



Mid Down MS Support Group

Joining hands in the fight against MS

Minutes of the Mid Down MS Support Group AGM held on 18 October 2016

Present:

Ronan McCabe-Vice Chair (Deputising for the chairman)
Josie Byrne (Secretary)
Gerry Killen, Asst Secretary
Deborah Turley Treasurer.
Jennifer Tiplady , Chair
Mary Killen, Laura Byrne, Committee Members
Group members

1. Chairman's Address – Stephen Savage

As The Chair was unable to attend the meeting he had forwarded a written report for Ronan to read out.(copy attached)

Ronan thanked Stephen for all his hard work

2. Apologies

Stephen Savage, Una O,Kane. Ursula McCabe, A Mc Mullan,Dolaires Magee.

3. Minutes of previous meeting

Minutes of previous meeting held on 28 Oct 2015 were agreed as a true record subject to an amendment to include Jennifer Tiplady as a committee member under item 6. Proposed by J Tiplady and seconded by Kenny Starbuck.

4. Secretary's Report – Josie Byrne

The Secretary reported that the Group membership continues to grow every year with the current membership of 90. New members come to the group via word of mouth and also advertisements/articles in local papers.

She recalled the key fundraising events organised by the Group including a Pidgeon auction organized by the Telford family which raised £4,450,a Ceili organized by the Parr family which raised £500 and a mud run by Rachael McGuigan which raised £1,140thanked members for their support.

She advised that she continues to provide practical information and support to members and their families both by telephone and in person.

The advertisement in the East Down Advertiser has helped to raise awareness of the group

The secretary provided an update on the services provided and emphasized the importance of the exercise class which continues to provide significant benefits to the small number of members who attend.

The Wednesday Group continues to meet in Ballynahinch on the 1st Wednesday of the month and is now an important forum for members to share information and discuss treatments etc. The meeting in Downpatrick on the 3rd Wednesday stopped in June due to the small numbers attending.

She informed members that the Christmas lunch is being held on Sat 3rd December in Frenchies in Clough. Menus and further details will be issued early in November.

She thanked the Chair, Treasurer and Gerry Killen for their support throughout the year.

.The Secretary finished her report by outlining the changes in DLA payments with the introduction of PIPs. She has assisted a number of members in completing the incapacity forms and will continue to provide information and advice to members in the coming months.

5 Treasurer's Report – Deborah Turley

The Treasurer circulated a copy of the finance report and thanked Paul Ferris for once again auditing the accounts.

She highlighted the key income and expenditure and stated that there was a net surplus of income over expenditure of £4,449 compared to the surplus last year of £19,654.

The main difference in this was due to a legacy of £20 k which had been received

The main areas to note in this years accounts related to a).Income. She referred to the 3 main fundraising events, namely the night at the races, £2400, Afternoon Tea, £1150 and the Golf day which raised £1795.

b)Expenditure The donation of £3,000 to research in QUB was the main difference in expenditure

At 30/09/2017 the balance in the groups savings account was £74,132 which is a healthy balance.

She concluded by thanking everyone who organised fundraising events throughout the year and donated money to the Group.

6 Election of Officers

Chairman – Stephen Savage proposed by Jennifer Tiplady, seconded by M Killen

Vice Chairman – Ronan McCabe proposed by Gerry Killen, seconded by Jennifer Tiplady

Honorary Secretary – Josie Byrne proposed by Jennifer Tiplady, seconded by Kieran Killen

Honorary Treasurer – Deborah Turley proposed by Mary Killen, seconded by Hugh Coffey

Assistant Secretary – Gerry Killen proposed by Josie Byrne seconded by Deborah Turley

Committee members – Michelle Doyle, Laura Byrne, Dolores Magee, Mary Killen, Clare Waring, Jennifer Tiplady – proposed by Josie Byrne, seconded by Kenny Starbuck

7 AOB

Research

It was proposed by J Redmond that the donation to research to QUB be increased to £5,000. This was seconded by J Byrne and unanimously passed.

Complimentary Therapy

It was agreed that the cost of members contribution to complimentary therapy be increased from £27 to £30 per session

This was proposed by M Killen and seconded by J Byrne

MS Nurses

K Starbuck informed the meeting that the SET had appointed 2 MS nurses and clinics were being held in the Ulster and Ards hospitals.

It was agreed that the group would continue to lobby to get clinics held in the Downe hospital

The Chair thanked everyone for attending and called the meeting to a close.

The meeting was followed by presentations from Dr Sue Mun Tsang, Specialist Clinical Psychologist on Cognitive Behavioural Therapy and Jimmy Smyth on Mindfulness/meditation

Message from the Chair:

I'm sorry I cannot be with you at our AGM and I send you all my sincere apologies. Our Vice-Chairperson, Ronan, will be standing in for me. I know he doesn't have my charm and good looks but he is the best we could find at such short notice!!

Sorry Ronan!

Thank you to all our members who have supported the various events held throughout the year and to the committee members for making my job look easy. I would especially like to thank Josie for all her commitment and time she has so generously given to the running of the Mid Down MS Support Group from its inception. Thanks also to Deborah for giving up time to look after the accounts and finances.

This group would not survive without the assistance of all committee members past and present and I would like thank them for all their dedication.

I would also like to thank all members and the friend/family of members who raised money for the group this year. I would especially like to thank Gerry Killen for making our group his nominated charity during his year as Captain of St. Patrick's Golf Club. A special thanks should also go to Rachel McGuigan and her wedding party for raising money for us during her hen weekend, plus Balmoral Golf Club through Liz Cunningham (Lady Captain) and Denis Power (Captain) for holding a captains charity day for us in September.

If re-elected this year, I hope to raise further the need for an MS Nurse in our area either on a part-time or full time basis, because like so many of you, I suffer from MS and I know what it's like to not be able to get in contact with the MS Nurses when we need them most.

I know what it's like when you cannot commit to things or cancel plans at short notice because of health reasons. The aim of the group is to help our members with MS and give them the courage to talk about their symptoms, be open to friends and family so they can understand that looking well does not necessarily mean you are feeling well. Our health is our wealth and I wish everyone good health in the months and years ahead.

I thank you all for attending and I look forward to speaking to you at the Christmas luncheon.

Stephen Savage

