

Disability Assistance Dog Meg can carry the laundry, open the door, fetch the TV remote, and help the Williams get a life

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Meg has transformed my stay-at-home existence and helped me get out and about again. She has given me so much confidence. I don't go anywhere without Meg. Doing things with her is a blissful experience.

Out in the streets, Meg makes sure I never falter. To help me cross the road, she has been trained to stand up on her hind legs and press

the button with a paw at pelican crossings. Back home, Meg's special training has given her skills which can compete with any paid domestic help. When the cordless phone rings, she goes to fetch it and bring it to me wherever I am. Meg also fetches the TV remote control, picks up the post and can open doors by pulling a cord.

Meg had been trained to empty the washing machine so I don't have to stoop down.



Reach for the Skies



Sylvia Brown goes skydiving

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By the age of 24 my mobility began to visibly deteriorate. I could no longer hide the MS. So I decided to tell the world by jumping out of an aeroplane at 13,000 ft!

My tandem skydive made front page news and raised £2000 for MS charities. Everyone said I was really brave but to me brave was

getting up in the morning and facing the world with MS.

Looking back, I see my skydive as a turning point. The response I got from the people in Sheffield gave me the hope and courage to fight on.

Six months after my jump, I found myself wheelchair-bound and in free-fall decline. It was then that I knew I had to start taking control of MS myself.

I logged on to the internet and started keying in with people with MS from all over the world. It was wonderful, suddenly I was no longer alone! Immediately I started changing my life.

I went to see a good nutrition consultant. We came up with a wheat-free, dairy-free, sugar-free dietary programme together with supplements to try to stabilise my progressive condition. I felt like I had nothing to lose by trying and only my life to gain.

The skydive led me to find Mr Right. Well, Mr Wright, actually. Through the skydive contacts, I met Steve Wright, who runs 'Fair Price Mobility.' This was the start of a beautiful romance.

Having found my own ways of living with MS I am now helping to run the Group for Young MSers in Sheffield. Our message is that you don't have to be a victim to MS. There really is so much you can do to help yourself. Do whatever it takes and never give up!