



Multiple Sclerosis Society

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Hello again to you all,

I hope this newsletter finds you well and having enjoyed a lovely summer. It is very sad to think we need to put away our summer clothes and dig out the jumpers again!

It does not seem that long ago that I first tried my hand at writing a newsletter to you all, but looking back it was in June and the month of WOW. It was a great day as not only did we raise much needed funds but, just as important, we raised awareness of MS so I hope you all enjoyed dressing in orange. Look out for WOW again next year which will be the Wednesday of MS awareness week.

I am busy organising a Christmas Fayre for us all which is to be held at the new Cobo Community Centre on the afternoon of December 3rd. We will have some traditional stalls, selling MS Christmas cards, some fantastic home made cards and gifts, a raffle and a guess the weight of the cake competition. More importantly there will be tea/coffee, mince pies and I hope mulled wine. If you enjoy making crafts or maybe you are a whiz in the kitchen and could make us some cakes to sell then please do get in touch. It would be lovely for some of us with MS to have a few stalls at our own Christmas Fayre.

We have been lucky enough to gain the funding for some specialised air mattresses, so if you feel one would help you please do get in touch.

In this newsletter you will find a letter from our chairman, articles about your new committee members, information on exercise and swimming classes, a page on me and my life with MS, and a puzzle page.

I hope to see many of you soon.

Gill



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Dear members

Gill mentions in her introduction that it seems a long time to her since she last wrote, but I know that it is indeed a long time since I last picked up my pen, so to speak. I set off with the best of intentions to write to you regularly, but life, as it does, got in the way of the things I wanted to do. Never mind, the local branch has been able to get on with the really important stuff - raising funds and helping patients.

We have also welcomed two new members of the committee, and more information about them is given later in the newsletter. Their contribution has already been significant and I am sure will continue to be. But we will probably never have enough people on the committee, because we will always seek to do just a bit more, and there is still a lot we would like to do.

So I must ask again that if you think you can spare us some of your time we will be grateful for it and will make good use of it. The committee needs new people to stay fresh and active, but also needs replacements for Mike, our treasurer, and myself, as we both wish to step down at the next AGM.

I am pleased with what we have achieved together over the last couple of years, but I am also frustrated that we have not achieved even more. I remain committed to trying to improve the lives of those affected by MS in any way I can influence, and I am grateful for your support, and particularly for the support of the committee.

Best wishes

Steve



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IT'S NOT ALWAYS ABOUT THE MONEY!

Sometimes you might just like a bit of help or support during a particularly stressful time or during a new experience.

Do you have an appointment and not sure you will 'take it all in' - Would it help if there was someone there with you taking notes?

Are you visiting a new place and worried about not knowing anyone - Would it be easier if someone came with you or met you outside?

Is there, yet another, form that needs filling in or you need some help and not sure who to ask - Would it help if we could track down the organisation or person that you need to speak to?

Newly diagnosed and absolutely no idea what is available or who to speak to?

We obviously can't guarantee anything and are not qualified health professionals but if we can help, we will try our hardest for you. We are human.

BUT WE ALSO KNOW THAT SOMETIMES IT IS ALL ABOUT THE MONEY.

Yes, there is a grant application form to fill in and your health professional needs to support your request but..... we can help.

MS Guernsey Support Officer, Alex.



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Meet our new committee members.



All my life I have kept active with work, the family, hobbies and interests. When I retired from work I explored many avenues to fill this void. It was suggested I look at the Guernsey Volunteering website. I read with interest all the local charities requiring assistance, but finally, decided on the MS Society. I have been in the company of MS sufferers on many occasions, but I have also worked alongside one. We became a team. He had a strong character and with various aids was able to maintain his independence. Discovering that the MS charity does fundraising to buy equipment to assist in any way possible. I joined the committee.

Pauline



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My name is Jacquie and I recently joined the M.S. Committee following my retirement. I saw an advert in the Guernsey Press asking for volunteers for various charities, and I decided to look into this due to losing my dear brother who lived with M.S. for over 30 years.

My brother was Paul Diligent, more well known as 'Dil', he was diagnosed in his early twenties and passed away on Sept 3rd 2015. Paul accepted his disability with tremendous courage and always managed to maintain a happy disposition. He remained living in the family home and was cared for by our Mother until she reached the grand age of 86 years. He then moved to the Cheshire Home and this opened up so many opportunities for him. Paul was always very keen to keep himself as fit as possible and was well known for raising money for M.S, sufferers by carrying out various challenges.

More recently, Paul became well known for competing in the half marathons and full marathons, he was assisted by members of staff from Cheshire Homes and rode an adapted wheelchair/bike. This gave him tremendous satisfaction and also a day to day focus in training and keeping himself fit. He also completed a challenge by climbing the wall at Le Murier school and his most famous 'claim to fame' was being one of

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the people to carry the Olympic Torch. Paul's other love in his life was Liverpool F.C. and once again he was able to meet several people related to the club and as many will know, his room was covered with memorabilia relating to the club.

All of these things and many more gave my brother immense pleasure and benefitted charities by his efforts. I would like to thank staff and residents of The Cheshire Home for all the care and opportunities offered to Paul and also the M.S. Society for help offered to Paul and my Mother in the past.

Paul was an extremely caring person, always thinking of others before himself. Despite his disability he led a full and happy life. He was well known and well liked and for me personally being my 'baby brother', I lost a very special person in my life.

Jacquie

If you feel you would like to join the committee, then please do get in touch. We do need more members.

Thank you

Gill



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Look what our treasurer has been up to!



In July Mike joined a group of hardy cyclists and pedaled from John O’Groats to Land’s End, a mere 1,006 miles!

The group is called Bike the UK for MS and in addition to raising funds, the group raised awareness of MS along the route.



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MoveSmart for MS patients

Sponsorship by the Multiple Sclerosis Society Guernsey has enabled the Medical Specialist Group to run group exercise sessions for people with MS.

“Getting fit and keeping fit will help anyone’s body and mind to stay as healthy as possible and this is particularly relevant for people with MS,” said the MSG’s Exercise Physiologist, Gareth Corbett. “They are at a higher risk of osteoporosis or thinning of the bones and a combination of medication and exercise can be very effective in helping to tackle this degeneration.”

The programme of exercise sessions for people with MS has been called MoveSmart and these are held every Tuesday morning at Beau Sejour, one at 9:30am and one at 10:30am.

There is clear evidence that exercise can be very beneficial in the management of MS as it reduces fatigue, improves mood, strengthens bones and muscles and improves weight management.

“People with MS used to be told to ‘take it easy’ to help them avoid fatigue, which is one of the most common symptoms in MS,” said Mr Corbett. “However, research has shown that exercise is one of the best ways of reducing MS-related fatigue and so it is important that people with MS have the opportunity to do some exercise in a safe and supportive environment.”

The MoveSmart exercise sessions are free thanks to the support of the MS Society and further information is available by calling the MSG on 238565 or by e-mailing garethc@msg.gg.

Guernsey Disabled Swimming



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The Guernsey Disabled Swimming Association hold a swimming session from 6pm – 7pm every Thursday. I have started to attend these sessions which is run by some lovely people. The class meet around 5.40pm in the foyer of Beau Sejour to register. The classes are free and anyone who needs help with getting in the pool can either take someone with them or there are people on hand to help anyone who needs it.

The blinds between the pool and the café are drawn which provides some respectability for those in the pool. I expect you have seen that two new arm rails have been installed into the pool.

If you are interested in going or finding out more on the swimming sessions then please contact me.



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My life with MS

We moved from Bournemouth to Guernsey in October 1999. It was a chaotic time as I had a very active life with a lovely bunch of friends. I was a member of the local running club and I ran at least 3 times a week participating in races at the weekends. So it was not a move I wanted to do, but I agreed to come for 2 years to give my husband, David an aircraft engineer, the experience he wanted on different aircraft. Well Guernsey turned out to be such a lovely island we are still here 17 years later, making us local!

I do feel stress played a major part in the start of my MS. I had not wanted to move to Guernsey, and I had a close relationship with my parents who also lived in Bournemouth, so it was quite a tug on the heart strings to move away from them. I had lost a close aunt, my mum's sister, at the beginning of the year, and my mum was very upset, both with the sudden loss of her sister and seeing her daughter with 3 grandchildren move away. Soon after we moved to Guernsey my mother started to act strangely and at first the consultants thought it was CJD but many tests later she was diagnosed with Frontal Lobe Dementia. I have since found out that people with MS are more likely to succumb to Frontal Lobe Dementia, especially if it runs in the family – I'm keeping my fingers crossed it doesn't happen to me!

My first symptom was waking up one morning with a numb leg. I assumed I had slept badly and trapped a nerve. I ignored it for a few days but then the other leg started to feel numb so



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I popped along to the Dr. What followed next was like a blur. Off to the PEH to see Mr. Oswald, then to Jersey for an MRI scan, as it was before Guernsey had one, then off to Southampton for the final diagnosis. You read about MS being like a bereavement and it certainly felt like that for me. Life before and life after diagnosis. My running had to go and at the time I was a driving instructor so I gave that up as well. I do not like to moan, I know I have been relatively lucky, but I have days when I feel like giving up, but then the next day I am up being busy and off to work.

I have recently started a programme for supporting multiple sclerosis. It involves a change in diet, basically more fish and no meat! Very difficult since I do not like fish but I love a good steak! Along with exercise and meditating. I'll let you know how I get on.

My life now is all about balance, and I do not always get it right. I only work mornings which gives me the afternoon to have a sleep which I usually need. I walk my West Highland every day which I really enjoy and attend a yoga class every week. I do think it is important to try and keep exercising.

I joined the committee many years ago and, along with David, we look after the collection pots on the island. At that time, I was working full time and I soon found it difficult to do both so I had to resign from the committee. Now I work part time and all 3 of my children have left home. Therefore, I have a little more time to spend so have re-joined the committee as secretary. We meet once a month to discuss a range of things such as events for fund raising, equipment requests, to name



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a few. If you would like help with something, please let us know.

Well that is a little about me. I think it would be lovely to hear from some of you. If you would like to share your experiences, then please send your article to me at secretary@guernseymms.com

Please do contribute with an article or something for the puzzle page, this is after all your newsletter.

Gill

PS

Puzzles are good for the brain – so I have made up a topical word search ...give it a go 😊



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BALANCE	FUN	PARALYMPICS	SUPPORT
BRANCH	GILL	PINS	SYMPTOM
CAMPAIGN	HEALTH	REFERRAL	SYSTEM
CELL	HOPE	RELAPSE	VITAMIND
CHANGE	IMMUNE	REMISSION	
CIRCULATION	LAUGH	RESEARCH	
COMMITTEE	LIGHT	RESOURCE	
CURE	LIVE	RIGHTS	
DIAGNOSE	MEDICAL	SCLEROSIS	
DIET	MOBILITY	SENSORY	
DISEASE	MOTIVATE	SMILE	
ENERGY	MSREGISTER	SOCIETY	
EVIDENCE	MULTIPLE	STEM	
FATIGUE	MYELIN	STUDY	
FIGHT	NEEDLES	SUNLIGHT	

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