

BAILIWICK OF GUERNSEY BRANCH



Multiple Sclerosis Society

AUTUMN NEWSLETTER

Issue 2 of 2007

Inside this issue:

Branch Membership	1
Computer Training	
Where there is a will	2
MS Nurse Report	3
Susi's Exercise Class	
Our Shining Star	4
For Sale	
Big Bingo Evening	

CONTACT NUMBERS

Chairman: Rob - 255494
e-mail: chairman@guernseyms.org

Secretary/Support: Liz-263464
e-mail: secreary@guernseyms.org

Treasurer: Ron- 263464
e-mail: treasurer@guernseyms.org

Equipment: Tony-252637
E-mail: tonym@cwgsy.net

MS Nurse: 725241 ex 2263
E-mail: drobilliard@hssd.gov.gg

MS helpline Tel:266287

Website: www.guernseyms.org

BRANCH MEMBERSHIP

With an aim to cutting down my work load, we have decided to let Head Office take on the roll of sending out the annual Membership Renewal Forms.

This move will not affect you in anyway other than having to send the form back to London and not to me.

Any donations you make at this time will be returned to us or if you so wish you can make your donations directly to us.

If you do not renew your membership you will automatically be excluded. I will keep London up to date with any changes, eg change of address or change of circumstances and also notify them of any new members. So please send any change of address etc to me.

We are still looking for new members so please encourage your friends or family to join.

Liz

COMPUTER TRAINING FOR MEMBERS

If you have ever fancied learning some basic computing skills but didn't know where to start we have good news! The branch is hoping to organise some basic computer training through the College of FE and we need

to find out how many people are interested before we can take the idea much further. It is our intention to offer this training at no cost to members. This will be a 6 week evening class. Please call Liz on 263464 to register your interest.

WHERE THERE'S A WILL THERE'S A WAY

I don't know about you but I sometimes find I come away from a conversation wishing that my brain, and my mouth, had managed to keep in step with my emotions. Do you ever come away thinking "What I really meant to say was..."

A couple of months ago I was at a charity function and got chatting with a committee member from another charity on the Island about fund raising. I was describing our programme of fund raising events and moaning about how difficult it was to raise all the money we need each year. The chap I was speaking with then made such an astonishing statement, that it had me spluttering my chicken and mushroom vol au vent all over the axminster. "Oh I am so glad we don't have to do any of that stuff anymore" he said. "You see, we were lucky enough to have been left a sizeable bequest in a will a couple of years ago—no, no more coffee mornings and fetes for us thank heavens". My flabber was well and truly gasted. "Do you not think perhaps you should have given the money to research" I said, "and carried on the fund raising regardless?" "Oh no" he said, "our members would want the money to stay on the Island and anyhow, I'm not really convinced about the value of research."

The gulf between this fellow's view and my own was so enormous; I was at a loss to know how to respond. My mind was confused as I tried to understand his reasoning and I completely failed to say what I was really thinking. Not wishing to

offend, all I managed was some weak and ineffective rejoinder such as "Gosh! How lucky for you".

What I really meant to say was—"If we find cures for these diseases, none of us need fund raise ever again, but we won't find a cure without research and we won't do this research if there are restrictions placed on where the funds raised, can be spent. The notion that "Charity begins at home" is very strong with Islanders, and this is completely understandable in a community that throughout history, has had to be so self reliant. However, the cure for MS is not going to be found on Guernsey, more likely than not, it will be found in a test tube. As for questions about the value of research, even the most cursory review of the evidence should leave no one in any doubt. Clinical research has changed the face of modern medicine. Sixty years ago, at the end of World War II, physicians had little ability to effectively treat or prevent any of the deadliest diseases. Most of the staples of modern medicine we enjoy today were still unknown: antibiotics, vaccines for polio and several other severe infections, most hormone replacements and steroid therapy, effective drug therapies for cancer and psychotic illnesses, testing for genetic disorders, coronary bypass surgery, transplanted organs, and artificial joints—the list goes on and on".

Last week, our branch received a bequest of several thousand pounds from the will of a local gentleman whose wife had suffered for many years with MS. This bequest came with the proviso that two thirds of the sum was to be spent on research. Sadly I never had the opportunity of meeting this generous man of forethought; I think I would have enjoyed a cocktail party with him.

Rob

MS NURSE REPORT

Hi Folks, hope you are re-acclimatizing to our bizarre weather pattern.

I would firstly like to let you know about a new development for carers. A sitting service has now been set up in conjunction with the community nurses and local respite services. The aim of this service is to allow a carer a much needed timeout, but with the reassurance that their loved one is being looked after or supported by an appropriately trained member of staff. The time available is up to 2 hours during the week, and the possibility of nights, or weekends will be considered depending on your needs. This can allow a carer to go shopping or attend appointments etc. The service is still in its infancy but will be a great asset for carers. Please contact me for forms and details.

The second thing I would like to establish is a younger persons social group taking in the 20's to 40's or young at heart. These kinds of groups have been started around the UK with resounding success. The idea is that we

group together people with MS at similar stages, which have similar symptoms etc. We want the meeting to be informal and ideally take place in a pub over a pint or two!! Please let myself or Susi know if you are interested in this kind of meeting and we will arrange it all.

DATE FOR YOUR DIARY

Fatigue Information Day—8th September 10 am til 2 pm at Les Cotils, light buffet lunch included. The session will provide you with information, tips and strategies. It will also give you the chance to share your own tips.

Please let me know if you are interested in any of these events and I will give you all the details.

I can be contacted on 725241 ext. 2263 or mobile 07781 133082
E-mail: drobilliard2@hssd.gov.gg

SUSI'S EXERCISE CLASS

MS Physio Susi holds an exercise class at the King Edward in the gym. The class is predominantly for those in wheelchairs so that you can keep working on your core stability and balance and upper limb strength, being in the gym gives anyone who wishes the opportunity to stand in the parallel bars.

It will start at 2 pm and finish at 3 pm. We

will end with a cup of tea or cold drink and a chance for a quick chat. Come and see what you think. There may be a limit on numbers as the gym can only accommodate 10 at the most.

Please ring Susi on 07781 132315 to find out dates and more information.



OUR SHINING STAR

We were all delighted when the MS National Centre in London accepted our recommendation that Barbara Gore, who has been collecting for us on our flag days at the Albert Pier for many years, should be awarded the MS Shining Star Award. As far as we can recollect the only other person in Guernsey to receive this award is Eric Selvidge. The star was presented to Barbara by Rob at her usual stance on the Albert Pier, and the Guernsey Press were present.

Rob presenting the MS Shining Star Award to Barbara Gore

Liz

FOR SALE BENCH KINDLY DONATED AND MADE BY THE PRISONERS—£75 O.N.O



This is a lovely wooden bench and can be viewed at Liz and Ron's house but please phone 263464 to make sure we are home.



Colin showing how comfortable the bench is

The Bench in all its splendour



BIG BINGO TOP PRIZE £1,000

We are organising a Big Bingo Evening at Beau Sejour on 30th September and need you all to come along and bring your friends and family with you.

as we can.

Tickets are available from Liz 263464 at £5.00 each on a first come first serve basis.

This is a major fund raiser and we need to have as many people through the doors

Doors open at 7.30 pm. For further information call Liz
