



What a scorcher!!



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### A letter from the Secretary

Well what a fabulous summer we have had. Although I think I may be one of the few MS sufferers to actually enjoy the sunshine and heat. I know many of you have problems in the heat and I hope the unusually hot summer did not give you too many problems.

Thank you to all of you who supported the Community Matters Scheme at the Rohais Waitrose site in July. You helped raise £414.00 which will be put towards helping all those in Guernsey affected by MS.

The committee have been working hard to arrange events for you to join in and to raise some much needed funds for the society. There are the coffee afternoon's run by Liz Hendry, exercise classes at Beau Sejour, MS Quiz, Charities Christmas Fayre, MS Christmas Fayre, Member's lunch, and a one-day event in September. Please do look at the events page for more information and keep an eye on the website or Facebook page.

I have also been working towards a new venture for all our members, which will hopefully start in September. I will let you know further details as and when I have more to tell you.

For this Newsletter I have made something a little different for you. Instead of Sudoku, I made a crossword of some of the Capital Cities of the World. I hope you enjoy the change. Please feel free to create a puzzle yourself to put in a newsletter, I could do with the help!

Gill Ford  
Committee Secretary

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### Chair's Page

Last time I was writing to you we were just coming up to a string of fund raising events, namely; the Rowathon, our MS Flag Day and WOW (Wear Orange Wednesday). These were all very successful and our collective thanks must go to all the people who helped organise them and participated, allowing us to raise much needed funds.

In June we had the Saffery-Rotary Walk and you will recall that this year Guernsey MS Society is one of the "nominated charities". We managed to have 3 people walking the last 8.9 miles. I am not aware how many people walked this year, but as our numbers were 1001-1003, then they had over a thousand! There will be a formal presentation later in the year and if sufficient funds have been raised than we should receive the money we requested to purchase two mobile gantry hoists.

So now looking forward there is a LOT happening before Christmas. First up you will recall that last year we had 'Million Miles for MS' running throughout September. This was kindly organised by Maddy Diligent (niece of the late Paul Diligent in whose name the event was set up). This year Maddy is arranging something different and which will be a 'one day' event in September - at the time of writing this I am awaiting the final details and we will let you know as soon as possible. Your committee was asked to arrange some more social events for members. So on October 12<sup>th</sup> we have a lunch at Les Cotils run jointly with the Parkinsons Disease Society. There will also be a raffle with a number of prizes. We need a minimum of 50 people to secure the bargain price (£19.50) for a three-course meal, so please support us if you can (you can bring guests!!). The full menu is on pages 6 & 7 of this Newsletter with the committee member's contact details, for you to send your menu choices to. Secondly on October 25<sup>th</sup> we are having a quiz night organised by Becky Le Maitre. Again, details will

follow and please support this event which has been organised at the request of members.

Our annual MS Christmas Fayre will be taking place on Saturday November 24<sup>th</sup> at the Vale Douzaine Room and Gill Ford is in charge. We will need help to organise the refreshments, run the raffle and the various 'competitions'. Details of this will come out in due course, but we are nice and early in the Christmas season, so try and bring your friends and family along. Six days earlier, on Sunday November 18<sup>th</sup>, we are taking part in the Charities Christmas Fayre at Beau Sejour. This will primarily be an 'awareness-raising' event for us, but Gill has already contacted you for unwanted CD's and DVD's which we will be selling at very attractive prices! Again, help will be needed to man our stall throughout the day, so please offer to help for an hour – usually such events are great fun and you meet masses of people (some of whom may even be your friends!),

Looking forward to next year we are planning something a little different but hopefully very exciting. This event is very much in its infancy so I am unable to give you any more details at the moment, but we will keep you updated as plans develop.

Finally one of our members has kindly donated some good quality designer clothing (size 10-12) , shoes (Size 38) Handbags, belts and scarves. These are being held at my house and if any one wishes to look through them they can be purchased for a reasonable donation to MS Guernsey. Please contact Linda Fermont on 07781-139578 to make an appointment.

So lots to do, lots of opportunities to get involved and we hope you can join us to help the broader MS community.

**Guernsey MS Society and Parkinson's UK Guernsey Branch**

**Autumn Lunch with Raffle**

**Friday 12<sup>th</sup> October 2018, 12.30 for 1pm. Harry Bound  
Room, Les Cotils.**

**Starters**

Hot pots of Woodland Mushroom, Smoked Bacon, Brie, Garlic &  
Herb Focaccia bread- GFO

Smoked Salmon, Boursin creamed parfait, French Toast-GFO

Potato and leek soup- V

**Main Course**

Slow Braised Beef Steak, Caramelised Onions, Real Ale & Fragrant  
Thyme-GF

Fillet of line caught Sea-Bass, Parsley & Citrus, Noisette Butter -  
GF

Linguini Pasta, Spinach, Sun Blushed Tomato, Roast Pine Nuts,  
Pesto & Parmesan -V

**Dessert**

Sliced Seasonal Fruits & Berries, sweet sugar syrup, dairy cream-GF

Steamed Sticky Toffee & Salted Caramel pudding, Butterscotch  
sauce

European Cheese selection, Biscuits, Grapes & Balsamic Fruit  
Chutney-GFO

**£19.50 per person**

Kindly send choices and non refundable payment by 3<sup>rd</sup> October at  
the latest.

Cheques payable to 'Multiple Sclerosis Society Guernsey' send  
to Maggie Le Patourel-Sharp at  
Barras Farm Cottage  
Barras Lane  
Vale  
GY6 8EJ

E Mail:magster@cwgsy.net

Kindly pay for drinks as they are served  
All family and friends welcome.  
Please advise if you will be using a wheelchair.  
GFO - Gluten free option available  
GF – Gluten free  
V- Vegetarian

## MS Nurse Page

### **What's the latest on the cannabis/CBD oil debate!.**

With growing interest in cannabis based products such as CBD oil and medicinal cannabis, it seems to a good time to look at what this means for MS and provide an update on the current thinking. National Campaigns are gathering momentum and there's is a change in the air....Finally.

Lots of people locally are asking about this and hope this segment will clear up some of the myths and provide you with the facts to help you.

### **Helpful plant or noxious weed you decide?**

- ❖ Cannabis is a naturally occurring drug made from parts of the cannabis plant. It has been used throughout history both for medicinal and social purposes.
- ❖ **At the present time cannabis is illegal to use in many countries, including the UK and Guernsey and could be prosecuted if found in possession**
- ❖ Cannabis contains many different compounds which are known as cannabinoids. The two cannabinoids most closely studied for a potential medicinal effect are tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is responsible for the high that is associated with cannabis use. This is illegal component.
- ❖ There has been a large body of research looking at the use of cannabis and cannabis based medicines in multiple sclerosis (MS), the results have been mixed.
- ❖ There has been a growing interest in the use of cannabis oil to treat conditions such as MS, but there has been some confusion around whether cannabis oil is legal or not in the UK/Guernsey.



- ❖ The cannabinoid CBD, unlike most other cannabinoids, is not a controlled substance under the Misuse of Drugs Act. Therefore, strains of the cannabis plant that contain little or no THC can be grown under licence in the UK.
- ❖ Cannabis oil can also be extracted from these plants, as long as the THC content is less than 0.2%.
- ❖ This oil can then be legally sold in the UK and now Guernsey.
- ❖ It is thought that cannabis oil may have some medicinal properties, such as reducing anxiety and pain relief, cannabis oil cannot be marketed or advertised as a medicine unless it has been licensed by the Medicines and Healthcare products Regulatory Agency (MHRA).
- ❖ In the UK, to date, there have not been any licences granted for medicinal cannabis oil. However, cannabis oil containing no, or low levels of THC can still be sold as long as no claims are made about their medical benefits.
- ❖ So in the UK/Guernsey low concentration CBD oils are available legally online and in health food shops when marketed as food supplements, wellness products or nutraceuticals. Cannabis oil containing higher concentrations of THC is currently illegal in the UK.
- ❖ There haven't been any studies of the cannabis oils that are commercially available in the UK that support whether the oil has any benefits in MS or not. Anecdotally some people with MS say they have found cannabis oil to be beneficial, whilst others have seen no effect.

I hope that clears up some of the confusion. Please feel free to email or phone to discuss this further.

Take care everyone Debbi

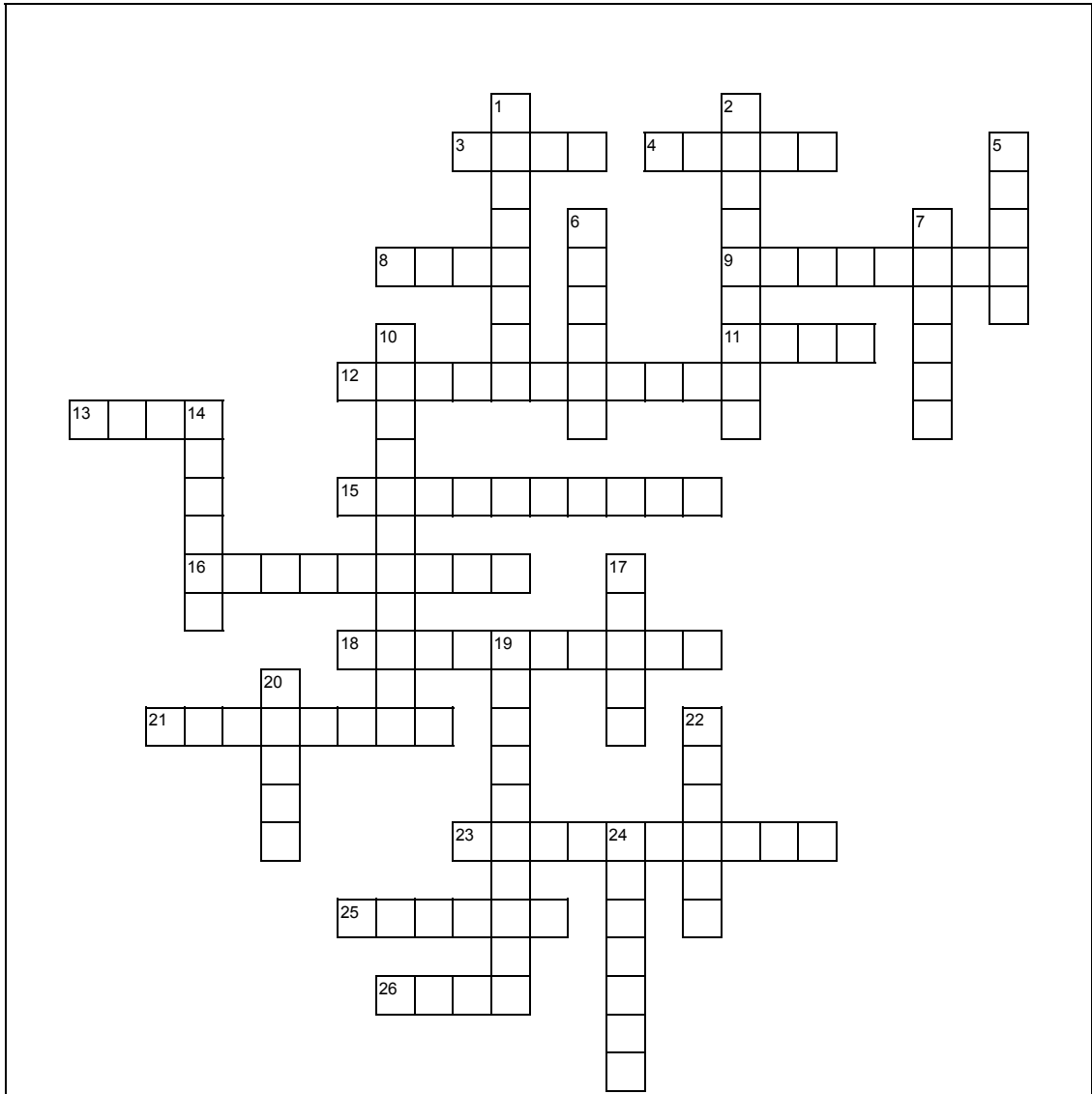
## MS Flag Day 2018

The Annual flag day in aid of MS Guernsey, was held on 21st April 2018. This heralded the start of MS week which began on 23rd April. Pauline Clarkson and myself, both committee members took on the task of organising the event, which was a first for us.

Saturday 21st was a very hot and sunny day, which unfortunately deterred a lot of people from shopping in St. Peter Port. Also one large supermarket was unable to accommodate us, due to having been booked by another charity. However, our enthusiastic volunteers were allocated various sites, with 10 retail/supermarkets and also the Town area. MS Guernsey were very happy with the end result, raising £3,310.61. We would like to say a big thank you to all those who volunteered and helped to reach that total.

Jacquie Vining. Committee Member.

### Crossword of the Capital Cities of the World



**Across**

**Down**

- |                        |                  |
|------------------------|------------------|
| 3 Maldives             | 1 Australia      |
| 4 Egypt                | 2 Singapore      |
| 8 Italy                | 5 France         |
| 9 United Arab Emirates | 6 Czech Republic |
| 11 Norway              | 7 Croatia        |
| 12 Malaysia            | 10 Argentina     |
| 13 Latvia              | 14 Turkey        |
| 15 Denmark             | 17 South Korea   |
| 16 Iceland             | 19 Guyana        |
| 18 Barbados            | 20 Afghanistan   |
| 21 Hungary             | 22 Russia        |
| 23 Mexico              | 24 Venezuela     |
| 25 Portugal            |                  |
| 26 Switzerland         |                  |

## Events arranged so far this year

### **September Special Event- TBA (Day event)**

5<sup>th</sup> September - Specialised exercise class at Beau Sejour

12<sup>th</sup> September - Specialised exercise class at Beau Sejour

18<sup>th</sup> September - Liz's Tea/coffee afternoon at the Cotils

19<sup>th</sup> September - Specialised exercise class at Beau Sejour

26<sup>th</sup> September - Specialised exercise class at Beau Sejour

3<sup>rd</sup> October - Specialised exercise class at Beau Sejour

10<sup>th</sup> October - Specialised exercise class at Beau Sejour

12<sup>th</sup> October - Members Lunch at the Cotils

16<sup>th</sup> October - Liz's Tea/coffee afternoon at the Cotils

24<sup>th</sup> October - Specialised exercise class at Beau Sejour

25<sup>th</sup> October - Quiz Night

31<sup>st</sup> October - Specialised exercise class at Beau Sejour

18<sup>th</sup> November - Charities Christmas Fayre at Beau Sejour

24<sup>th</sup> November - MS Christmas Fayre at The Vale Douzaine

20<sup>th</sup> November - Liz's Tea/coffee afternoon at the Cotils

18<sup>th</sup> December - Liz's Tea/coffee afternoon at the Cotils

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For further details on the exercises classes at Beau Sejour contact Maggie at [magster@cwgsy.net](mailto:magster@cwgsy.net).

For further details on the tea/coffee afternoons contact Liz at [lizhendry@cwgsy.net](mailto:lizhendry@cwgsy.net). During the summer season and better weather, the coffee afternoons may be located at other establishments. Details of these will be on the website.

### Answers to the Capital City Crossword

The crossword puzzle grid is filled with the following words:

- Across:**
  - 3 MALDIVES
  - 4 EGYPT
  - 8 ITALY
  - 9 UNITED ARAB EMIRATES
  - 11 NORWAY
  - 12 MALAYSIA
  - 13 LATVIA
  - 15 DENMARK
  - 16 ICELAND
  - 18 BARBADOS
  - 21 HUNGARY
  - 23 MEXICO
  - 25 PORTUGAL
  - 26 SWITZERLAND
- Down:**
  - 1 AUSTRALIA
  - 2 SINGAPORE
  - 5 FRANCE
  - 6 CZECH REPUBLIC
  - 7 CROATIA
  - 10 ARGENTINA
  - 14 TURKEY
  - 17 SOUTH KOREA
  - 19 GUYANA
  - 20 AFGHANISTAN
  - 22 RUSSIA
  - 24 VENEZUELA