provide peer-to-peer non-medical advice and support to those with MS and a programme of small grants to help individuals and organisations working with people with MS. In the longer term, Toni and her fellow Trustees hope to be able to purchase a building to house all its support services.

FORTHCOMING EVENTS

Starting Monday 15th January, 2-3pm: **Weekly Pilates Classes**

Starting Friday 12th January, 1-2pm: **Weekly Thai Chi Classes**

Sunday 4th February Join us for Fundraising **Spin-a-thon**

Wednesday 20th June **Golf Day**

Please check our website, www.mspositive.co.uk for further details and to book your place

AN EXPLOSIVE START

Toni Krok gave MS Positive a really explosive start, raising in excess of £80,000 by successfully conquering Mount Etna – Europe’s highest active volcano.

Together with her husband Dovi, and 25 friends and supporters, Toni climbed over a kilometre in height, crossing two fresh lava fields, to make it to Etna’s 3,345m summit, before running down over 400 metres of loose rock and scree.

The group walked over 60km in just three days, ascending 2km in total, to raise considerably more than double their original fundraising target. Further donations can still be made via our website, mspositive.co.uk, where you can read more about MS Positive’s activities.

Toni says: “MS affects everyone differently. We have good days and bad days and we can’t control that. But what we can control is how we respond to what we are going through.

“As Sir Edmund Hillary said: “it is not the mountain that we conquer, but ourselves”. Being alone with my thoughts as I climbed I found a peacefulness with myself and with my diagnosis and my life. Staying positive is what MS Positive is all about. Climbing Etna was about showing what we can do when we put our minds to it. That’s why we are calling MS Positive, “the MS charity with the can-do attitude”.

Editorial: Toni writes...

The last few weeks have been awesome.

Walking up a live volcano, climbing the equivalent of Ben Nevis, well that was an amazing feeling, to know I could (still) do it. But it was our first training session in the back streets of Golders Green that really set my soul on fire. Because that’s when raising money turned into really helping people. It was a dream come true.

It’s a weird thought but I’m a bit like a parasite: I’m feeding my soul off other people’s woes, the only difference being that my woes are no different. Whilst sitting in the studio it dawned on me that each and every person with this disease has the same thought: “I can’t do what I used to do. It makes me mad.”

But the lesson I am learning every day is so what if I can’t do everything that I used to do? With determination and pride I can still do something and if we all keep trying we can make a real difference to ours and other people’s lives. I know MS is frustrating but that’s life – we need to do the best with what we have. I used to run up and down the tennis court like a possessed person, now if I manage 5 good shots I feel like Boris Becker. And that’s the feeling I want to share, through MS Positive with everyone with MS. Because I tell you, I’m doing just fine, and so can you.



MS POSITIVE PRESENTS...

Charity Golf Day

Wednesday 20th June 2018

Hampstead Golf Club,
82 Winnington Road, London, N2 OUT

Shotgun Start,
1pm

Contact janine@mspositive.co.uk for bookings or queries

WHAT TO LEARN MORE/GET INVOLVED IN MS POSITIVE?

Contact Janine on janine@mspositive.co.uk

Register at our website www.mspositive.co.uk

 <https://www.facebook.com/mspositivecharity/>

 Follow us on Twitter @MSPositiveCT