



Multiple Sclerosis Society

Guernsey Branch

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Hello to you all,

I hope this finds you well and able to enjoy the sunshine when it makes an appearance!

I feel I should be providing a regular newsletter to you with loads of pictures and clever fancy stuff but my IT skills are somewhat lacking, so I am hoping that my letters will fill the gap. I am emailing it to those I have emails for. If you receive this in the post and you have an email address you are happy to give to me (I will not pass it on), then please let me have it as it helps bring the cost down, thank you.

Anyway what have we been up to. We had a very busy MS awareness week. The week began with Flag Day which was held on 23<sup>rd</sup> April and we would like to thank everyone who held a collection tin for us.

Next came the Rowathon on 24<sup>th</sup> April at Beau Sejour which has raised a fabulous £4000! We would like to thank Mark Windsor again for organising this annual event for us.



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Then came Wear Orange Wednesday or WOW! This event proved to be a huge success and so far we have had over £2400 paid into the account. The day saw many people and companies dress in at least one item of clothing in orange. We have made the decision, as it was so popular, to run the event again next year. Again it will be on the Wednesday in MS Awareness week.



The quiz was the final event of awareness week and was held on Friday 29<sup>th</sup> April. Although the event did not provide as many teams as we would have had hoped for, the quiz still raised a great deal of money and we would like to thank Becky Le Maitre for organising this event for us.



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The AGM was on 18<sup>th</sup> May and we were lucky this year to have a speaker join us. Katherine Roberts, Research Communications Officer from the UK, spoke about MS, what it is, the varying number of symptoms and how research is moving forward at an exciting pace. It was a very informative talk and we are hoping Katherine will join us again next year; I think she loved Guernsey especially the beautiful view from the Cotils! A copy of her slides can be found on the Guernsey MS website [www.guernseyms.com](http://www.guernseyms.com)

The election of the committee took place at the AGM. Your committee has stayed the same but with a new member and consists of:

Chairman  
Steve Le Page  
[steve@lepage.com](mailto:steve@lepage.com)



Secretary  
Gill Ford (me!)  
[secretary@guernseyms.com](mailto:secretary@guernseyms.com)





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Treasurer  
Mike Good  
mikejgood@me.com



Equipment Co-ordinator  
Alex Jenner  
alexmj40@yahoo.com



MS Nurse  
Debbie Robilliard  
debbie.robilliard@gov.gg  
*(Please note Debbie's new email)*





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We are delighted to welcome Jacquie Vining to the committee.

Committee Member  
Jacquie Vining  
jvining@live.co.uk



We are also lucky enough to have a couple of ladies who have agreed to help out with events etc. If you are interested in helping out, please do get in touch. The more people we have, the less each person has to do!

Up and coming events so far include an athletic event, hopefully a bingo evening and sorry to mention the word but I have looked way into the future and booked St Saviours Community Centre for a traditional Christmas Fayre. There will be Christmas carols, stalls selling Christmas cards, gifts, and of course mince pies with tea, coffee and mulled wine.



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There will also be a Christmas party for the children as a separate event, where we hope Father Christmas will make an appearance!

At the AGM Karen told us about a project that the UK are running. I have copied an extract from the society's UK website about the register:

*“The UK MS Register is the first register of its kind with the ability to link information from people with MS to clinical data. The Register was launched in 2011, with the overall goal of forming an accurate picture that will revolutionize our understanding of MS.*

*The Register aims to:*

- *Provide crucial information to researchers.*
- *Provide an easier way to collect information from people with MS.*
- *Build the evidence we need to campaign for fair policies and improved healthcare.*

*Build a clearer picture of the true impact MS has on people's lives”*

We have been asked if we could all take part in this register. More information, beginning with the above extract, and the link to the register itself can be found at <https://www.mssociety.org.uk/uk-ms-register>.

Karen also mentioned at the AGM FACETS which is a course to support and help suffers with fatigue. We are looking into the possibility of arranging a course in Guernsey



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in the future. Fatigue is one of the symptoms of MS that I suffer constantly with, so I am really hoping we can provide this in Guernsey.

Please do get in touch if you would like to help out, or perhaps you have a question or need some help from us then contact me at [secretary@guernseymms.com](mailto:secretary@guernseymms.com) and if I am unable to help I will contact the right person to help you.

Our next committee meeting is 29<sup>th</sup> June so if you have any questions or need something from us, then do get in touch.

Best wishes

Gill