

Own Your Every Daily Triumph

Dear New Pathways,
Having just hit a rough patch I am re-reminded of exactly where I have come from and how much progress I have made in the right direction (improvements).

Just at present I am struggling a lot more to walk and at times I have difficulty getting my (silly) left leg to move. It may be the change in temperature with the coming of the Autumn, or a bug, or a culmination of things. We never know for sure do we!

The reason I mention all this is because of the determination I have found within this time to accept and face this relapse. By accepting the struggle somehow it can't get to you quite as much.

And this relapse has made me realise a few things. It has reminded me of what MS can do to make what was a simple task into real arduous, exhausting and overwhelming ordeal. With any relapse or progression of this illness the whole ball game changes overnight doesn't it and that can be very de-motivating.

But I say turn it all around, remain resolute and still aim to do the achievable even though just the thought of it may

be exhausting and you may feel somewhat pathetic (as compared to what you used to be able to do).

My point I guess is that it really is all RELATIVE. For instance this week I choose to go swimming even though I needed a lot of help getting into the pool.

The other week I was complaining that I was tired after doing 20 lengths of a 30m pool and yet now that seems just plain remarkable. How foolish of me to belittle my achievement at that time.

So this week I could have thought, goodness no, I can't go, I'll not be able to swim hardly at all and just end up exhausted for the rest of the day. But instead I chose to make it my MISSION to go, irrespective of the consequences (the struggle and the mind-numbing fatigue!).

In my mind I decided to look at accomplishing this trip as a SUCCESS and anything else I accomplished that day as a bonus. And yes I was shattered but hey I DID IT! I didn't fall into the trap of comparing myself to the other week and simply giving up as a result!

So it doesn't matter how small your challenge for the day is, BE

PROUD of your accomplishment, feel good about every step, every attempt to stand, every shaky attempt to lift that spoon to your mouth. It may be nothing to someone else but you know what a huge deal it is for you! Remember it is your SUCCESS and NO ONE ELSE'S so OWN IT.

It struck me that many people don't feel motivated to get to physio, or try swimming, or to simply get out of the house, because they are always focusing on WHAT WAS. TRY FOCUSING INSTEAD ON WHAT IS. Tomorrow is another day and who is to say what that day will bring.

You may be surprised at just how much you do accomplish as your CONFIDENCE and SELF-ESTEEM build! Persistence has a funny way of paying in the end.

As for me, well today my legs feel a little bit better and I feel good about my accomplishment yesterday too . . . so ONWARDS IT IS, secure in the knowledge that I AM DOING MY BEST AND THAT'S ENOUGH FOR ME!

Best wishes,

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Fundraising

By Lawrence Wood, Chief Executive of the MSRC

You Win, We Win!

Once again, I would like to ask for your help in raising funds for the MSRC. As you know, we have been walking a financial tight rope for some time and although we are working hard to redress the situation, we are by no means out of the woods yet.

With fundraising, we never want to make anyone feel that they need to raise money in order to receive support. So we have come up with ways where both of us gain.

You Shop, We Gain

On our website, there is a section called **You Shop, We Gain**. Through this, you can get on to the websites of many of your favourite stores, such as John Lewis, Dixons, Argos and Littlewoods. If you then buy something from that website, the MSRC gets a percentage – as much as 30% in some cases.

It doesn't cost you a penny more to access these websites via the MSRC than by going there directly. But it does raise much-needed funds for us.

With Christmas almost here, just think. You can buy all your presents – things like books,

CDs, videos and DVDs, electrical goods, computers, clothing, wines and so on – and help us in the process. (See p43)

Project Oscar

Project Oscar saves you money on telephone calls, while also raising money for us as we get a percentage of all call charges. You don't have to change your telephone number – just use your ordinary BT line. Give us a call and we will do the rest.

