



# MiScellany

Multiple Sclerosis Society Bournemouth & District Branch

June 2013

## In this Issue!

The effect of food on MS

Raising Awareness

Caring for Carers

The cost of running the branch

Fundraising 2013

Physio Forum



**Get involved today!**

## Forthcoming Events 2013

Saturday 27th July Garden Party From 12 Noon

Friday 6th September Everly Brothers Tribute Evening 7pm

## Contents

Editor's Note	1
Food for thought	2
Chairman's Report	3
A shocking truth	4
Caring for Carers	5
Fundraising 2013	6
Day trips & Events	7
Physio Forum	8
Useful information	9
President's Message	10
Raising Awareness	11
Treasurer's Report	12
Fundraising Events	13
Day Trip to The Sealife Centre	14
Meet The Committee	15



## Summer's Here!

Welcome to the Summer Edition of Miscellany, I hope you are enjoying the sunshine? Oh no, that was Spain, I forgot we were in Britain!

Anne, Phil and I are really pleased that you enjoy the new magazine and grateful that you have all been so positive about it. Thank you..

Keep supplying us with stories and useful information so that we can share it with a wide audience. Our aim is to connect with people who haven't found out what a wonderful, supportive place The Osborne Centre is for people, and families, living with MS in Dorset.

This issue is packed full of stories and useful information that, hopefully, will surprise you, inspire you, or at the very least, mildly amuse you!

Enjoy the sunshine (When it appears!) and soak up all that MS-Friendly Vitamin D.

Keep well and keep fighting.

Tim :)



## Charity Golf Day

Help raise awareness of the branch & MS

**20th September 2013**

Crane Valley Golf Club, Verwod

Cost £50.00 per head and includes coffee & bacon bap on arrival then 18 holes of Golf & 2 course dinner

### Contact

Dave Thompson at  
lyndavethoms@ntlworld.com

## Your Voice Your Choice

We want to hear from you and hear your stories to share and inspire the wider World.

Who are you? How are you?  
and What do you know?

Email your ideas, stories and useful information to us at [info@whatms.org.uk](mailto:info@whatms.org.uk) or leave us a note in The MiScellany Post Box at The Centre.

**Editor:** Tim Barton Email: [tim@whatms.org.uk](mailto:tim@whatms.org.uk)

**Sub-Editor:** Anne Wilson Croome Email: [anne@whatms.org.uk](mailto:anne@whatms.org.uk)

**Sub-Editor:** Phil Smith Email: [phil@whatms.org.uk](mailto:phil@whatms.org.uk)



*Six months before I received my diagnosis of PPMS, I knew in my heart that I had it. I wanted to find out what I could do myself to be actively involved in minimising the progress of the MS, and to help me remain positive and in control. I did some research and started the MS Recovery Diet.*

Initially I was sceptical about its effects, but decided to be open-minded. I knew I needed to reduce my weight anyway, so there was nothing to lose. Falling down had become a painful occurrence.

I attended the free nutrition talks at the Healthy For Life Chiropractors at Pokesdown [www.chiropracticbournemouth.co.uk](http://www.chiropracticbournemouth.co.uk) and improved the diet when I discovered a lecture by Terry Wahls <http://www.terrywahls.com> who had turned her MS around with a variation of a Paleo Diet.

These diets are rapidly gaining in popularity and respect as people are becoming more aware of their benefits in prevention and rehabilitation of not just MS but other conditions including Cancer, Cardio-vascular Disease, Parkinson's and Diabetes.

Since changing my eating habits my symptoms have minimised, my skin's cleared, I've lost weight, and I've been able to keep up a daily exercise routine either at the Gym or at the MS Centre doing Physio and Pilates. My walking has steadied and I haven't fallen.

It's rather silly to call it a 'diet' because a large proportion of my time is spent shopping, preparing meals, and eating! But 18 months on I'm feeling good and I'm definitely sticking with it.

I still eat three meals a day, and in a nutshell, I aim to consume 9 cups of vegetables (specialising in green leafy and coloured sulphur-rich) per day. I accompany this with wild fish, seafood and free range chicken, and combine them in a variety of smoothies, soups, stir-fries and salads. The hard bit is eliminating wheat, dairy, eggs, yeast and legumes, but I have been amazed at how much variety and taste you can create even with this reduced range of ingredients.

I've started a 'Healthy Foodie Club' at home for people to meet over a healthy lunch to discuss ideas, compare diets, swap recipes and find out more about following a healthy and mending eating plan. This has now grown to incorporate a new Website, currently in development, called [www.gudforu.com](http://www.gudforu.com) containing healthy recipes and inspirational stories of people using food to help their conditions.

I know that following the whole diet will not be for everyone, but there are lots of different ways that we can make our diet healthier, and hopefully see the benefits.

Trish Merritt 2



*We had a very good trip to the Sealife Centre in Weymouth in March, thankfully on one of the warmer days of spring!*

It goes without saying that those who go have an enjoyable day, a change to the daily routine and a chance to socialise and see something different (sea horses, sharks, octopi etc.)

As I write this, our second trip of the year, is taking place. Exbury Gardens in the New Forest should be in full bloom, although it was rather wet and windy when the Mini buses left the centre, I'm trusting the forecast is right and the sun shows itself and all the members and volunteers have an enjoyable day.

These trips take a lot of organising. Not just the suitability, costings, Health and Safety (inevitable nowadays!) tickets, timings etc. but the people involved in making the trips happen.

This year Bob Brown (Edwina's husband) offered to help with the ground work and contact suitable venues and research their amenities, all based on the questionnaire you completed last autumn. At The Centre we had Velda and Beryl organising all the paperwork (addresses, contact numbers etc.) and ensuring that we've not forgotten anything. Last, but definitely not least, we would never get to these exotic places without the willingness of those that take us there: our volunteer DRIVERS!!

It's a big responsibility taking half-a-dozen people on a mini bus, whether to bring into the centre, to use the facilities or out on a day trip. The safety of you, the passengers, is paramount and entirely in the hands of these volunteers. So a very big Thank You to Antony, Barry, Bernie, Colin, Gary, John, Kevin, Margaret, Matthew, Mike, Paul, Richard, Roy, Stephen and Tony (x2). I think I've remembered all of our drivers!!!

Without you our centre wouldn't be what it is today.

**Thank you.**

*John Astley*  
Branch Chairman

## Did you know?

Since the publication of NEW MiScellany, one of the most popular features has been the snippets of really useful information in the Page Footer - "**Did you know?**".



Well, did you know that to run the Osborne Centre annually, it costs a staggering **£170,000?**

**That's £465 per day - even when it's closed!**

The Centre is totally self funding and every penny that is donated, paid for physio classes, lunches, transport etc goes directly to keep the Centre open for us. In order to keep the costs down for the Members, the Centre contributes:

- 39% towards the cost of physio classes
- 67% towards the cost of transport
- 26% towards lunches
- the electricity bill alone per month is **£591**

**So the money raised at the recent Spring Fayre of £2,264 will only keep The Centre running for 5 days!**

Please, please, please can we all make an extra effort with fundraising this year, to ensure the Osborne Centre has a long future for us all to enjoy.

*Anne Wilson Croome*



## Hairdressing Tariff 2013

Cut	£5.00
Shampoo & Set	£5.00
Shampoo & Blow Dry	£5.00
Cut Shampoo & Set or Blow Dry	£7.50
Perm	£16.00
Perm & Cut	£20.00
Colour	£9.00
Colour & Cut	£13.00
Highlights	£13.00
Highlights & Cut	£17.00



**Moustache Removal POA!**

## Carers are very important

As with any long-term health condition one very important aspect, which is often overlooked, is the role of the Carer.

At the onset of the illness, just a small amount of help may be needed but for many people with a progressive illness such as MS, a Carer will become an integral part of their life. In doing so, they often lose their own identity and this can happen when the person (often men) give up their careers to become a full time Carer to their partner.



It can become quite an isolated role as time constraints can restrict socialising or the pursuance of their own interests. At our Branch, we have a happy group of Carers who decide what they would like to do and the organisers put together a programme.

Events include ten-pin bowling, circular walks, greyhound racing, massage evenings and recently we held a very successful quiz evening. Most of our "get togethers" are either held in a pub or finish up in one so that a meal is available if required.

If you, or anyone you know, is in any way caring for someone who has MS please come along and join us.

### Caring **4** Carers

**Did you know there are more MS Male Carers than Female?**

*My Social Life begins here.....*

**Contact** Jane Lindsay 01202 461880 or Shirley Worner 07740473207

**free MS Helpline:**



**0808 800 8000**



**helpline@mssociety.org.uk**





## Spring Fayre 2013

Despite the awful weather on the 13th April our Spring Fayre was one of our busiest ever. Lots of people did lots of spending and **we raised a fantastic £2,264** for our Centre. Our first Street Collections for 2013 were on the 19th & 20th April at Sainsbury's in Ferndown. We decided to also have a table with leaflets to see if we could recruit any new volunteers or drivers. Unfortunately we were unsuccessful with the volunteers but we did collect £848, which was a great result. Thank you to everyone who has helped with these events we couldn't do it without you. Please check out our future events, we would love to see you at some, or preferably, all of them!

Kay Bundy

## STREET COLLECTIONS 2013

The organising of the street collections is a massive job so last year we split the responsibility and had different teams looking after each location. This worked well and we have decided to do this again this year. We had a good 2012 and hope that you will support us and make 2013 even better!

If you can help, please see the dates below and let us know on **01202 570300** when you are available to collect. The team responsible for that area will then contact you nearer the date. We are always looking for new collectors, so please ask your family and friends to join our fantastic collecting team.

The more people collecting, the more funds we raise for The Centre.

## Thank You

### June

Wednesday 5th Branksome Tesco  
 Friday 14th Christchurch Homebase  
 Saturday 15th Christchurch Homebase  
 Saturday 15th Christchurch (High St)  
 Saturday 29th Fleets Bridge Tesco

### July

Thursday 4th Verwood Morrisons  
 Thursday 4th Ferndown Sainsburys  
 Friday 5th Verwood Morrisons  
 Friday 5th Ferndown Sainsburys  
 Saturday 6th Wimborne  
 Wednesday 17th Ringwood Sainsburys  
 Thursday 18th Ferndown Tesco  
 Friday 19th Ferndown Tesco  
 Saturday 20th Ringwood Sainsburys

### August

Saturday 10th Bournemouth Town & Westbourne

## Visit to Exbury Gardens 8th May 2013



About twenty people, consisting of members, helpers and drivers, set off on an ominously overcast day for our outing to Exbury Gardens in the heart of the New Forest.

The Gardens are the creation of Lionel de Rothschild of the famous Banking family.

He purchased the Estate in 1919, and solely through his vision and planning, created the 200 acre gardens we see today. The gardens remain in Trust to his family.

For many years he financed expeditions by intrepid plant hunters, who brought back seeds of rare plants from the more remote areas of the Himalayas, China, Tibet, Burma and Assam. The seeds and specimens were then cultivated in the greenhouses at Exbury, and the plants grown from these eventually came to form one of the finest collections of Rhododendrons and Azaleas in Europe.

As it turned out - we were lucky with the weather - and apart from a few "spits and spots" it remained dry until we had started back on our way home. We were also treated to magnificent Magnolias and Camellias, and the more humble Bluebells, Primrose and Violets. Several people couldn't resist buying a plant (or two !). There were breaks for tea and coffee, lunch – and even naughty cakes!

Some members of our group took a ride on the "Rhododendron Line" aboard the Exbury Steam Engine. This latest addition to the Gardens is a 12 ¼" in. Gauge steam railway which twists through the existing landscape. This project was approved by New Forest District Council in 2000.

Altogether a lovely day enjoyed by all - and in particular our thanks to our marvellous drivers for getting us there and back safely - thank you Paul, Colin, Tony and Anthony.

*Kay Browning*

**Did you know?** We need your photographs of anything to do with The Osborne Centre and Day Trips and Events to use in publicity and in MiScellany. Email your digital photos to [phil@whatms.org.uk](mailto:phil@whatms.org.uk) or leave a note for us in The Support Office to organise scanning your paper photographs. **Thank You.**





## Physio class at The Centre

### Charges From 1st May 2013

Initial Assessment	£10
30 Minute One2One Session	£10
30 Minutes on Equipment	£4
Class	£5

#### Please Note

To enable us to keep these fees this low the Branch subsidises them by 40% *The Committee*

Have you ever got home from your visit to The Centre and thought to yourself "I could do the same exercises at home too but I can't remember what they all are?!"

Here are some of the exercises which could be done at home when you have five minutes to spare.....

### Squat

This could be replicated using the kitchen Worktop.

#### WARNING

Be sure you have a partner behind you to support you in the event of losing balance



### Glute Stretch

This could be replicated by lying on the Lounge floor and crossing your left leg over your right knee, as shown, and applying pressure at the knee to increase the stretch.



### Arm Lift

Use a tin from the cupboard, if you don't have weights, and raise above your head and back down up to 10 times and then swap arms and repeat to strengthen your arms.





Wouldn't it be useful if all those handy 'Did you know?' snippets of information were collated in one place every issue so you can cut it out and keep it as a Checklist?

Phil Smith

**Did you know?** You can swap a portion of your Disability Living allowance for for a fully financed Car, Scooter or Electric Wheelchair with Motability see [www.motability.co.uk](http://www.motability.co.uk)

**Did you know?** that people with chronic health conditions are exempt VAT on many purchases? Visit [www.hmrc.gov.uk/vat/sectors/consumers/disabled.htm](http://www.hmrc.gov.uk/vat/sectors/consumers/disabled.htm)

**Did you know?** that you could be eligible for the Disabled Facilities Grant from your Local Authority if your home needs alterations? Suitable heating & controls, a shower, an access ramp or a door widened are examples up to a limit of £30,000

**Did you know?** Street Collectors are always welcome. Go to 'Page 13' for more details or call **01202 570300** to see how you can get involved.

**Did you know?** You, and in some cases, your employer, may be able to get financial assistance for such things as specialist equipment in the work-place such as powered door-openers, and the cost of travel to-and-from work? Look here for more: <https://www.gov.uk/access-to-work/overview>

**Did you know?** You may qualify for Employment Support Allowance if you are unable to work, or work for less than nine hours per week and earn less than £97.50 per week.

Look here: <https://www.gov.uk/employment-support-allowance/overview>

**Did you know?** if you work for at least 16 hours per week, you may qualify for Working Tax Credit? And if you are disabled and qualify for some Benefits e.g. Disability Living Allowance, you may receive extra Working Tax Credit!

**Did you know?** that you can fit a product called "Frog Legs" to your rigid-framed wheelchair to minimise the risk of losing control on uneven ground by up to 80% [www.froglegsinc.com](http://www.froglegsinc.com)

**Did you know?** People can have their private wheelchair seat backs altered to fit them, their steering wheels balanced to eliminate shoulder strain when driving, have their Frog Legs fitted and have their vehicle seats altered to fit their backs. They are remarkable and very rare specialists! Tel 01722-425138 <http://www.salisbury.nhs.uk/InformationForPatients/Departments/Pages/MedicalEngineering.aspx>

**Did you know?** Odstock Medical Ltd, <http://www.odstockmedical.com> are a wholly-owned NHS subsidiary, provides Functional Electrical Stimulation (FES) to a number of us, for Dropped Foot. 01722 439540

## Easter Chicks!

Many thanks to everyone who supported our Easter Chick sale this year, both the knitters and those who bought them!

**We made £210 for the Centre.  
Now that's not Chicken feed!**

Anne Wilson Croome





Hello all

The English language is the most widely used in the history of our planet and one-in-seven humans can speak it. More than half of the world's books and three-quarters of international mail is in English and of all the languages, it has the largest vocabulary. This being so, you would have thought that the 'Wally' who invented it could have made it simpler.

You may remember that in the November edition of MiScellany, I pointed out some paradoxes in our native tongue. Well, here's a few more to ponder.

What joker came up with the word Hamburger when it contains no ham? Come to think of it, eggs don't grow on an eggplant and a pineapple contains no apple or pine.

English muffins weren't invented in England or French fries first discovered in France.

A guinea pig is neither from Guinea nor is it a pig, and while we're on the subject of animals, if the plural of Goose is Geese why isn't the plural of a Moose, Meese? It's mystifying that the plural of tooth is teeth but the plural of booth isn't beeth.

I know what you're thinking and you're right. I need to get out more!

At our Annual Meeting held recently, I was pleased to see that The Committee were willing to stand again. It can be a thankless task but they, like all our other volunteers, work hard to make this branch the success it is.

Whilst writing may I just thank all who took part in our recent Spring Fayre. To raise over £2000 was an amazing achievement, but I noticed something more. The atmosphere generated by all was brilliant. Everyone seemed happy and willing to help each other out. It was indeed a pleasure to be a small part of it so thanks for making my day.

*Alan Lindsay* Branch President



## Next Outings

July 24th 2013 to Hillier Gardens in Romsey  
October 9th 2013 to The Mary Rose/HMS  
Victory and shopping in Portsmouth



**All trips £15** Price includes transport from The Centre  
(or home) and entry fee

We want people to understand what MS is

With this aim in mind we, The MiScellany Editorial Team, thought it would be a good idea to get NEW MiScellany out to as many places that People could pick it up as possible.

We are already in Poole and Bournemouth Hospitals, Salisbury District Hospital and is in use by The MS Service in Poole and Bournemouth. Now we want to get it into every GP Surgery in Dorset.

An example of how good this will be for Raising Awareness comes from our Sub Editor, Phil Smith. Phil's GP Surgery is one of a group of four and when he asked his GP to take three copies of The Magazine, he also asked if they would display a poster advertising our Family Fun Day. The GP not only said "yes" to both but circulated the poster to the other three Surgeries in the group for display in their waiting rooms.

In addition, Phil was invited to email future editions of Miscellany and other fundraising event posters, in a digital format, for events, so that they could be advertised in their surgeries and on their Website too!

Imagine if you, a carer, a relative or friend all asked your GPs to do this?

There are about 60 GPs' Surgeries in Dorset and we would like all of them to be more MS-Aware. Help us do this by telling us where your Surgery is?

Leave us a note with Kay or in our Post Box in the Main Hall at The Centre or email us at [info@whatms.org.uk](mailto:info@whatms.org.uk) if you can help us reach out.

Get your Surgery on board today.

### **Did you know?**

You could be eligible for the Disabled Facilities Grant if your home needs alterations to make it safe AND accessible? You will need to meet certain criteria, and it's handled by your Local Authority. Suitable heating and controls, a shower, an access ramp, or a door widened are examples up to a limit of £30,000

Look here for more information:

**[www.gov.uk/disabled-facilities-grants/overview](http://www.gov.uk/disabled-facilities-grants/overview)**

*or ask someone to help you obtain the information if you do not have access  
to a computer or have difficulty using one*



It was lovely to see so many of you at the Annual Meeting on the 23 April.

I tried to do something different this time by projecting the figures onto a big screen. I should have done a trial run before the meeting because the first thing I found when I started was that I needed at least two pairs of hands for the presentation I had prepared. It all went a bit pear-shaped after that but I am already looking forward to next years' presentation when I will put what I learned into practice!

The committee has had to make the decision to slightly increase prices again. You know how much the cost of living is rising, the centre is no exception we also face increases in costs. We are glad that we are able to substantially subsidise fees. Did you know for instance that last year we subsidised Physio fees by 39%? We are able to do that because so many people are actively involved in fund raising. If you are not then remember John F Kennedy's quote: "Ask not what your Centre can do for you, but what you can do for your Centre"!!!! (I think that is what he said!) Why not have a chat with Kay or Beryl to find out how you can help the centre raise funds?

The centre offers a lot of activities. Many people have used the service provided by Tish, who works for the Citizens Advice Bureau (C.A.B), and comes to us every Thursday. She has helped our members claim thousands of £££££'s!

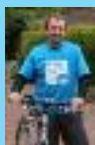


**We pay C.A.B. £6,180 per year** for Tish and although there are notices up in her room asking for a donation upon a successful claim, only 2 people have paid something.

I myself have a disabled son and remember the endless form-filling to get him his benefits with total horror. I would have happily paid someone to help me with that! Of course, it must be your decision.

Well, that's all from me and have a lovely summer! *Monika Willis*  
Treasurer

**Did you know?** that you can fit a product called "Frog Legs" to your rigid-framed wheelchair to minimise the risk of losing control on uneven ground by up to 80%  
[www.froglegsinc.com](http://www.froglegsinc.com)



# On yer bike MS!

Hi, my name is Tom Keane. I am 45 and I live in Lytchett Matravers with my wife and 3 children.

A floor layer by trade, I enjoy Mountain Biking whenever I can around the beautiful Purbeck countryside. I like having new challenges so I got in touch with your Editor, Tim Barton, and he suggested The MS Trust. I have decided to support their research by raising money for MS in The Three Cities Cycle Ride. The challenge goes through the cities of London, Amsterdam and Brussels covering about 340 miles in total.

The trip is taking place on 28 Aug to 1 Sept 2013 and I would be really grateful for any support you can give me. Let's get MS on it's bike too! Thank you.

My donation page is: [www.doitforcharity.com/tomk](http://www.doitforcharity.com/tomk)

Tom Keane

## Street Collections 2013



If you can help, please see the dates below and let us know on **01202 570300** when you are available to collect. The team responsible for that area will then contact you nearer the date.

We are always looking for new collectors, so please ask your family and friends to join our fantastic collecting team.

The more people collecting, the more funds we raise for The Centre.

**Thank you for your help**

### June

Wednesday 5th Branksome Tesco  
Friday 14th Christchurch Homebase  
Saturday 15th Christchurch Homebase  
Saturday 15th Christchurch (High St)  
Saturday 29th Fleets Bridge Tesco

### July

Thursday 4th Verwood Morrisons  
Thursday 4th Ferndown Sainsburys  
Friday 5th Verwood Morrisons  
Friday 5th Ferndown Sainsburys  
Saturday 6th Wimborne  
Wednesday 17th Ringwood Sainsburys  
Thursday 18th Ferndown Tesco  
Friday 19th Ferndown Tesco  
Saturday 20th Ringwood Sainsburys

**August** Saturday 10th  
Bournemouth Town & Westbourne

## Family Fun Day Saturday 29th June 11am - 3pm

Is your family living with Multiple Sclerosis?  
Do you know a toddler, child or teen with a parent or other family member who has MS?

**Come along and enjoy Garden Games,  
Beat The Goalie, Face Painting, Bouncy Castle  
Kids Challenges, Ice Cream and Prizes!**

Adults ONLY £1 - Kids & Teens £2 Call 01202 570300

Bring a Picnic!

Refreshments Available



On March 6th a group of approximately 18 of us of us journeyed to Weymouth Sea Life Centre.

It was a fine day, not a lot of sun (surprise, surprise!) but no rain.

There were 5 of us on our bus and we had an uneventful journey. John, our chairman, drove us and I'm pleased to say Eddie behaved herself! She was just looking forward to a cup of coffee, as usual! Coffee makes the world go round for Eddie, as some of you must surely know!



Upon arrival at the Sea Life Centre, guess what? We found ourselves at the coffee shop where we ordered a Flapjack and a coffee! The Flapjack was absolutely delicious and it turned out that our group had had the last one which meant John had to make do with something else (I can't remember what) and I have to say he coped without a Flapjack very well!

I should also add that although the Flapjack was delicious it was very hard and I broke my plastic knife while cutting it!

Now to tell you about the Sea Life Centre. There were fish of all shapes and sizes. I'm trying to remember some of their names. There was one particular area where there were sharks swimming over our heads! It was like a tunnel and it was amazing to see their underbellies, not frightening at all. We left the coffee shop having had an early lunch and then enjoyed wandering around looking at the gorgeous otters and the sea-horse dragons. I can't remember their exact name but it was something like that! Goodness it doesn't sound like I learned a lot about that place that day but I can assure you it was a good day and we all had fun. Also, personally, it was good to meet some others of you who come to The Osborne Centre that I didn't know.

We had an uneventful journey back and I am only joking when I say that the 'icing on the cake' for me was being told I was a smart A@\$% by our lovely chairman when I tried to undo my wheelchair restraints!!

*Sandra Singleton*

## What's your story?

We all have a tale to tell about our life before and after MS and we'd love to hear it. Share your story and ideas for future issues and send them to [info@whatms.org.uk](mailto:info@whatms.org.uk) OR leave us a note in Our Post Box in The Centre OR get someone else to write it down for you and ask them to post it OR grab one of us on a Tuesday!

*We look forward to hearing from you*

## Meet The Committee

	<b>Name:</b> Alan Lindsay <b>Role:</b> President
	<b>Name:</b> Monika Wills <b>Role:</b> Treasurer
	<b>Name:</b> Mike Hedger <b>Role:</b> Transport Officer <b>Telephone:</b> 01202 580391
	<b>Name:</b> Beryl Bundy <b>Role:</b> Fundraising Officer
	<b>Name:</b> Dave Thompson <b>Role:</b> PR Officer

	<b>Name:</b> John Astley <b>Role:</b> Chairman
	<b>Name:</b> Jane Lindsay <b>Role:</b> Members Representative
	<b>Name:</b> Dawn Geer <b>Role:</b> Statutory Liason & Support Volunteer <b>Telephone:</b> 07598 114594
	<b>Name:</b> Jenny Alderson <b>Role:</b> Secretary & Support Volunteer <b>Telephone:</b> 07598 114594

### We are here.....

The Osborne Centre  
Church Lane  
West Parley  
Dorset  
BH22 8TS  
Tel: 01202 570300

### Multiple Sclerosis Society

Registered charity  
No's. 1139257 / SC041990.  
Registered as a limited company in  
England & Wales N. 07451571

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

Contact all on 01202 570300 unless specified otherwise

## Osborne Centre Closure Dates 2013

Monday 6th May Monday 27th May Tuesday 28th May Thursday 30th May  
Monday 26th August Tuesday 27th August Thursday 29th August

Monday 16th December Tuesday 17th December Thursday 19th December Monday 23rd  
December Tuesday 24th December Thursday 26th December