



# MiScellany

Multiple Sclerosis Society Bournemouth & District Branch

October 2013

## In this Issue!

**Your Voice Your Choice**

**Getting About**

**Fundraising**

**Physio Forum**

**Talking Shop**

**Vote for us**  
to receive  
**£3000 from Lloyds Bank**  
See Page 3

## Forthcoming Events

- 1st November Halloween Quiz & Hot Supper 7pm
- Saturday 16th November Christmas Fayre 10.30am—2.00pm
- 29th November Christmas Dinner & Quiz 7pm

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*Winter on the way, Yay!*

As Summer fades into a distant dream we brace ourselves for the impending cold that accompanies a good British Winter!

I hope you all managed to get a decent Top-up of Vitamin D from the rare sunshine and are ready to take on the cold?

We MSers are very "British" with temperature, with some preferring a medium heat, with others liking the colder atmosphere and no heat at all. Never satisfied!

I thought I was OK with heat until I went for a 2 Week Family Holiday in Turkey this Summer and discovered that my MS really isn't a fan of 42 Degrees!

Still, "Lessons have been learnt" as The Politicians and other "Great and the Good" like to say after a crisis!

Don't forget to send us your experiences and ideas for future issues to [info@whatms.org.uk](mailto:info@whatms.org.uk) or leave us a note in one of our boxes left around The Centre, or dictate your message to someone who is a more able writer and ask them to submit it for you.

Whatever is easiest for you to communicate with us, use it and we will communicate your story to the wider World.

**Keep well, keep positive, keep moving and, most of all, keep fighting.**

*Tim :)*

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## Ponder on these imponderables

1-15

1. If you take an Oriental person and spin him around several times, does he become disoriented?
2. If people from Poland are called Poles, why aren't people from Holland called Holes?
3. Do infants enjoy infancy as much as adults enjoy adultery?
4. If a pig loses its voice, is it disgruntled?
5. If love is blind, why is lingerie so popular?
6. Why is the man who invests all your money called a broker?
7. When cheese gets its picture taken, what does it say?
8. Why is a person who plays the piano called a pianist but a person who drives a racing car not called a racist?
9. Why are a wise man and a wise guy opposites?
10. Why do overlook and oversee mean opposite things?
11. Why isn't the number 11 pronounced onety one?
12. 'I am' is reportedly the shortest sentence in the English language. could it be that 'I do' is the longest sentence?
13. If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
14. What hair colour do they put on the driver's licences of bald men?
15. I thought about how mothers feed their babies with tiny little spoons and forks so I wondered what do Chinese mothers use? Toothpicks?

Look out for more in the next issue. *Alan Lindsey*

Caring **4** Carers

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

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

**Contact** Jane Shirley Worner 07740473207

## **Lloyds Community Fund**

The Branch has been shortlisted for the Lloyds Community Fund 2013! In order for us to be in with a chance of winning the £3000 funding we need all of you, your family, friends, Milkman, anybody you know to vote for us.

Voting runs from Monday 23 September to Friday 1 November 2013 and can be cast either Online, by SMS Text Message on a Mobile Phone or in person at any Lloyds Bank Branch.

### **Online:**

Visit [www.lloydsbank.com/communityfund](http://www.lloydsbank.com/communityfund) and search for MS Society - Bournemouth and District Branch

**SMS text message:** text the word **VOTE KFQD** to 61119 (users may be charged at their standard message rate)

### **At Lloyds branches:**

Lloyds will be inviting their customers to cast their vote when they visit the branch. We encourage you and your friends, family etc. to visit their local branch or branches to cast their vote too

Thank you in advance for your help in securing as many votes as possible, and hopefully, £3000 for the Branch . Please don't assume that someone else will do it and make sure you make your vote count

*John Astley*

## **Get your name in lights!**

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 OR get a friend to write it down for you.



If you don't drive, have access to a car or any other transport methods to get you out and about, and most importantly, to Hospital appointments, did you know that you can get access to very low cost Community Transport?

SEDCAT is a voluntary car scheme which helps the elderly and those living in the Bournemouth area who are unable to use public transport, but still need to make essential journeys. Volunteer drivers, using their own cars, offer a door to door service for members to help them access much needed services.

These can include visits to the GP, Dentist, Lunch Clubs and friendship groups, even the hairdresser. There is a joint BAT Bus/Community Cars annual membership charge of £6 and mileage is charged at 55p per mile (minimum charge £4), this is calculated from the driver's home. They try and match you to a driver who lives close to you.

Many of the Community Car clients who use this scheme do so because they can use the same driver and know that they have all been personally vetted by Sedcat; they are also all CRB checked.

**For more information telephone 01202 309433** (weekday mornings only)



## Patient Information

### NHS Direct

Health advice and information including telephone service **[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**

### NHS Choices

Information on Local Health Services  
**[www.nhs.uk](http://www.nhs.uk)**

### PatientUK

Information leaflets and A-Z on many conditions  
**[www.patient.co.uk](http://www.patient.co.uk)**

### Surgery Doors

Information on many diseases and conditions, operations, treatments, Doctors and Professionals, Hospitals and Clinics and staying healthy  
**[www.surgerydoor.co.uk](http://www.surgerydoor.co.uk)**



## There is a saying in Germany

KLEINVIEH MACHT AUCH MIST.

Roughly translated it means: SMALL LIFESTOCK POOS TOO. It means that every small thing contributes to the whole to make it bigger. Last year our total income was £178,217. That's a lot of chickens making a lot of mess!!!

One of our volunteers, John Harris, deals with our unsold clothes and books amongst all the other stuff he helps with. He takes these leftovers to same magical place where they get weighed and we get a donation. Last year John made a lot of trips and in the end the centre benefited by an astonishing £2,618!!! You of course helped by bringing your unwanted items to the centre in the first place. And that is just one way of making the pile bigger! So keep your stuff coming in and pop into Aladdins for your next bargain, you'll be glad you did!

Have a lovely autumn

*Monika Wills*



## Custom made equipment for people with disabilities

Remap is a registered charity and their volunteers design and manufacture or adapt special equipment for people with disabilities.

This service is delivered entirely by volunteers who are all experienced engineers or craftsmen. Their work is provided free of charge although donations are always welcome, to help with the purchase of materials.



For further information, please contact John Garnish  
Tel 01258 85684 or email [john.garnish@btinternet.com](mailto:john.garnish@btinternet.com)



We have been very busy with our fundraising events over the summer months.

So far this year we have had 15 Street Collection days at various venues, these have all gone well with many of our collectors giving up several days to help and we've also had many new collectors. A huge thank you to you all.

Together we have raised just over £7,000 in the collections and we still have a few more to come, so if you would like to join in our collection team please contact me at the Centre.

In May we had a successful Quiz & Curry night. Anne cooked a delicious curry for 80 people and we raised £800. A Table Top Sale was held at the Centre in June, many stall holders paid to have a stall and Sainsbury's ran a tombola, the event raised £556.

Our annual Garden Party was in July. Unfortunately the weather forecast had not been good for the day, but we were very lucky and the rain didn't start until 4pm, just as we had finished packing up. We had a fantastic display from the Sway Fencing Club both in and out of wheelchairs and then they offered coaching sessions (If it was your little girl in the yellow dress who had a go at Fencing, the coach said afterwards that she should really take it up, but we couldn't find you to tell you!). Ethan Tanner was sponsored to have his head shaved and raised over £300 towards our total of £3,652. Over 300 people enjoyed a lovely lunch in the garden and I would like to say a big thank you to everyone who helped, we couldn't do it without you.

We would also like to say THANK YOU to the staff and customers of Sainsbury's at Ferndown. We were their charity of the year last year and they helped us raise £9,700 over the year and their generous customers donated Tea, Coffee & Biscuits for us to use at the Centre.

Kay Bundy

**Did you know?** Most local authorities run a scheme that entitles those on certain benefits to get discounts on leisure, recreation & Adult Education? Small annual charge for card. Check out [www.dorsetforyou.com](http://www.dorsetforyou.com) for more information.



## A Man walked into a Bar.....

No, seriously, Scott Palmer walked into The Centre one morning last month with the usual chirpy grin on his face and the usual friendly greeting between us. I asked casually how he was feeling.

"Brilliant" he said, "I ache all over"!!!

Not the sort of reply you'd expect normally but this particular day wasn't normal.

The previous day Scott had been the first of our Members to use our new Medicotech Thera Balanced Standing frame which had just been delivered. One session on it and he was already feeling the benefit! Martin Hadley tried it the following week, with the same result. Now several of our members are using it on a regular basis.

Twelve months ago we had one of these frames for a few weeks to appraise its usefulness; the positive responses from members in conjunction with our BPC Physiotherapists approval gave us a goal; to raise £7000 to buy one!



It took a while to raise the funds and very special thanks must go to Richard Sheldon, Dave Dales' sister Carol Davies of Infospeed Computer Co in Poole, the Bournemouth, Poole and Westbourne Rotary clubs and not least Hayley Mephram who did the London to Brighton cycle race. Their generosity and hard work raised the necessary funds to purchase the new standing frame. Thank you to all of you.

The difference between this new one and the others that we have is its ability to allow the user to move freely but safely in an upright position, thus improving core stability.

Attached to a laptop, kindly donated by Tim & Shirley Worner, the user can have fun whilst exercising by using the inbuilt games.

Our next purchase? A new mini bus! A small matter of £32,000!!!

The Family Fun Day was a huge success – well done Val, Dawn, Sarah and the team. Definitely a fixture on our calendars. The Summer Fayre was glorious, well done Ethan, what a star!.

*John Astley*



Opened by mags4dorset's editor, Janine Pulford, the Summer garden party at the Osborne Centre on 27 July was a huge success.

Raising over £3,600, the event included the head shave of 10-year-old Ethan Tanner. His father Nick handled the clippers and after several minutes, Ethan's wavy locks vanished. Mum, Val, who has MS was very proud and said, "He did it for the Osborne Centre because he knows how beneficial it is for me to come here and he wanted to help." Ethan's twin, Thomas, was there to support his brother's heroic action, which raised a fantastic £330.

Chairman, John Astley added, "He was brilliant doing it for us. I only hope his curls grow back!"

The MS Society Bournemouth and District Branch has a fitness room for physiotherapy, a large garden, a shop selling second-hand items to raise money for the centre, a lounge for socialising and a quiet room, Specially adapted vehicles, driven by volunteers, collect and drop off members who need transport to and from The Osborne Centre which is open Monday, Tuesday and Thursday 9am-3pm.

The Osborne Centre is the mags4dorset charity of the year.

## Ooh Matron! Caption Competition

This photo of John Astley and Dawn Geer was taken at The Summer Fayre!

Submit a Caption to go with it and the best one wins a prize!

Send your Captions to us at [info@whatms.org.uk](mailto:info@whatms.org.uk) OR post it in one of our MiScellany Boxes at The Centre OR get someone to do it for you if you have difficulties.

**Good Luck!**





Hi I'm Andy Heyes

In my experience in overcoming some of the more challenging symptoms associated with MS, I can wholeheartedly say that the practice of Yoga offers me the opportunity to overcome, not only the challenges of MS, but also of life. The practice helps me to face times of fear and uncertainty with poise and presence of mind.

Our body has a unique ability to restore itself by working the holy trinity of the Body, mind and spirit. I have been practising yoga for 13 years and teaching it for five.

I had been diagnosed with MS in 1998 and had had numbness, Optic Neuritis, reduced mobility and fatigue. I completed my application form for attending Teacher Training Yoga and completed it with the words "MS won't prevent me, I will fight this condition". My Integral Yoga Trainer said "Surrender, accept the condition and work with your body, not fight. This brings a flight or fright response, you must proceed with courage, caution and patience".

Though yoga is not a cure for MS, a daily practice, along with the guidance of my teachers, has helped me get my symptoms into remission and rebuild strength and to enjoy as normal a life as possible. It is so important for a coping strategy to maintain flexibility, build strength and calm the drunken monkey, also known as the mind.

The foundation of my practice is trying to be conscious about my thoughts and actions, using the yoga ethics (yamas and niyamas) for self-reflection. Doing my best with things like non-harming and non-grasping, knowing that it is a practice, not a "perfect". Using postures and breathwork primarily to support meditation and health, and practicing meditation to cultivate qualities like compassion and courage. So if you were a fly on the wall of my practice, you'd see as much sitting as sun salutations or headstands.

Additionally, I sought out nutritional counseling and changed my dietary discipline. I embraced a vegetarian diet and eliminated alcohol, I limit my intake of wheat, sugar and dairy products. The combination of yoga, diet, nutritional supplementation has produced very positive results.

Andy Heyes



Dear friends.....

Easter has been over for four months now, but what a magnificent job our knitters did in making all those woollen chicks!

Our ladies not only made them but also bought the eggs to go underneath them. Thank you ladies. Have you started on the Father Christmas's yet?? Only joking!



A few months have passed since we talked about the shop and I know that we boast about it all the time. Angela and I take a great pride in giving you the best service that we can. However, we can only do this if you keep donating good clean clothes and items that our customers would like to buy.

The shop is an integral part of The Centre and we will continue to keep it as user friendly as possible to make sure that you can visit it whenever you wish.

I will look out for you every Monday, Tuesday and Thursday

*Take good care of yourselves.*

**Pat O'Richardson!**

I am not in this world to live  
up to your expectations

You are not in this world to  
live up to mine

You are you

I am I

And should we meet

It will be beautiful.

### **Cinema Exhibitors Card**

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**[www.ceacard.co.uk](http://www.ceacard.co.uk)**



Hi I'm Kay and I Transcribed This for Cynthia

## Tuesdays and Thursdays at the Centre

Three years ago I visited this fantastic centre for twice weekly sessions. I learned about Osborne Centre from my daughter who knew about the centre before I did. She rang up and spoke to John and arranged my visit.

I was collected from my home by the special transport and joined people for coffee on arrival at Church Lane. This enabled me to meet fellow sufferers. We had a good time chatting and laughing together.

Since that day I have visited the physiotherapy rooms where I have had an assessment and then had many times exercising on the pedal machines.

While I am there I have chosen books from the library's wide choice and enjoyed the afternoon bingo session, where I have been able to check other people's cards.

The lunches with varied menus make a pleasant break and an opportunity to meet some lovely people. There are many volunteers who assist us in so many ways, whether they are helping us by taking our coats off or getting us drinks, they are always very kind and cheerful.

So far, I have been on one of Centre's outings to Monkey World.

Times change and as a consequence of the present economic climate, the Centre has had to concentrate on fundraising to keep going. I have always helped by offering to join in street collections and by buying items in Aladdin's Cave, books from the library and chocolate from the sweets table.

Cynthia Carlton

## What was it like when you first came to The Osborne Centre?

If you would like to share your story please send it to us, and any ideas for future issues, to [info@whatms.org.uk](mailto:info@whatms.org.uk) or leave us a note in our MiScellany Box at The Centre.

*We look forward to hearing from you*

## Next Outings

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



## Making a difference

I know that nobody finds it easy to think about dying and even harder to actually talk about it, but leaving a Legacy in your Will to The Bournemouth and District Branch of The MS Society will make a real difference to the lives of people continuing to live with MS after you've gone.

A charitable bequest is a gift specified in your Will and gives you the opportunity to acknowledge the ongoing important and vital work of The Branch. A bequest enables the gifting of property, money or other assets from your estate to a designated organisation such as The Bournemouth and District Branch of The MS Society. Whatever form your gift takes it produces the same result - better outcomes for local people affected by MS.

*Tim*

## Goodbyes

Listed below are the names of Branch Members who have sadly passed away in the last 10 months.

They will all be remembered fondly and missed.

Nov 2012	Jill Morrish
Dec 2012	Lynne Fisher
Jan 2013	Neil Gosden
Feb 2013	Valerie Freed
Mar 2013	Mrs. O. Hancock
Mar 2013	Jennifer Lack
Mar 2013	Sheila Linder
Jul 2013	Jennifer Beadman
Jul 2013	Anne Davies
Jul 2013	Trevor Spurr

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 it is used 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.

## Expert Patients Programme

**Control your condition don't let it control you**  
FREE Online Course for managing your long-term health condition. The Expert Patients Programme is an interactive web-based course to learn to manage day-to-day issues associated with living with a long-term condition. [www.expertpatients.co.uk](http://www.expertpatients.co.uk)



## Lower Limb Strengthening Exercises

### Lunges

1. Step forward in to a deep lunge position and then return to standing, keeping the whole movement controlled.
2. Do not bend the front leg more than 90 and do not allow the knee to move forward over the toe, try to keep it in line with your heel.
3. Repeat on the alternate leg.
4. Repeat 5-10 times each side. Ensure you have something stable next to you to support yourself.



### Standing Leg Abduction

Strengthens the hip abductors located on the outside of the buttocks.

1. Stand with feet together and hold on to a worktop for support.
2. Tense the buttock of the standing leg and lift the moving leg to the side. Approx 45 degrees. Return to the middle.
3. Repeat 5-10 times and perform the same on the opposite leg.



### Double / Single Leg Heel Raises

1. Stand on both feet / one foot if able, but use the kitchen side to support yourself.
2. Raise slowly up onto the ball of your feet/foot and slowly lower again.
3. Repeat 5-10 times.







### Superman in four point kneeling

1. Start on your hands and knees, with your knees hip-width apart and under your hips, keeping your hands flat on the ground and just wider than shoulder width apart.
2. Tense your core muscles. Draw your belly button towards your spine.
3. Keep the spine and hips in neutral alignment.
4. Move your right leg back and your left arm straight out.
5. Hold the position for 3 seconds and return to the start position.
6. Repeat 5-10 times.



## Meet The Committee

	<b>Name:</b> Alan Lindsay <b>Role:</b> President
	<b>Name:</b> Monika Wills <b>Role:</b> Treasurer
	<b>Name:</b> Beryl Bundy <b>Role:</b> Fundraising Officer
	<b>Name:</b> Dave Thompson <b>Role:</b> PR Officer

<b>Name:</b> Vacant Post <b>Role:</b> Transport Officer <b>Telephone:</b> 01202 580391
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	<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

Contact all on 01202 570300 unless specified otherwise

free MS Helpline:



0808 800 8000



helpline@mssociety.org.uk

**Lines open Mon - Fri 9am - 9pm**

### We are here.....

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

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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.*

### Osborne Centre Closure Dates 2013

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