

Issue 1 of 2006

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Naudicelle Capsules are
still available
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WELCOME TO 2006

CHAIRMAN AWARDED MBE

Congratulations to our Chairman on being awarded the MBE in the New Years Honours List.

Colin supported the Society long before becoming Chairman and has been the motivator behind a number of charity rowing events raising in the region of £250,00 for us. The London to Paris Row in 2004 not only enabled us to fund the MS Nurse but also broke the World Record.

He has also been recognised for the work he does with young offenders, working as Officer in Charge at the Island's Attendance Centre, and for helping with the prison fitness programme—another commitment he shows to the Island.

Colin's Fitness Factory has a programme for Islanders suffering from a variety of disabilities - access might not be great for wheelchair users but there is always muscle around to help you get in.

He is also well known in the Island's sporting world, and was awarded the C.I. Sporting Hero award in 2003, was coach to the Island team when they won gold at the last Island Games and is coach to the local St Martin's Team.

We are very proud to have him as Chairman and think "Big Fal", the "Guernsey Donkey" deserves it for all his dedicated work to the Island.

MS NURSE APPOINTED

We are absolutely delighted to welcome Debbie Robilliard as our MS Nurse. She seems very dedicated and we wish her well with all her studies.

She has written a few words to introduce herself

I am very pleased to have been appointed the new MS Nurse for Guernsey. I am keen to develop a service that provides support from diagnosis and right through the different and often complex stages of the condition. I will be working closely with Doctors, Physiotherapist, Occupational Therapists, Social Workers and Nursing Staff both in the community and hospital to provide a seamless service. Although the service is still very much in its infancy, I would like to set up a regular social/support group which will include meeting other patients and health professionals, and will have regular talks on topics of interest. The group is going to run monthly and will be based at the Côtils. **The next meeting is 16th March in the Alderney Room.**

I am also setting up an assessment clinic with Dr Gillian Turner, which can be done at home or in the new purpose built day assessment unit at KE VII depending on the needs of the patients. The clinics will provide me with an overview of the health and social needs for all people with MS and their carers. The clinics will be generally run on a Tuesday or Thursday.

Since starting my job, I have met or made contact with a large number of people with MS and look forward to meeting you all in due course. In time I will be providing a regular slot in the newsletter and website. If there are any queries or information you would like, please contact me on: Tel: 725241 ext. 2263 or email www.drobilliard2@hssd.gov.gg

CONDOLENCES

It is with great sadness that we have to inform you that two of our members passed away last year.

Margaret Selvidge, the wife of our past Chairman Eric, put up a brave fight against her MS. I met Margaret a long time ago. I used to visit her when Eric was still working and she was still mobile. Margaret is the main reason I became so involved with MS. We became great friends, talking for hours about her family and my family, putting her photographs into albums and generally putting the world to rights sometimes. She had a good sense of humour and loved to chat, which in later years became a bit difficult. Our good wishes and thoughts go to Eric and his family at this very sad time.

Our thoughts and good wishes also go to the family of Karen Irvine. Her parents were very dedicated in looking after her and there must be a very big void in their lives.

PAST EVENTS

AUTUMN FAYRE ON 15th OCTOBER 2005

The Vale Douzaine, as usual, was the venue for this Fayre with the normal stalls of cakes, white elephant, books, videos, bottles, toys, plants and handknitting. We also had face painting which was popular with the children and a lady brought along handmade Christmas cards. We charged for entrance and this year decided to charge for the tea/coffee

and a homemade cake or biscuit - no one seemed to object to this, in fact a few people thought I should perhaps be charging more as the cakes were homemade. My son donned his yellow marigolds and did the washing up in the kitchen to the amusement of quite a few people, perhaps the frilly apron next time! This brought us in just over £1,000 which was very good.

QUIZ NIGHT AT THE MARE DE CARTERET SCHOOL ON 27th JANUARY 2006

By Dani Le Poidevin

The MS Quiz Night was organised for 27th January 2006 at La Mare de Carteret School. It was a completely different experience as the questions were set by Dave and Sean, both teachers at the School, and the food and bar organised by Phil and a group of friends. I turned out to be the co-ordinator of both groups who in turn both proved to be very supportive and full of good advice and encouragement when the going got tough.

At the time of organising the event I was told "all you have to do is advertise it and sell the tables".

A poster was designed by a friend's daughter, Becky and printed out by another friend and Liz stuffed envelopes whilst sitting with Ron in hospital. Unfortunately the support from the Society was disappointing so I had to rally friends and colleagues and rely on the adverts in the media. Two weeks before the evening only 8 tables were sold and Rob Platts, our new committee member, was trying to keep me calm. Then all of a sudden we had 27 tables and the organisers advised me to close the event as that was the limit.

On the evening with everybody packed into a cold school hall, it was eyes down for 8 rounds of 20 questions including music, faces and countries. The noise in the hall seemed to indicate everybody was enjoying themselves or it was the free flowing drinks taking affect.

Dave and Sean also kept everybody entertained with questions between rounds which earned the winner a box of smarties.

After 4 rounds an excellent ploughman's supper was served to all tables and Rob took the opportunity to draw the raffle at a very brisk pace as 35 prizes were claimed.

In the end the quiz was won by Nick de Carteret's team with 165 points, however the top 4 teams were only separated by 5 points—if only my team had listened to my answer about the name of the red tele tubbie!!

An excellent evening was rounded off by Rob thanking everybody for attending and the prizes were presented to the winners and runners up.

The event raised the magnificent sum of just over £1,400.

CHAIRMAN'S PAGE

Liz asked for a few words

I'm really not sure what to say
The citation for the award I was given suggests it was
for services to the community during ...
Work rest and play

So to the people who I have worked with ...
The people with whom I play ...
The MS sufferers who I feel for ...
I guess that is all I can say

...This MBE I can't give you but there is one thing I
can do
I will continue breaking my spare time up
And somehow share a piece with you !!!

Cheers cjf

