

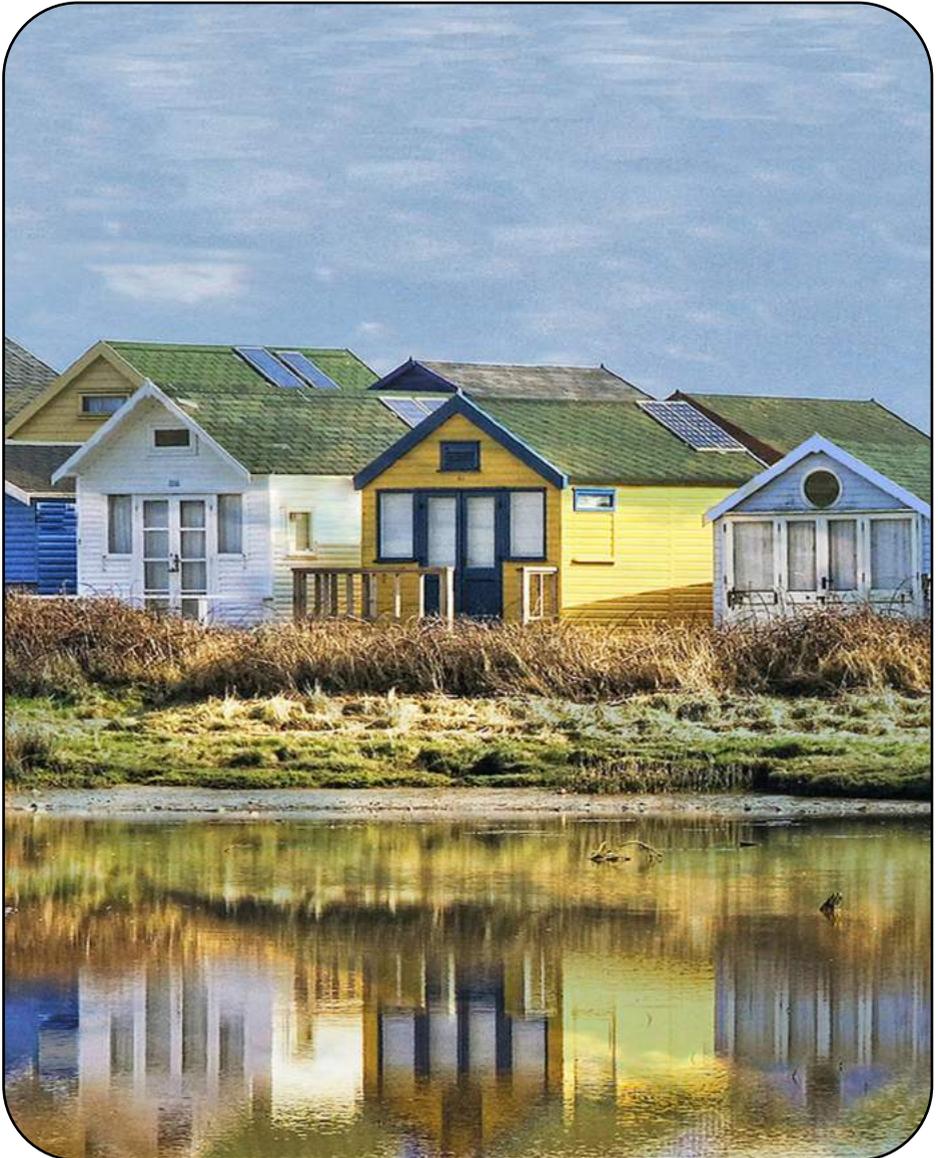


MiScellany

Summer 2018

Multiple Sclerosis Society

Bournemouth & District Group



Did they really attend?



Request for Articles

We would love to hear from you.
Send us your stories, tips and suggestions for future
issues to
bourneouthsupport@mssociety.org.uk

Cover photograph by Kay Browning
Mudford Beach Huts

PRESIDENT'S PATTTER

Hi all

I've decided to write a book about positive thoughts. I'm not getting on very well but at least I've got all the page numbers done.

Sorry but before I go further I need to get something negative off my chest!

It has long been documented just how much we need and value our volunteers who help run the branch. But there is another aspect which also has to be addressed.

As I'm sure you know our branch can only survive because of the generosity of our loyal supporters and the general public who donate money to us. Running a branch such as ours is a huge financial burden and a sum in excess of £150,000 has to be raised annually in order to keep going.

The money raised pays for the general running of our branch and also allows us to greatly subsidise the many and varied aspects of the Osborne Centre such as Physiotherapy, Transport, Cooked Dinners, Organised Day Trips, Craft, Coffee biscuits cake etc. etc., for myself and members like me with Multiple Sclerosis.

(This sum does not include large capital expenditure such as building alterations or new adapted vehicles which are funded separately, usually by grants.)

We have quite brilliant and hardworking fund-raisers who put on events throughout the year which takes a huge amount of planning and organising, not to mention the work that's done on the day when a great band of volunteers back them up.

All these wonderful people working hard, for people like me, in order to make my life a little better and my illness a little easier to handle. How can I thank them? Really the only way is to support them.

Last Sunday Jane and I attended the Centre garden where we listened to a superb 16 man barbers shop choir, enjoyed Pimm's cocktails and platefuls of cake for £10.00. The audience included 6 members with MS. There were nearly as many choir members and helpers as there were audience. How did that make the organiser feel?

In July we attended the summer fayre which is a major fund-raising occasion. Number of attendees with MS? 20 at the most.

We have approximately 80 members with MS that attend the Centre once or twice every week and another 30 that attend occasionally. **All** enjoy our subsidised facilities but can't or won't support their own branch at fundraising events designed specifically to help raise funds that enable those very same subsidies to be in place!

I suppose I'm frustrated at the apparent apathy that seems to exist with many of our members with MS. I just feel so sorry for our hard working fundraisers when members don't support them. Prove me wrong by not just taking all the time but giving back a little by supporting YOUR branch and its hard working fundraisers.

Alan Lindsay
President

GROUP CO-ORDINATOR

Hi Everyone,

Well, what difference a few weeks can make. Remembering the snow and cold spell then for the last month or so tropics – let's not complain, Christmas won't be long.

Sorry this issue is a little late but wanted you to know all the latest news as well as useful and interesting information. Your comments are always welcome so please make full use of "Letters to the Editor" Column.

Look out for the report on the Garden Party – if you were unable to join us, it was a fantastic event and great to see so many people – not only PwMS but friends and supporters. It will be said later, but I would like to say a huge thankyou to everyone who spent hours preparing and manning their stalls – heartwarming.

The "umbrella" we all sit under is big and we try our best to meet the aims and objectives of the M. S. Society, providing support to PwMS and PaMS i.e. family and friends. **Let's make sure everyone is covered by looking out for one another.** I am sure I speak for us all in wishing those who have suffered ill-health or currently suffering ill-health a full and speedy recovery.

Unfortunately we are missing a number of volunteers namely drivers and escorts as well as a secretary, treasurer and a transport manager. If you feel you can help please let me know. As you know we receive **NO external funding from any source** being solely dependent on the generous donations from local people and our "street collections".

We continue to put the Centre "on the map" and welcome visitors to see for themselves what goes on and gain an insight to MS. Please let me, or other member of the committee know

your ideas for consideration

I wish everyone to be included in the activities and events on offer and “effective communication” is vital, ensuring information is passed upwards, downwards – even sideways if necessary.

Thanks to the committee for their hard work and our dedicated team of volunteers - without you ALL we could not exist.
Thanks to everyone for your continued support.

Best wishes
Rod.

FINANCE REPORT

President Alan has already said in his 'Patter' - it takes around £150,000 each year just to keep the Centre running to provide all the services that we are able to provide. That's a lot of money. So where does it come from and where does it go? So far this year to the end of **JULY** the branch has received **£113605.00**

To give you an estimated breakdown of this income:

General donations from Trusts, Businesses and Individuals:	£34,864.
Annual Grant from MSNC	£19,000
Collection boxes	£2,725
Fund Raising events at the Centre and 3rd Party functions	£19,425
Membership subscriptions	£902
Sales from Aladdin	£2,976
Charges for Transport	£7,815
Charges for lunches	£10,519

Charges for physiotherapy	£11,847
Hairdressing	£627
Interest on bank balance	£516
Sale of sweets and biscuits	£795
Money received for outings	£1,594

Unfortunately income always has to be quickly spent on our overheads which cost **£132,318** for the same period.

Food	£6,454
Personal Care	£12,528
Cleaning the Centre	£4,800
Printing, Stationery and Telephone	£1,002
Utilities	£4,150
Advice available for members	£360
Audit fees	£1,600
Grants	£2,000
Fund Raising expenses	£791
Salaries + NI for Cook and Co-ordinator	£19,136
Physiotherapy sessions	£19,495
Transport Fuel, Repairs and Travel expenses	£14,722
General maintenance renewals and repairs	£10,837
Building improvements	£34,001
Cost of sweets and biscuits for Pop In	£442

You will notice that the group spent more money than received during this period to show a deficit of **£18,713** which is due to the completion of the necessary building improvements.

The financial support and help from so many members and supporters in the area is very much appreciated - and necessary, to ensure that the Centre will continue to provide.

Velda

BREAKING NEWS

As many of you know we had an open meeting in May to explain the current operation of the Bournemouth and District Group and I promised to hold another such meeting later in the year.

I would like to let it be known that it is intended to hold this meeting on Thursday 13th September at 1.30pm. This event will be advertised again nearer the time but I would like to invite as many of the paid-up members as possible to what is to be a most important meeting. If you are not yet a paid-up member, please talk to any member of the finance team or Kay

In the last few months we have been discussing and considering the future of the Group. The committee have now come to the conclusion that there is only one way forward to benefit what we do for all local people with M.S. and their families, friends and carers.

It will be new, exciting and challenging for all of us who are truly passionate about the Centre and prepared to continue to be a part of it.

Our dedicated team of volunteer helpers have and always will be a huge support and essential members of our "M.S. family"

I would welcome the opportunity to share this positive next step with you. Please put the date in your diary as a Red Letter day

Together we can – together we will

DUDSBURY GOLF DAY



Organisers of the Dudsbury Golf Day, which raised around £5000 for our centre.

My name is John Dexter I have been blessed to be part of the team of volunteers at the centre for approximately 5 years.

In January this year I was given the opportunity to take over the role of lead support volunteer which I was very pleased to take on as I considered it privilege to be able to help the people close to my heart with MS on a new level.

My role helped by a team of volunteers is to give support, grants and advice when needed to people with MS and also the volunteer team at the centre.

I look forward to being able to hopefully make a difference to those who need help, so please do not hesitate to contact me.

GARDEN PARTY



Tea & Cake Stall



Taking advantage of facilities.



Collection of motorcycles



Roving Eye
Photography Stall



Wood Turning Stall



Bears & jewellery

24th June – Fay & her husband opened their beautiful garden in Holt, Anne Wilson Croome and her helpers organised the afternoon tea. It was a lovely afternoon and everyone spent a lot of time sitting in the garden enjoying the cakes, they raised £1,200



Garden Pond



Quiet Retreat

Citizens Advice Bureau Announcement

FREE ADVICE SERVICES

CAB - Poole Office

Beech House
28 – 30 Wimborne Road
Poole
Dorset
BH15 2BU

Telephone no. 03444 111444

Website: www.poolecab.co.uk

Booked appointments only (no drop in at the above address):

CAB - Bournemouth Office

The West Wing
The Town Hall
Bourne Avenue
Bournemouth
BH2 6DX

Website: www.bournemouthcab.co.uk

The Advice Line is open between 10am and 4pm every day from Monday to Friday.

Dorset Advice Line: 03444 111 444

If they cannot answer your queries over the phone, they can book you an appointment.

CAB - Ferndown & Wimborne Office

Ferndown

1A Princes Court,
Princes Road,
Ferndown, BH22 9JG

Wimborne

Hanham Road,
Wimborne,

BH21 1AS

Website: www.eastdorsetcab.org.uk

Dorset Advice Line

To ring with an enquiry please telephone the Dorset AdviceLine number in the first instance, between 9:30 am and 4:00 pm on: 0344 245 1291

If you are an existing client or a third party contact, you may contact them by phone during opening hours:

Wimborne: 01202 884738 Ferndown: 01202 893838

They also provide advice services at several outreach locations across the district.

Access Dorset - Information, Advice and Crisis Advocacy
Littledown Centre,
Chaseside,
Bournemouth,
BH7 7DX

Telephone

01202 771336 Email: < enquiries@accessdorset.org.uk >
www.accessdorset.org.uk

They can provide advice to you in a number of different ways...

- Information and advice over the telephone or by email
- Face to face at an advice surgery
- One to one advocacy support in times of crisis

FREE ADVICE SERVICES (continued)

They can provide the following advice:

- Rights & discrimination
- Benefits & financial advice
- Independent living
- Support to manage your health condition

- Aids and adaptations in the home
- Social and leisure activities
- Safety
- Transport
- Signposting to support groups and organisations

The services they offer are completely free and totally independent

OPEN HOUSE

Pat and Sue invited us to West Moors for their open garden, which became an open house due to the rain. Their friends and neighbours made cakes. They held a raffle and a whip round and raise more than £300 for the charity.

All views expressed in this publication are individual and not necessarily the view or policy of the Charity and its supporters.

Multiple Sclerosis Society.

Registered charity No's 1139257 / SC041990

Registered as a limited company in England & Wales N. 07451571

Barber Shop Choir

On the 5th of August the Centre put on a garden party with guests Barber Shop Choir, Ocean Harmony.

This lovely band of men 20 strong came all the way from Southampton to sing for us.

It was a beautiful day and we had approximately 30 people attend greeted with a glass or two of Pimm's.

All seated under the tree in the garden the choir gave us 30 minutes of amazing harmony singing with a range of songs from the past



Time for the scones, cream and cake which was kindly made by Kay to be served and more Pimm's tea and coffee, then another 30 minutes of harmony singing from Ocean Harmony.

I think it was a great day thanks to the kindness of the choir who gave us their fee back for the centre.

We raised approximately £220 and everybody went home happy (may have been the Pimm's)

Thank you to Ocean Harmony, Beryl, Velda, and Kay and everybody who came for making it happen.

John Dexter

Vintage Classic Lorries

When you come up with an idea of something to do in 21 days' time you don't normally expect the finished item to be great, you'd expect something a bit thrown together and possibly a failure. Well that's not what happened to us!

Sat in a field at the beginning of July a plan was hatched for 3 girls to drive their Dad's Classic lorries from Dorset to Welland Steam Rally in Worcestershire on 25th July. Between that point and the 10am on 25th July something amazing happened. With the power of Facebook, the internet and a bit of word of mouth news soon got out that the three of us were

on a mission to raise some money for a fantastic charity, raise awareness of some issues within the haulage industry (young drivers, female drivers and a lack of facilities available) and have some fun. We never imagined we would have such an amazing backing from so many people and this made us even more determined to get the lorries on the road.



Charlotte Young, who has had her HGV license for 2 years, was driving her Dad's 1961 Atkinson with a crash gearbox; Shannon Bascombe, who has had her HGV license for 4 years, was driving her Dad's 1999 Scania T Cab; and Amey Butler, who has had her HGV license for 10 years, was driving her Dad's 1964 AEC Mogul which is also fitted with a crash gearbox. The crash gearbox is notoriously awkward to change

gears in with the driver having to double declutch and have the engine speed matching that of the gearbox or else the driver is greeted by an awful noise!

The journey we would be doing was 118 miles long leaving from Okeford Fitzpaine, travelling through Sherborne, Yeovil, onto the A303 and then onto the M5 where people would be able overtake us as our top speed was set at 40mph.



On the morning of 25th July the three of us gathered at Okeford Fitzpaine feeling extremely nervous for the journey ahead of us but also excited as we had so much support from both local companies and individuals that we knew honestly we weren't doing this alone.

With a small delay before we left we were on the road and

trucking by 10:45am with people flashing their lights to us and waving when we passed them we were proud to be on our journey.

We had a quick stop to make on the way up at Gloucester Docks for a radio interview with BBC which gained us even more people waving to us and then we finally made it to Welland Steam Rally where we celebrated our arrival with family, friends and Prosecco. We were also met by Andy Jarrett of MS Society who was shocked at the amount of money we had so far raised which since returning home has increased even more.

The just giving web site for donations as below;

www.justgiving.com/classicgirlsclassiclorries

To date they have raised £3,420 for our Centre.

Fundraising

18th May - one of our drivers Dale Johnson did an interesting and enjoyable talk on the Blitz, around 40 people attended and we raised £268

27th May – Ann Wilson Croome with the help of her friends and family did an Afternoon Tea at Wimborne St Giles. They raised a fantastic £1,000

15th June – Honey and her husband Graham did a fascinating talk about Bees, we all learnt so much about these very intelligent insects and raised £180

28th July – Our annual Garden Party was very busy this year, we had more people and they braved the cool weather to sit outside and enjoy the lovely lunches. Entertainment was provided by an accordion group and a hand bell group. We raised £3,700.

Future Events

16th September Craft Fayre, if you would like to book a table they are £10 please contact Kay on 01202 570300

26th October Halloween Quiz and hot supper

17th November Christmas Fayre

30th November Christmas dinner with entertainment

Rotary Club Presentation



Rod receiving a cheque from the Rotary Club of Parley

GIFT AID

We are updating our gift aid forms.

Please see Kay our Centre Co-ordinator if you are a tax payer and would like us as a group to claim gift aid on any further donations you may make to our group including your £5 membership fee.

By completing the attached/enclosed form we will receive a further 25p from every £1 you donate, at no cost to you.



CAN YOU HELP?

On the 10th August we held our last street collection.

Unless we can find someone willing to take on the organ-sing of our street collections there will be NO collections next year.

This is a vital part of our fundraising.

If you or you know anyone who would be willing to spare a few hours a month to help us, please contact Kay on **01202 570300**



MateS

MS Society Bournemouth & District Group

**Wednesday 13th September 2017 - at the
Hamworthy Club**

**Dr Cossburn Consultant Neurologist at Poole/
Bournemouth Hospital**

**Thursday 5th October 2017 - at the Hamworthy
Club**

**Helen Conyers physio at Poole Hospital/Michele
Davies MS service lead, to talk about TiMS and
other MS issues.**

**(Last chance to buy tickets for the Mates'
Christmas Event at this meeting).**

**Thursday 7th December 2017 - at the Hamworthy
Club
Christmas Event**

**(Tickets for this meeting are only available at the September and October
meetings)**

**All meetings are 7.00 for 7.30 start.
Dates are provisional to be confirmed a month in
advance of each event.**

**Any enquiries please contact Keith Hunt Tel:
01202 570300**

**E-mail: matesmsgroup@gmail.com
[https://www.facebook.com/pages/MS-Society-
Bournemouth-District/178618352184528?ref=hl](https://www.facebook.com/pages/MS-Society-Bournemouth-District/178618352184528?ref=hl)**

MS SOCIETY CHANGES

Changes to Helpline Hours

In recent months, the Helpline has seen an unprecedented number of daytime calls and a drop in demand for the service after 5pm.

The MS Society doesn't currently have the resources available to answer all these daytime calls so they are trialling new opening hours from February – April. The new opening hours are 9.00am to 9 pm on a Monday. This will mean that more staff and volunteers will be available to answer calls during peak daytime hours.

How to Join the MS Society

If you are reading this and you are not on our email list, why not become a member of the MS Society for £5 a year and along with receiving our magazine you will also receive the national MS Society "MS Matters" publication. Please contact the centre for a membership form. Please note our magazine is only available via email and a limited amount of printed copies at our centre.

MUSIC EVENING

August 17th

Jenny, with help from others, organised a 60's, 70's and 80's music evening. The entertainment was provided by Debbie and Barry (sponsored by Tony and Allie).

The Shirley Bassey rendition raised the roof! There was lots of singing and dancing, with a break for an extremely tasty ploughman's supper.

A thoroughly good evening, raising £800.

Thanks to Jenny and all who attended.

HOT AND BOTHERED?

How heat makes MS symptoms worse;

Around three quarters of people with MS find that their symptoms get worse when they are hot. This might be when the summer weather arrives, during exercise, when the central heating is too high or if you are in public spaces which can be overheated.

Keeping your cool

If you are **heat sensitive**, there is a **range of things** you can do.

In hot weather, you might go out earlier or later in the day when it's cooler or keep to the shady side of the street. You could avoid sitting in the sunshine for too long, wear layers of clothes that you can peel off, take a broad brimmed hat or a sunshade.

If the family likes to have the central heating up high, you might negotiate turning it down and encourage them to wear an extra layer. This might be popular with the bill payer too. Some people think that, if you aren't well, it's a good idea to keep warm. You might like to explain that the opposite is true with MS.

If you get too hot during exercise or everyday activity, you could opt to go out at the coolest time of day. You can precool yourself by having cold drinks, sucking ice cubes, taking a cold shower or spraying yourself with cool water.

If you are sitting still, you could organise a fan or an air conditioner to provide cooler air.

Cooling garments are available including neckties and pillows.

CAN YOU HELP

We have a few vacancies for new volunteers in our Group Coordinating Team:

Finance Volunteer – Formerly Treasurer

Administration Volunteer – to type a few letters, take minutes at meetings etc. A few hours a week flexible days.

Driver Volunteers and Escorts– a couple of hours one day a week to pick up members in our minibus.

Communication Volunteer – committee position to liaise with local medical departments, etc.

Corporate Fundraiser – applying to trusts for grants on behalf of the group.

Cashiers – work in our small office, balance the days takings and to pay out expenses to our volunteers.
One day a week and cover holidays occasionally.

Transport volunteer - a committee position, to be responsible for the operation of our 5 adapted minibuses.

There would be help to anyone interested in the above roles.

For further information on any role please contact the Centre 01202 570300

MS LOTTERY

Do you want to treat yourself to that something you have always wanted?

OR

want to buy someone a present?

Its easy – go online at www.unitylottery.co.uk

Not online, don't like computers?

Then pick up a leaflet in reception at the Osborne Centre.

Complete the details and send off.

FREE POSTAGE.

You will be allocated your 6 numbers which will be entered in a weekly Saturday Draw,

with prizes of

Match 6 = £25,000 Match 5 = £1000

Match 4 = £25

You will be notified if you win, or you can check at

www.unitylottery.co.uk

or ring 0370 050 9240

For every pound you allocate,

at least 50 pence comes back to the Osborne Centre

Please consider supporting your Lottery, you will certainly be supporting your centre and could win for yourself.

GROUP VOLUNTEER TEAM



Alan Lindsay
President



Rod Slip
Group Co-ordinator



Beryl Bundy
Fundraising
Volunteer



John Astley
Transport Volunteer



Jane Lindsay

Committee Members

John Dexter,
Lead Support volunteer.

Julie White,
Finance volunteer.



THE OSBORNE CENTRE
Church Lane
West Parley
Dorset. BH22 8TS
01202 570300

CHARITY GOLF DAY

Wednesday 12th September 2018
Crane Valley Golf Club, Verwood



The Format: 4 person TEAMS - Ladies/Men/Mixed
Best 3 scores to count
Stableford. Full H/Cap.
Men 24, Ladies 30

The Itinerary: 9.00am—onwards Coffee/ Tea & Bacon Bap
10.00am—12.00 noon 18 Holes (2 Tee Start)
2.30pm - Onwards, 2 course rolling meal

£220 per Team
The Alan Froud Shield,
Great Prizes, Raffle & Auction



Our grateful thanks to our Major Sponsor

For more information please see our website @ www.ms-bournemouth.org.uk

Or contact the Golf Team 01202 570300

Email fundraising@ms-bournemouth.org.uk

Multiple Sclerosis Society. Registered charity No's. 1139257 / SC041990

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INFORMATION

Osborne Centre Closure Dates

2018

Monday 27th August
Tuesday 28th August
Thursday 30th August

Monday 17th December
Tuesday 18th December
Thursday 20th December

Monday 24th December
Tuesday 25th December
Thursday 27th December
Monday 31st December

2019

Tuesday 1st January

Monday 22nd April
Tuesday 23rd April
Thursday 25th April

Transport Office Telephone
Number 01202 580391

Osborne Centre

The Osborne Centre is
situated in Church Lane,
West Parley, Dorset,
BH22 8TS

Tel: 01202 570300
(Office)

The Centre is open on
Mondays, Tuesdays and
Thursdays.

From 9.30 - 3.00

MS Helpline

Tel: 0808 800 8000

helpline@mssociety.org.uk

Web Site
www.ms-bournemouth.org.uk