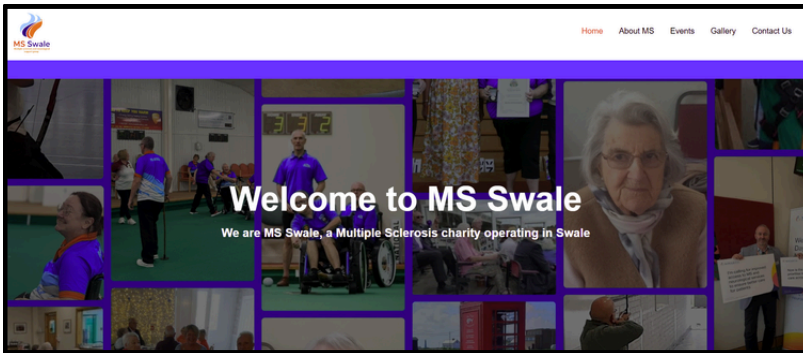


## Welcome to our New Website



In October 2025, we approached all of the local secondary schools to ask if any of their students might be able help with an overhaul of the MS Swale website.

Highsted Grammar School were quick to respond and said that this project would be very suitable for the EPQ (Extended Project Qualification). An EPQ is an A-level standard standalone qualification designed to extend and develop a students' abilities beyond the A-level syllabus and prepare for university or their future career.

Helena, a Highsted student in Year 12 who is interested in a future in IT, seized the opportunity with enthusiasm and over the past 5 months has been working hard on the project to create us a new website in response to our brief and ongoing feedback. She worked with great commitment and diligence, and the school are as proud of her community consciousness as we, the charity, are delighted with the outcome. Helena has already gone one stage further and volunteered to continue to support MS Swale by maintaining the website as time goes on.

Brenda (Chair) and Pat (Secretary) visited the school recently to see Helena deliver her EPQ presentation and hear how she went about the project. We were delighted to learn that Helena had first researched MS to understand the disease and had developed new skills working on the project. Helena was presented with a book token in thanks for all her hard work.



We are extremely grateful to Helena and the school for their support

[www.msswale.org.uk](http://www.msswale.org.uk)

# Dates For Your Diary

**QUIZ**

**Saturday 16th May**

**7.00 for 7.30pm start**

Swale Indoor Bowls Club,  
Vicarage Road, Milton Regis ME10 2BJ

**£6 per person**  
**£2 reduction to members of SIBC**

Form a team of 6 with your friends

Enjoy a fun quiz with friends &  
raise funds for MS Swale

**Licensed Bar**  
**OWN DRINK NOT PERMITTED**  
**Super Raffle on the night**

Book your place now with Peter Fathers  
Tel: 07890 198663 Or Email: [msswalegroup@gmail.com](mailto:msswalegroup@gmail.com)



  
Registered Charity No: 1178387

**SPRING LUNCH**

**Saturday 9th May**

Woodstock Club, Broadoak Road  
SITTINGBOURNE ME9 8AG

**12.30 for 1.00pm Lunch**  
**£25.00 per person**

**Spring Raffle**  
**Family & Friends welcome**

## Disability Bowls Match



Come and support our Para-bowlers on Sunday 19th April at Ashford Indoor Bowls Club as they play their return match against their bowlers

The match will start at 2pm

### April

- 9th AGM
- 10th Para-bowls
- 11th Archery
- 17th Para-Bowls
- 18th Archery
- 19th **DISABILITY BOWLS MATCH**
- 24th Para-bowls
- 25th Archery

### May

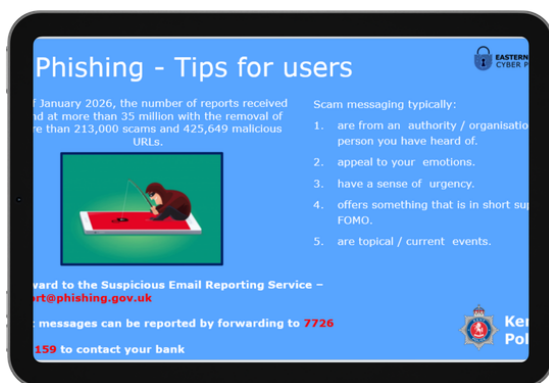
- 1st Para-bowls
- 2nd Archery
- 7th **Monthly Support Meeting**
- 8th Para-bowls
- 9th Archery
- 9th **SPRING LUNCH**
- 15th Para-bowls
- 16th Archery
- 16th **SPRING QUIZ**
- 22nd Para-bowls
- 23rd Archery
- 29th Para-bowls
- 30th Archery

# Monthly Support Meetings

## Cyberfraud Presentation

We are all at risk of being scammed and there are so many different ways that criminals can target us. Kent Police have a specialist team that investigates cyberfraud and we were delighted when they offered to come and speak to members.

So, at our February Support Meeting, we welcomed PC Arran Ostridge who gave a very informative presentation on the different types of scams and how we can minimise the risk of falling prey to a scam.



## Staying Put Service

Staying Put, a Home Improvement Agency run by Swale Borough Council offers advice, support and help to the elderly, the disabled and other vulnerable groups who are owner occupiers or private tenants and need practical assistance to repair, adapt or improve their homes.

Mary, from Swale Council, attended our March meeting to explain the service, the type of help they can offer and the grants that may be available.



## HELP WANTED

Can you help at our Store Collection at the Sittingbourne ASDA store on Tuesday 9<sup>th</sup> June?

Please speak to Peter Fathers



# USEFUL INFORMATION



## Access Card

A photo ID that can be used to easily communicate your access requirements to events and venues. It works online with other platforms like ticketing systems, to unlock the access facilities you need. £15 for 3 years. Get reduced theatre tickets for you and a carer at The Marlowe Theatre Canterbury [www.accesscard.online](http://www.accesscard.online)

## Cinema Card

If you are in receipt of DLA, PIP or Attendance Allowance (AA) then you can purchase a CEA card for £6 per annum, which means that the person accompanying you gets in free, saving you money. Accepted at The Light Cinema, Sittingbourne. [www.ceacard.co.uk](http://www.ceacard.co.uk)



## Carers Card

This national carers card helps support, recognise & reward carers. Your card provides reassurance by including your emergency contact details, whilst unlocking discounts, a wellbeing hub, our Carer Circle tool, and so much more through the app. [www.carerscarduk.co.uk](http://www.carerscarduk.co.uk)



## Free Home Safety Visits

Making sure home is a safe place is important for everyone, especially if you have a long-term health condition or dementia, a young family, are an older person or a smoker. One way to help make your home a safer space is to request a free home fire safety visit from one of our firefighters or Safe and Well officers. [www.kent.fire-uk.org](http://www.kent.fire-uk.org) or call 0800 923 7000



## Citizens Advice

Provides free, confidential, and independent advice to help people resolve legal, money, housing, and consumer problems. They assist with benefits checks, debt management, employment rights, housing issues, and navigating consumer rights, offering support online, over the phone, and in person. They can provide advice on what grants and benefits you may get to help with your energy, water and council bills. [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## MS SWALE COMMITTEE

### Chair

Brenda Fathers  
07890 198663

### Vice-Chair

Steve Harbour  
07760 119309

### Secretary

Pat Wells  
07860 212056

### Treasurer

Steve Davey

### Fundraising Officer

Peter Fathers

### Committee Members

Wendy Cork  
Dave Kingston  
Allison Webb

### Contact us:

[msswalegroup@gmail.com](mailto:msswalegroup@gmail.com)

Embrace the challenges that come your way, for within them lie the seeds of your strength and the opportunity for extraordinary growth



Patron: Lady Kingsdown, OBE  
An independent Multiple Sclerosis Charity  
Registered Charity No 1178387



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