


MiScellany

Multiple Sclerosis Society Bournemouth & District Branch



**What this
rain teaches
you about MS**

See Page 1

Forthcoming Fundraising Events

Spring Fayre Saturday 12th April 10.30am - 2.00pm Osborne Centre

Annual Meeting on 10 April 2014

Full list of Events for 2014 on The Back Page

Contents

Editor's Note	1
President's	
Imponderables	2
Hospital Transport	3
Talking Shop	4
Fundraising	5
Ladies that Golf	6
Chairman's Report	7
Get involved	8
Treasurer's Report	9
Physio Forum	10
MATES Meetings	11
Notice Board	12
Tribute Funds	13
Self Help Resources	14

**Centre Closure
Dates on The
Back Page**

Editor

Tim Barton

Email:

tim@whatms.org.uk

Deputy Editor

Anne Wilson Croome

Email:

anne@whatms.org.uk

This publication is
designed and produced
by two people who also
have MS.

**We want to
hear from you**

Send your stories and
articles to the above.



Water, Water everywhere

When does the hose pipe ban begin?

Some of the worst weather in 250 years and we have been battling with it for months now.

If you live in Britain there is nothing more comforting than knowing that, in any situation, with family, friends or perfect strangers you can have a chat about something we all have in common, the weather!

Our weather is changeable and unpredictable, scenes of people, battling on a daily basis to save their homes, possessions and keep themselves and their families safe from the unpredictable has become normality. Sound familiar?

MSers battle unpredictability on a daily basis. Our normality, 24 hours of every day, 365 days of every year yet we are not on a 24 hour news feed and, at present, our storm won't "improve" and go away.

This begs a question. Why aren't we on 24 hour news feed? Why aren't we shouting from the rooftops saying "You think a bit of wind and rain is hard work? Take a look at our worlds!.

We don't shout because we have "War Spirit" and we are some of the strongest people in the world. The rest of the world just don't know it, or worse, ignore it.

I have been thinking a lot recently about how little people "Really Know" about MS. Everyone has a friend, work colleague or a relative who has it and they think they know what MS is like. Do they really?

The cover photo on this issue represents two things to me. The first is rain, which everyone understands, and the second is Optic Neuritis, eye damage caused by an MS attack. The blurred images through the raindrops on the cover is just like my Optic Neuritis 24/7.

Show this to your friends and then ask the question. Do you really know what MS is?

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



Who started this?

Hi all.

Ever since the last issue, people keep coming up and asking me these daft questions. Enough is enough because, whilst pondering these imponderables, I can't sleep!

Maybe you can help by placing your answers on the back of a £50 note and sending them to me.

26 What was the best thing before sliced bread?

27 If the temperature today is 0°C and tomorrow is forecast to be twice as cold, what will tomorrow's temperature be?

28 When a fly lands on a ceiling, does it do a loop or a roll to get upside down?

29 How do they keep all the raisins in a cereal box from falling to the bottom?

30 Why do we call the period of the day with the slowest traffic 'the rush hour'?

31 Why is experience something you don't get until just after you need it?

32 If we are here to help 'others', what exactly are the 'others' here for?

33 Why don't we ever see the headline "Psychic Wins Lottery"?

34 What does the phrase "Now then" really mean?

Ok.

I need a lie down in a dark room.

"OH NO", that word reminds me.

If the speed of light is 186,000 mi/sec, what is the speed of dark?

That's it, no more this issue, my conscience is clear. Then again, if my conscience is clear, is it just a sign of a bad memory?

Very best wishes for 2014, take care everyone.

Alan Lindsay

How do I organise transport to and from Hospital?

In an emergency

In a medical emergency call 999 and ask for an ambulance. A medical emergency is when someone is in a critical or life threatening situation. You will not have to pay to be taken to hospital in an emergency.



Non-emergency Hospital visits

If you are going to Hospital for non-emergency tests or treatment, you'll normally be expected to make your own way there.

Try to get a friend or relative to take you to Hospital and collect you after you've been discharged. Hospital parking may be expensive or limited, and you may not be able to leave your car there overnight.

Non-emergency Patient Transport Services

If you are unable to get somebody to take you to hospital, some people are eligible for non-emergency Patient Transport Services (PTS). These services provide free transport to and from Hospital for people who have a medical need for it. Your GP or the healthcare professional who referred you to Hospital can discuss with you whether you have a medical need for transport. Patient Transport Services may NOT be available in all areas.

To arrange transport for your first appointment, please contact your GP. He or she will assess whether you have a medical need. If you do, your Doctor's Surgery will arrange transport for your first appointment. When you come to Clinic, please ask the Doctor or Nurse to arrange transport for any subsequent visits.

Refunds of Hospital Transport costs

You may be able to claim a refund of the cost of transport to Hospital or other NHS premises through the Healthcare Travel Costs Scheme (HTCS) Conditions of eligibility apply.

Please **visit the following Web Page for more information**



Before Christmas I had a bright idea

What about aiming to raise £1000 in December?

I did not believe that you would rise to the occasion. However, you were great. You made things, you donated things and then you came to buy, buy and buy even more.

Angela, John and I entered into the Christmas spirit and you were all there with us. Thank you all so much. I do love my job.

As you may have noticed, Angela and I are like chalk and cheese but we know that she eats all the cheese and I write on all the blackboards!

With all the terrible weather and hardships that are around, this is not a time to have negative thoughts. To misquote President Kennedy! "Ask not what the Centre can do for you, but what you can you do for The Centre"!

We are all blessed with a talent. Even chatting to your friends on other tables makes a great difference.

Keep popping into the shop. You are always welcome to have a chat and a laugh! By the way we **DID** Raise that £1000!

Pat Richardson

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



Saturday 16th November

we held our annual Christmas Fayre. We had around 80 more people than in previous years. Alan Lindsay did a grand job of auctioning some bottles of whisky that had been donated and we raised a fantastic £2,547 really early.

We all enjoyed the great entertainment from the "Soda Pops" and the delicious Christmas meal cooked by our chef Ann. We raised £1,569 which included a donation of £750 from Barclays Bank.

Wednesday 4th December we were invited to have a stall at JP Morgan's annual Christmas Fayre. John Astley and Dave Thompson kindly offered to run the stall and they raised £138.

A BIG THANK YOU to everyone who helped with the Street Collections last year, we raised £8,766. This is a vital part of our fundraising each year. I've enclosed a list of the collections that have been agreed so far for this year. If you are able to help on any of these please complete and return the form to the Centre as soon as possible. WE REALLY DO NEED YOUR HELP.

Another BIG THANK YOU to everyone who kindly sent us a donation last year, the good news is that we have now raised the money for our new minibus

Kay
Bundy



Citizens Advice Bureau at The Osborne Centre

We have experienced an extraordinary degree of success with this service and in the last six month review alone, an astonishing £131,000 had been recouped to our members.

We are incredibly fortunate to have a dedicated advisor, Tish Borrowman, who has made this possible.

This service, does however, have a cost impact on our Centre so we would be delighted, if you have found the service of benefit, if you would consider contributing by way of a donation to the Centre.

Dawn Geer

Raising money for The Branch

I am the Ladies' Captain 2014 at Ferndown Golf Club. Last year, I visited the Osborne Centre and I was very impressed by what I saw. Everyone was friendly, smiling and ready to talk about the wonderful things that are being done there.

I heard it costs £170,000 a year to run, despite almost all of the staff being volunteers, and this requires a massive amount of fundraising with no Government help.

I have chosen the Osborne Centre as one of my Charities and I will do what I can to raise as much money as possible throughout the year.



We had several events before Christmas to raise some funds. The 3 Captains and the Lady President of the Golf Club had a "Drive In". We all managed to get our balls off the 1st tee and straight down the fairway.

A sweepstake got us off to a flying start with money raised going to our Charities. 24 of our ladies went to "Splinters" Restaurant in Christchurch for a Cookery Demonstration and meal. A great time was had by all and the money raised went to my Charities.

We had the Christmas Fayre at Ferndown Golf Club at the end of November, and our members were very generous in giving donations, bottles, goods, etc. My Charities were represented at this and your Chairman, John, with Reine, came along and had a stall.

Just before Christmas, at the Golf Club, we had "Christmas and the Musicals" by the Big Little students. This was a wonderful show with mulled wine and mince pies during the interval.

As you can see, we have been busy raising money for our Charities.

Gail Tilson



Laughter is the best medicine

I would really like you all to consider if you would like to take on the position of Vice Chairman for the Branch or whether you know of someone who you think may be suitable, preferably within the Branch, but we may have to consider someone from outside.

Ideally this person would take over from me when I step down. This will either be in April 2015 or April 2018 (if I last that long!) but as time flies I would really like to find someone soon.

SO PUT YOUR THINKING HATS ON – CAN YOU THINK OF ANYONE WHO MAY FIT THE BILL? All suggestions will be gratefully received.

Just to outline the job, here are some of the skills needed.....

- > be able to deputise when I am not available
- > have good communication and leadership skills
- > the ability to motivate others
- > be a good listener
- > be able to give several hours each week to the Branch
- > be able to liaise with me and Kay on a regular basis on all major matters
- > take on some particular tasks, as agreed

“Gosh...how did he get that job?” I hear Mr Lindsay say!.... I may have to start practising...oh yes, and be incredibly nice to our secretary (Guess who ghosted this for me?) and she didn't think I'd leave it in! Thanks Jenny!

Experience is something you don't get until just after you need it!!

The most wasted day of all is one in which we have not laughed.

There are three theories about how to win an argument with a woman.

None of them work!!!!

John Astley

As many of you know,

I have been involved with the Branch for quite a few years.



I would now like to share with you some of the things I get involved with away from the Branch. Many of these I have found very informative, they help to promote MS awareness, and they give me the chance to meet new people and develop my own knowledge.

Over the years I have been involved with several research projects run from Poole Hospital, Bournemouth University and Southampton University which includes being part of Anglo/French collaborative meetings at the French Embassy in London or in Paris for a couple of times a year. In 2012, and again this year, I will be involved with MS Life Manchester, giving talks on 'keeping active', as part of the Activity zone. Last year I travelled to Harrogate & Kent to give similar talks to PwMS (People with MS) at their regional conferences. In Northampton I gave a talk to around 100 physiotherapists at the AGM of the 'Association of Chartered Physiotherapists in Neurology' (ACPIN). This was a great experience where they looked after me really well and I can tell you, physios know how to party!

The Anglo/French meetings are developing really well and cover so many areas, including fatigue, MRI, exercise, psychology and much more. The French did not involve patients when setting up research or discussion groups and at the first meeting they did not understand why I was there! They are now planning a meeting for French PwMS on how to get involved and they want me to go along to talk to them. It's great to have made a difference. I can't pretend all the meetings have not been stressful and tiring. The days are long, I'm in unfamiliar surroundings, but I've never had a bad experience and I look back having enjoyed taking part.

There are many other groups I go to, such as talking to students at Bournemouth University and I am looking for someone to join me as a double act!

So if you are interested, please contact me. If you get invited to attend a research meeting or discussion panel, take part in research (check it is legitimate first) or talk to a few people about your experiences of living with MS consider it and give it a go.

Tim Worner



It gives me great pleasure

to announce that our accounts for the year 2013 have been signed off by the accountant and they have reached Head Office before their deadline. You will hear the result at the Annual Meeting on 10 April 2014

We have found a replacement for the Treasurer's role and she is busy training very hard under my eagle eyed scrutiny! Following is a little statement from her:

"Hi, my name is Julie Quick and I am delighted to be your new Treasurer with effect from April, provided I have been voted in! Bribes will not be refused!! My connection with MS is that my husband has this condition and is now regularly attending the centre. I have been his full time carer since 2008 and was looking for something to occupy my time. God works in mysterious ways and I came along just as the centre needed me. My background has been in the financial services industry for too many years to mention and I hope that my skills will be of benefit."

Please don't hesitate to come up and introduce yourself as I am eager to get to know you all.

Monika and Julie



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



Upper Limbs



These exercises can be done at home with light Hand Weights.

Prone Extension

1. Lying on your stomach or bent over with your arm hanging down with weight of your choice in both hands
2. Pull back on your shoulder blade like you are pulling it to your opposite hip pocket.
3. Maintain this position while you lift your straight arm up to the level of your hip then lower.
4. Repeat 5-10 time



Triceps Extension

1. Use opposite hand to assist in maintaining full shoulder flexion.
2. Subject begins with elbow in full flexion
3. Elbow is extended until fully straight with weight overhead (1-4kg depending on strength)
4. Return to starting position
5. Repeat 5-10 times.



CAUTION

Do not perform if suffering with a shoulder injury

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

Did you know? The MS Society fund research, give grants, campaign for change, provide information and support, invest in MS Specialists and lend a listening ear to those who need it. Find out more at www.mssociety.org.uk

Physiotherapy Price Changes

As from 1st March we will need to raise the cost of some of our physio services. Items currently priced at £4, such as bikes and standing frames, will increase to £4.50. The one-to-one sessions and initial assessments will rise from £10 to £15. This is due to health and safety requiring a higher level of assistance by qualified physio staff. We have been additionally subsidising these services since October 2013. Each of the above sessions are for a 30 minute period. Please be assured that ALL physio services remain subsidised by the Centre despite the charges increasing.

Counselling Service

Barbara Houston is a qualified Counsellor who has kindly given up her Mondays to help our members. Many people have found this support invaluable and we have had brilliant feedback. To maintain a professional service, there is a cost involved and we would therefore appreciate any contribution, to help continue fund this project, if you have found it useful.

DRIVERS AND ESCORTS URGENTLY NEEDED

Do you know anyone who can spare a morning or afternoon once a week? We need Volunteers, men or ladies to drive our mini buses. No special licence needed. Please ask all your friends and relatives if they can help. **Thank you. Jenny & Mike**

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.

Remember someone special

When a close friend or relative dies, many people choose to do something positive to honour their memory. An MS Society Tribute Fund is a lasting way to remember someone special while helping others with MS at the same time.



By setting up an MS Society Tribute Fund you will be establishing a personal and permanent tribute to honour the memory of the person you have lost which can be a focus for family, friends and colleagues. Named directly after the person you have lost, the fund provides an opportunity to contribute to a living memory of something that will acknowledge their life and the impact that they had on you in a very personal way.

The decision to set up a tribute fund is a very personal one, and you may want to take some time to think about it or discuss it further with your family and friends.

If you would like to set up your tribute fund you can find out more and yours up online at <https://beatms.mssociety.org.uk/netcommunity/sslpage.aspx?pid=1203>

Or call **0800 100 133** to talk to somebody about setting one up.

Making a difference in 2014

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.

Find out more at
www.mssociety.org.uk/tributefunds

Get Online and get support

Ladies with Lesions www.ladieswithlesions.co.uk

Ladies with Lesions (LWL) is a support network for women who suffer with or are associated in some way with Multiple Sclerosis (MS). We are a rapidly expanding warm and friendly community where sharing, support and positivity is key. Here you can find oodles of MS related info written by MSers for MSers. Learn about the many ways to interact with LWL and generally have a snoop around...if you like what you see get in touch! We welcome new members with open arms...xxx

Misters and Ladies with Lesions

A huge Online Facebook community by the above team but for Fellas too!

Healing well

www.healingwell.com/ms/

Get on the road to "healing well". A thriving support community. You'll find information, resources, and support, plus full access to the forums and chat rooms. And it's allFREE!

Do you visit The Cinema?

If you do and you receive one of the following: Disability Living Allowance, Attendance Allowance or Personal Independence Payment, you can apply for a CEA Card. This will enable you to take a carer with you to the cinema for free. To find out more and to apply for a card

visit: www.ceacard.co.uk

MS people uk www.MS-people.com

The main area is the Forum where members share their experiences, discuss the problems sometimes encountered when trying to get a diagnosis, ask each other about the benefits or side-effects of the various treatments available, compare and ask about symptoms, offer support and tips, tell their stories

Overcoming Multiple Sclerosis www.overcomingmultiplesclerosis.org

OMS is a positive lifestyle program that aims to help people live long, healthy lives without the usual problems associated with multiple sclerosis. OMS is based on rigorous scientific research and offers the real potential for people with MS to recover, using relatively simple mainstream secondary and tertiary prevention with appropriate modification of lifestyle risk factors.

Shift MS www.shift.ms

We are a social network for people with multiple sclerosis. We aim to create a positive, enabling community which empowers MSers to acknowledge their MS, rethink how to achieve their ambitions and get on with their lives.

ThisIsMS www.thisisms.com

An unbiased forum on Multiple Sclerosis research, support, and knowledge. For over 10 years, This is MS has provided an unbiased community dedicated to Multiple Sclerosis patients, caregivers, and affected loved ones.

Forthcoming Events 2014

Dorset Police Choir

Saturday 8th March 7.30pm

St Mary's Church, Ferndown

Annual Meeting

10th April 2014, Osborne Centre

Spring Fayre

Saturday 12th April

10.30am - 2.00pm

Osborne Centre

1960's evening

with Ploughmans supper 16th

May at Osborne Centre **£10**

Garden Party

26th July 12.00 Noon

Osborne Centre

Halloween Quiz

31st October 7.00pm

Osborne Centre

Christmas Fayre

15th November 10.30am-2.00pm

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

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 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**