

BAILIWICK OF GUERNSEY BRANCH



Multiple Sclerosis Society

SUMMER NEWSLETTER

Issue 2 of 2006

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Naudicelle Capsules are
still available
Contact Liz on 263464

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ANNUAL GENERAL MEETING

Our Annual General Meeting took place at the Vale Douzaine Room on May 26th at 7.30 pm with quite a good turnout

A glass of wine or a soft drink greeted everyone on arrival.

Our Patron Nik van Leuven was there, but unfortunately our Medical Liaison Officer was unable to attend because of work commitments.

Colin started the proceedings by welcoming all members and guests. The minutes of the last AGM were accepted. He then passed over to the Treasurer for his report. Ron summarised the 2005 accounts which had been distributed to those attending. He confirmed that general funds were a bit low at present, particularly as an increase in requests for assistance with purchasing equipment was anticipated now that Debbie and the Health

Services team were fully operational. Everyone in the Society, not just the Committee, would have to become active in fundraising. Ron also confirmed that the MS Nurse Fund should be fully able to meet its 5-year funding commitment for the salary cost of the MS nurse. Colin then recalled how he had become involved with MS and how Eric Selvidge, the former Chairman had had the foresight to invest in the first MS rowing boat. From the first challenge in 1997 to the last in 2004, the Fitness Factory Rowing Team have raised over £250,000. There have been other sporting activities football, golf, people running, walking and even rowing the Atlantic carrying our MS Society logo, so we have a lot of people to thank.

We had three people leaving

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namely Ben who is a long standing member of the committee and Nick our Support Officer, they were both presented with a bottle of wine. Ron felt it was quite a sacrifice for Colin to give away all this wine so gave him a bottle for himself. Alyson who has been our Fund Raising Officer also has left due to heavy work commitments. Unfortunately she was unable to be at the meeting so a bouquet of flowers were sent to her home. Election of new Officers and Committee was the next thing on the agenda. Colin was standing down as Chairman and Rob Platts was duly elected as our new Chairman. Liz was re-elected as Secretary and also Support, Ron as Treasurer and Committee Dani

and Julie and a new member Janette Rider. Our Auditors Collenette Jones were re-appointed.

Colin then handed over to Debbie, our MS nurse, who updated us on the work she had been doing since being appointed. She has met a lot of members but hopes to meet everyone in the near future.

Colin was then thanked for his work and all his fund raising over the years and was presented with an enlarged photograph of him in the rowing boat in the race from London to Paris.

With all the business finalised, we socialised with a finger buffet, drinks and a lot of chat.

The meeting finished at 10.00 pm

SUE'S ADVENTURES IN HER NEW ELECTRIC

Tony took me to France to recuperate after a stay at St Thomas's Hospital as he knew I would do too much housework when coming back home. He thought it would be safer to take me away for a week.

Well, he couldn't have been more wrong. I was very excited on my first outing with my new wheelchair, but I needed practice with the control and I was a bit nervous and put it on full throttle, if that is what you call it. As I turned my head to speak to Tony I just about fell in a douit and as I turned back round the message from brain to hand was not quick enough and I actually left a skid mark or I would have had a swim in the douit. Next I went to a Hypermarket which I enjoyed, not being under Tony's control I went off on my own, but too fast and nearly ran over a few people, I did get a few funny looks but as I don't speak French I couldn't say sorry.

My next adventure was going back to the camper, perhaps again going just a little bit too fast. Tony didn't see me disappear into the privet hedge but he did see me reversing back out. It didn't actually hurt going into the hedge but it did as I was reversing back out.

I did enjoy myself but must learn to slow down and concentrate more, I tend to loose concentration which is when I do something stupid. So all of you out there better hope you never come across me on my many outings which I intend to make.

Hope this gives you all a good laugh.

Sue Mollet

Editors Note: must point out these adventures happened last year. Sue is at the moment walking around with the aid of a stick after a knee operation.

MS NURSE'S PAGE

Topic of the Month : Fatigue Management

This month sees the start of a regular slot relating to MS topics, which will be compiled by myself or Susi the MS Physio.

Since the summer has started with a vengeance, I thought it would be a good idea to discuss fatigue management.

As most of you are aware, the heat can really exacerbate fatigue in MS, making day-to-day life very difficult. Fatigue is the overwhelming feeling of physical and mental exhaustion that can make everything more of an effort. This can be the most disabling symptom of MS. As with all aspects of MS, fatigue can affect everybody differently. Fatigue can also be triggered by other underlying causes such as infection.

Fatigue management starts with identifying the contributing factors and making modifications to suit, often the simplest modifications can be the best. To help understand your symptoms and work towards an individual treatment plan, a diary can be compiled of symptoms and your level of fatigue rated against this. From there we can suggest various solutions.

Here are some strategies for coping with fatigue in the summer.

Understand your own fatigue and identify triggers and avoid if possible.

Prioritise workload and delegate larger tasks, conserve your energy for those tasks that really need doing

Rest at regular periods during the day (means doing nothing not even a crossword puzzle)

Wear light unrestrictive clothing

Drink lots of water and eat a balanced diet containing fruit and vegetables

Sleep well and reduce bed clothes to the lightest you can tolerate

Use house fans and a mini portable fan with inbuilt water spray for cooling down

If you have air conditioning in car or home use it!

Take cooler showers and baths

Be sun conscious and minimise the time you spend outside

Don't be afraid to ask for help this is a sign of strength not weakness or failure.

Do not struggle on regardless; break the cycle to prevent fatigue overtaking you

Although the thought of exercise sounds like torture when you are fatigued, a simple exercise programme can help. It keeps your body at its best and improve strength, fitness and mood, but this must be carefully planned with adequate rest periods.

I can help you formulate an individual fatigue management plan, to help deal with this symptom. Please contact me for further details.

Debbie "your nurse" : Keep Well

CHAIRMAN'S PAGE

Well, had my first branch meeting as Chairman and we spent quite a while reviewing all that we would like to achieve over the next year or so. The committee agreed a number of targets and generally renewed and focused our determination to continue to improve the support our branch offers to all those affected by MS.

In amongst quite a number of goals we set ourselves, we decided to try to raise more money to be spent on research. In the UK, only about £35 per year, per sufferer, is spent on research and this is partly because so much of the money raised by the MS Society must go to providing care and practical support. It is very difficult to decide how best to spend our limited funds; the answer of course is to raise more money. £35 for research is not enough, and we are determined to improve on this figure. In recent years, the MS Society has become much more focused about its research aims and I was really pleased that the Society has publicly proclaimed it wants to “Develop a clinical treatment for Myelin repair within a decade”. We will do our best to support this aim.

On a lighter note:

A few months ago, through the new wonder of the internet, an old school friend who I hadn't seen or heard from in over thirty years contacted me.

“Is that Rob Platts?” He asked. “Is that the same Rob Platts who used to make terrible sandwiches with weird combinations, for all his mates after school?”

“Guilty as charged” I said “Good grief John, it's been thirty years, great to hear from you, but what have you been up to all this time?” I asked.

John replied “I did biochemistry at Uni and became a scientist”

“Blimey! So did I” I replied “But then I realised I was no Einstein and gave it up, went to Hotel School and went into catering instead”.

“You, catering, I'm surprised they let you any where near food. I had to give up being a scientist as well” said John “I got MS and eventually had to stop work last year”.

“John, you are not going to believe this, I too developed MS—how are you doing at the moment?”

“Right now I'm not too bright but you know, one day at a time” John replied “It's incredible that we both have MS, what are the odds of that?” he said. “I've got to say Rob, I blame it on your lemon curd and pilchard sandwiches myself”

Regards, Rob
