

BARNSELEY Gazette

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Friday 19th July, 2002

OVER THE EDGE



Sylvie Brown, 28, who has MS and runs GYMS, a Self-Help Group for Young People with Multiple Sclerosis in the S.Yorks & Trent Region, plans to Abseil off Hotel Bristol to raise money for the Group, despite her severe difficulties just Walking!!!

The Abseil will take place on Sunday the 21st of July and all money raised will go to the Multiple Sclerosis Resource Centre (MSRC), the Charity which sponsors her Group, and Help People with MS to Help Themselves.

"Yes, I really am going over the Edge", says Sylvie. "I really want to do this even though I have no idea what will happen. With my legs who knows but I am not about to let MS or the disability I have, stop me from trying! People often think MS means that you have to stop Living Life to the Full, well I'm to prove otherwise..."

"Groups like GYMS and the MSRC are so important in letting people know that THEY HAVE A CHOICE AND DO NOT HAVE TO BE A VICTIM TO MS THEY CAN BE THE VICTOR. I paid a heavy price with MS through LACK OF AWARENESS about lifestyle changes I could make such as Diet, Nutrition, Exercise, Attitude etc. etc., which ARE HELPING PEOPLE WITH MS TO STABILISE THEIR OWN CONDITION. There are many answers out there but it's up to each individual to search them out. What works for one may not work for another but the important thing is that there are many complimentary therapies and dietary changes, which are working for many many people with MS. I want to shout this message to others with MS and that's part of the reason why I'm going to climb off the top of the Bristol Hotel, not only to raise funds but also to Raise Awareness".

Nicola Gilbert, Chi Machine Export, who herself has recovered from the symptoms of MS will be Abseiling off Hotel Bristol on the 21st of July along with her 19 year old son Peter, a student, Gillian Graham and Chris Wilson, Upperthorpe swimming pool attendants and others.

To sponsor Sylvie please make donations payable to 'MSRC' and send them to 16 Burlington Court, Sheffield, S6 3EX. To participate in this Event and raise money in sponsorship yourself please phone Sylvie on 0114 272 6619 to register asap.

RADNCLIFFE