

MiScellany

Multiple Sclerosis Society Bournemouth & District Branch

December 2013

**MS Service
Helpline
01202 442362**
See Page 5 for
full details

In this Issue!

**Your voice
at Christmas**

Talking Turkey

Fundraising 2013

Out in the country

Sportability

Upcoming Events

Valentine Quiz & Hot Supper

Friday 14th February 7pm Osborne Centre (£9)

Dorset Police Choir

Saturday 8th March 7.30pm St Mary's Church, Ferndown

Full list of Events for 2014 on The Back Page

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Santa Claus is Coming!

The heating has been turned back on, a new boiler installed at great expense (for me anyway!), an extra blanket has gone on the bed, intensive planning and budgeting has begun for the most expensive 24 hours in the year!

That's right, Christmas is just around the corner and the first frost of the year has hit our gardens. It's official, the end of another year has crept up on us at lightning speed.

In MiScellany this year we have reported so many great stories and achievements by Volunteers and individuals dealing with MS on a daily basis. Stories of mammoth efforts in fundraising to keep The Osborne Centre running. Tales of challenges by Members in the general fight against MS to keep positive and as healthy as possible in the face of an often unseen disease.

Well done I say, to all of us, for the year just gone and the achievements and hope that lies ahead in the new year to come.

Merry Christmas One and All and don't forget to.....

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

Tim :)

Don't forget to send us your experiences and ideas for future issues to 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.

Editor: Tim Barton Email: tim@whatms.org.uk

Sub-Editor: Anne Wilson Croome Email: anne@whatms.org.uk





Ponder on these imponderables

16-25 (1-15 published in October Issue)

16. Why do they put pictures of criminals up in the Post Office?
What are we supposed to do, write to them?
Why don't they just put their pictures on the postage stamps so the post men can look for them while they deliver the mail?
17. You never really learn to swear until you learn to drive.
18. No one ever says, 'It's only a game' when their team is winning.
19. Ever wonder about those people who spend £1.50 apiece on those little bottles of Evian water? Try spelling Evian backwards: NAIVE
20. Isn't making a smoking section in a restaurant like making a peeing section in a swimming pool?
23. If 4 out of 5 people SUFFER from diarrhoea, does that mean that one enjoys it?
24. Why if you send something by road it is called a shipment, but when you send it by sea it is called cargo?
25. If a convenience store is open 24 hours a day, 7 days a week, 365 days a year, why are there locks on the door?

Alan Lindsey

Caring **4** Carers **CAN YOU HELP?**

We have a Carers Group that meet every other month for a social evening. Unfortunately, Jane Lindsay who has been organising these meetings, is stepping down. Could you help by arranging these very important events? We would like to take this opportunity to thank Jane for arranging many enjoyable evenings.

If you can help Please Contact The Centre on 01202 570300



The Gift of words.....

After the last issue was published back in October we (Me!) thought it would be a good idea if we (Me!) collected Christmas Messages from Members and Volunteers at The Osborne Centre to publish in the new Christmas Edition of MiScellany to share with the Readership.

For every message we published, we collected £1. Money raised from the Christmas messages going towards the Year End Fundraising Total. Read more about Fundraising news on Page 6.

Anne Wilson-Croome



Christmas Message Happy Christmas to my family and friends at The Osborne Centre, and best wishes for 2014. *Anne W Croome*



Christmas Message

The Government gives The Branch an extra £2.50 for every £10 donated if a Gift Aid form has been completed.



Merry Christmas!

David Cameron MP



Christmas Message To my lovely husband Roger and all my friends at the Osborne Centre, Happy Christmas. *Val Peters*

Christmas Message To my lovely partner Liz, and all my friends at the Centre, here's to a healthier New Year. *Jen Stone*



Christmas Message To all the members, staff and helpers at The Osborne Centre, have an enjoyable Christmas and a Happy new Year. *Lance Harris*





Bike experience

Since being diagnosed with MS I have just tried to get on with life, focusing on what I can do, rather than what I can't.

I have had some wonderful new opportunities, including Microlighting, Shooting, all through Sportability, and sailing through Sailability.

During the summer I had the wonderful opportunity of getting back on to a Motorbike again. I used to own my own bike, and it was something I thought I would never do again. I had contemplated selling my leathers but after chatting to new friends I heard about The Bike Experience. This is a Charity which helps disabled motorcyclists ride again. www.tbex.co.uk



I Booked in to go on to a day at RAF Olidham. I took my Dad for moral support, and also someone to help me get into my leathers! To say I was nervous was an understatement, but the guys at TBE made me feel so welcome, and instantly put me at ease.

I hadn't ridden for about 3 years and was given an automatic bike, which was great as I didn't have to worry about changing gear. I started off being shown how they launch and catch me. This needed 100% trust, not only for myself, but the guys who were doing the catching! I then followed an Instructor, gradually gaining confidence, and by the end of the afternoon I was riding around just as if I didn't have M.S. It was a wonderful feeling to feel normal and I am now looking forward to another day in the new year.

I have tried to focus on the positive and look at what I can do. I am fortunate to have a wonderful family and friends, and with my Christian faith, it helps me to get through the tough days.

Jane Fishlock





Take Note

MS Service Helpline

9.00am - 11am Monday - Friday **01202 442362**

The MS Service is always there to help and support you if you have any questions, concerns or sudden changes in your condition.

- If you call The Helpline on the number above at the times shown you will be able to talk to a member of The MS Service Team (Neurophysiotherapist, Occupational Therapist or MS Nurse)
- If the phone line is engaged, it means that The Team member, on The Rota that day, is dealing with another call and you will go through to The Answering Machine
- Leave a clear message specifying the urgency of the matter and a member of The Team will endeavour to get back to you ASAP
- Messages are prioritised and urgent calls are returned first. (it is not necessarily first come, first served)
- If you prefer to use e-mail you can contact The Team using servicepht@poole.nhs.uk

If you experience a sudden worsening of your condition outside of the above hours contact your General Practitioner.

Call statistics in 2012/13

Month	Calls	Calls answered /returned within 2 days
December	163	92%
January	199	87%
February	250	95%

Within the same period, 98% of calls concerning rapidly deteriorating symptoms were returned that same day or within 24 hours

Christmas Message

Merry Christmas to everyone at the Centre and all the best for 2014. *Trish Merritt*



Christmas Message *Dave & Lyn Thompson* wish all our friends, both old and new, a very Happy and Healthy Christmas and New Year.

Christmas Message Wishing everyone at the MS Centre a very Happy Christmas and a very good New Year.

Angela Harris



5 **Christmas Message** Merry Christmas and a Happy New Year to all who attend The Osborne Centre on Tuesdays.

Ted Wickenden (The Coffee King!)





Dream, Dream, Dream....

Jenny Alderson and her helpers organised an Everly Brothers Tribute Evening on Friday 6th September.

The tickets sold out very early and everyone had a great time singing along to the brilliant tribute act. The evening raised £1,392

Jenny Alderson, Dave Thompson and John Astley arranged our first charity Golf Day at Crane Valley on the 20th September. Luckily the weather was beautiful and all the teams had a great time. The Event raised £2,500

Due to its success I have heard rumours it may happen again next year!

Our annual Halloween Quiz and Supper on Friday 1st November was another sell out event. Our Chef, Ann, cooked a lovely scary meal. Everyone enjoyed the food and the quizzes. The event raised £1,600

Sadly, one of our mini buses desperately needs to be replaced, We would like to say a big thank you to the following people who have kindly donated money towards our target of £32,000

- > The late Pauline & June Brewer
- > Ferndown Inner Wheel
- > RC Smith
- > Bournemouth Rotary, Parkstone Rotary, Verwood Rotary
- > Mr T Herridge
- > JP Morgan
- > West Parley Parish Council
- > Ferndown Lodge
- > John Lewis Partnership
- > Karen & David Elias
- > Paul Scott
- > Donations in memory of Ann Davis



The fund now stands at £26,647 so only another £5,500 to go!

Kay Bundy



Christmas Message

Best wishes to you all. *Pat Richardson*

(This Woman needs a new hat for Christmas - please help!)



Christmas Message

Sending you all a Christmas Wish, wrapped in a hug and tied with love. Happy Christmas xx

Kay Bundy



I need some advice.....

Three years ago we took tentative steps to have the Citizens Advice Bureau attend The Centre.

Every Thursday Tish Borrowman came and saw MS members and helped them with advice on employment, housing, benefits and form filling. The monthly cost to the branch was £500, so the hope was that the service Tish provided was going to be of great benefit to our members and their families.

After six months we had the first review of The Service and the headline was that over £66,000 had been recouped to those members using The Service. We were amazed, to say the least, and when the annual review came and the figure for the year was over £140,000 we didn't hesitate in renewing the contract.

This month was the 3rd anniversary of the service and every six month review has seen an increase in the amount recouped to our members. This last review showed financial gains of over £131,000, for six months, astonishing!!!!
Needless to say we didn't hesitate in renewing the contract and our thanks must go to Tish, and her manager Richard Bristow, for providing a service that has eased the lives of a lot of members.

Our first ever Charity Golf day was a massive success. Raising close to £2500 we were blessed with a glorious day and thanks to the months of planning and organising by Dave Thompson and Jenny Alderson, everything ran very smoothly and was enjoyed by all who participated. We are planning next years, and it will be bigger!!!!

As Christmas approaches I'll take this opportunity to thank all our members, our staff and volunteers for making The Osborne Centre the place that it is. Long may it continue!!!

John Astley

BREAKING NEWS.....
OUR NEW MINI BUS HAS BEEN ORDERED!!!



Wow! What a great season for Sportability!

We had 10 events in the Dorset & Hampshire Region, not to mention others held Nationally including Clay Shooting, Quad Biking, Archery, Light Aircraft Flying, Rifle Shooting and Micro Lighting.



Meaning there were over 80 places taken by around 50 different people, including many People With MS (PWMS).

The people who were new to Sportability this year, from our area, really went for it by doing more than three different activities. Among them were Jenny Chamberlain & Kevin Young! Everyone seemed to have a great time. Don't

forget that Sportability events are free for PWMS to take part, if you have not already taken part, go to their web site and register so you will get details of events as they are announced by email.

Visit..... <http://www.sportability.org.uk/>

Tim Worner



Patient Information

NHS Direct

Health advice and information including telephone service www.nhsdirect.nhs.uk

NHS Choices

Information on Local Health Services
www.nhs.uk

PatientUK

Information leaflets and A-Z on many conditions
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





Dear Member

Due to unforeseen changes to my personal circumstances I am standing down as Treasurer at the next Annual Meeting.

By then I will have fulfilled this role for the past 7 years and it has been my privilege and an honour to have served you in this way. Apart from meticulous record keeping amongst other tasks I have vastly increased our gift aid income and never paid VAT if we did not have to. In this way I have brought thousands of £££'s to the centre yearly and in return received huge job satisfaction.

We now need to find a new Treasurer to take over from me at the next Annual Meeting (they are usually held late April). It would help if you have experience in Excel and knowledge of double entry book keeping. Now all you need to do is come forward and apply. There is plenty of time yet to show you the ropes!

Happy Christmas

Monika Wills

Christmas Message Frohliche weihnachten von eurem buchhalter. *Monika Wills*



Christmas Message

Happy Christmas to everyone at the Centre and all the best for 2014. *Mike Galpin*

Christmas Message Wishing everyone at the MS Centre a very Happy Christmas and a peaceful New Year.

Jenny Alderson



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Christmas Message To all my friends, wishing everyone a Happy Xmas and all the very best for 2014, take care.

Dawn Geer



Christmas Message To everyone at the MS Centre, have a Happy Christmas and all the best for 2014. *Yvonne Trapp*



Christmas Message Merry Christmas and a prosperous New Year to all. *Carol Lockley*



Christmas Message Merry Christmas to all who know me and a Happy New Year. *Sheila Green*



Get your name in lights in 2014!

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

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

Email your ideas, stories and useful information to us at 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.

Christmas Message Merry Christmas to everyone at The Centre and all the best for 2014. *Trevor Smith*



Christmas Message Happy Christmas and a healthy New Year to all at The Centre. *Joan Lomer*



Christmas Message To all my friends, wishing everyone a Happy Xmas and all the best for 2014. *Cynthia Carlton*



Christmas Message To all my friends, have a great Christmas and a Happy New Year. *Zofia Jaszek*



Christmas Message To all my friends, who I have met through The Centre over the last 17 years, may I wish you all a Happy and Healthy Christmas and New Year. *Helen Baldwin*



Christmas Message Merry Christmas to all my friends at the Osborne Centre. *Pauline Rutherford*



Did you know? The MS Service operates a "Manned" Telephone Helpline Available 9am - 11pm Monday - Friday Call **01202 442362** See Page 5 for full details

Dates to be confirmed a month in advance of each event.

Thursday 6th March 2014 - at the Hamworthy Club
Caroline Chandler (MS Nurse Poole)
Tracy Evans (MS Nurse Disability Action)

Tuesday 13th May 2014 at the Hamworthy Club
Jane Petty National Lead Physio MS Society
Research into exercise

Tuesday 8th July 2014 - at the Hamworthy Club
TBA

Tuesday 9th September 2014
Roger Baker, Professor of Clinical Psychology
Bournemouth University
Consultant Clinical Psychologist, NHS "Stress and Emotions in MS"

Wednesday 8th October 2014 - at the Hamworthy Club
Bi annual talk by Dr. Hillier, Consultant
Neurologist, who heads up Poole MS team.
(Last chance to buy tickets for the Mates' Christmas Quiz at this meeting).

Wednesday 10th December 2014 at the Hamworthy Club
Christmas Quiz and Buffet
Tickets for this meeting are only available
at the September and October meetings

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

Any enquiries please contact Tim Worner
Tel: 07762 625755 or E-mail: mates.ms@ntlworld.com
<https://www.facebook.com/pages/MS-Society-Bournemouth-District/178618352184528?ref=hl>



Countryside mobility Scheme

I have missed walking my dogs and getting out into the countryside. It was while i was visiting Durlston Castle in Swanage that I learnt about The Countryside Mobility Scheme.

This is where folks, like myself who have difficulty walking, can hire a Trampler. A Trampler is a wonderful off road mobility scooter, which seems to go most places.....I have put it to the test!!



It gave me a complete sense of freedom and enabled me to go along the coast with my family.

Since then I have taken a Trampler out at Arne Nature Reserve and also Moors Valley. Once again I was able to do something which got me doing things I love, out in the fresh air with my family and dogs.

Countryside Mobility have a number of Sites throughout the South West. They also include sites for Wheely boats, where you can hire a motor boat, to go up the river. Again, I did this with family, and it was great fun.

You can hire a boat with a driver or self-drive. We took the boat out from Wareham River and had a super time. The boat has a ramp that you wheel up a wheel chair or walker, it will fit in 5 chairs plus passengers, so a whole family can have a super day out messing about on the water!

Jane Fishlock

What do you get up to that doesn't hold you back?

Share your story with us to inspire others. Send it to us, and any ideas for future issues, to info@whatms.org.uk or leave us a note in our MiScellany Box at The Centre.

We look forward to hearing from you

Christmas Message To my friends at the Osborne Centre, thank you for sharing your thoughts and ideas. Sharing is strength, sharing is caring. **Phil Smith**

Christmas Message To Pat, Angela and John a very Happy Christmas and a profitable New Year in Aladdin's Cave. *Oomadie and your North Devon Branch*



Christmas Message Wishing all the new friends I have made at the Centre a very Happy and Peaceful Christmas 2013. *Kay Browning*

Christmas Message

Happy Christmas to everyone at The Centre and all the best for 2014. *Alan Harvey*



Christmas Message from The Editor

I raise a glass to all of you brave warriors at The Osborne MS Centre and thank you for your support during 2013. NEW MiScellany has become a popular read for existing and new Members alike and is now available in local Hospitals and GP Surgeries too.

Happy Christmas to all you 'Walking Wounded' and 'Wheelchair Warriors' Stay strong in 2014.

Tim Barton

Making a difference in 2014

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 B

We want people to understand what MS is....

.....so we 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.

Imagine if you, a carer, a relative or friend all asked your GPs to take 5 copies?

There are about 60 GPs' Surgeries in Dorset and we would like all of them to be more MS-Aware.

Help us do achieve this by telling us where your Surgery is?

Leave us a note in our Miscellany Post Box in the Main Hall at The Centre or email us at info@whatms.org.uk if you can help us reach out.

If we reach only one person who needs support then we have made a real difference.

Get your Surgery on board today.

Meet The Committee

Name	Position		
Alan Lindsay	President		
John Astley	Chairman		
Monika Wills	Treasurer		
Dawn Geer	Statutory Liason & Support Volunteer		07598 114594
Jane Lindsay	Members Representative		
Jenny Alderson	Secretary & Support Volunteer	07598 114594	
Beryl Bundy	Fundraising Officer		
Dave Thompson	PR Officer		
Vacant Post	Transport Officer	01202 580391	

Contact all on 01202 570300 unless otherwise specified

Forthcoming Events 2014

Valentine Quiz & Hot Supper

Friday 14th February 7.00pm

Osborne Centre (£9)

Dorset Police Choir

Saturday 8th March 7.30pm

St Mary's Church, Ferndown

Spring Fayre

Saturday 12th April

10.30am - 2.00pm

Osborne Centre

Garden Party

26th July 12.00 Noon

Osborne Centre

Halloween Quiz

31st October 7.00pm

Osborne Centre

Christmas Fayre

15th November 10.30am-2.00 pm

Osborne Centre

Christmas Dinner

28th November 7.00pm

Osborne Centre

We are here.....

The Osborne Centre

Church Lane

West Parley

Dorset

BH22 8TS

Tel: 01202 570300

Multiple Sclerosis Society. Registered charity
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*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 2014

Monday 21st April

Tuesday 22nd April

Thursday 24th April

Monday 5th May

Monday 26th May

Tuesday 27th May

Thursday 29th May

Monday 25th August

Tuesday 26th August

Thursday 28th August

Monday 22nd December

Tuesday 23rd December

Thursday 25th December

Monday 29th December

Tuesday 30th December

Thursday 1st January

free MS Helpline:



0808 800 8000



helpline@mssociety.org.uk

National Helpline open

Mon - Fri 9am - 9pm