

August  
2015

# MiScellany

Multiple Sclerosis Society Bournemouth & District Branch



**Next Fundraiser.....**

**Family Fun Day 12th September 2015**

Full list of Events for 2015 on Page 9

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**Centre Closure  
Dates on Back Page  
Put them in your  
Diary NOW!**

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This publication is designed and produced by two people who also have MS and we would love to hear from you.

Send us your stories, tips and suggestions for future issues.

Photographs on cover and pages 4,7,12:

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*Soak up the Vitamin D folks. Summer is here!*

It is officially British Summertime and that means two things:

1. Natural Vitamin D to boost your energy levels

OR

2. So much sun you get knocked down by heat!

Hurrah! Either way the days will be brighter and that alone makes so much difference to our wellbeing and this in turn is good for us physically. The trick is getting The Balance right.

Getting The Balance right is quite ironic when you think about us MSers! But I am a firm believer in the philosophy of 50/50. Think of an old fashioned pendulum sweeping left and right. The left 50% of the pendulum represents your mental wellbeing. The right side of the pendulum represents our physical wellbeing.

If the sweeping arrow dips into the left hand side (your mental wellbeing) through stress and other daily difficulties, then your body goes "off the boil". And, similarly, if the sweeping arrow dips into the right hand side (your physical wellbeing) through physical stresses of daily MS difficulties then your mental wellbeing goes "off the boil".

Just like the heat and Summertime you have to keep a balance. That means keeping the arrow on the pendulum as straight in the middle of the two halves of your being (12 o'clock on your pendulum) as you can to stay as balanced as you can.

Keep well, keep positive, keep moving and, most of all, keep fighting (and balance your pendulum!)

*Tim Barton :)*



## Never too old to learn

I don't know about you but as I grow older I'm sure that my body and mind keep playing tricks on me. Let me explain.

For example, as a child I was brought up to respect my elders which is fine although nowadays, my elders are getting more difficult to find.

I can remember that my old school desk had an inkwell with 'real ink' and we had free school milk. I can't remember at what age I became absent minded. I started life with absolutely nothing and although now married to my dear wife Jane, have managed to keep most of it. Life has made me realise that it's hard to make a comeback, especially if you haven't been anywhere.

As a young man I spent many evenings enjoying my 'wild oats'. These days I enjoy them in the mornings, with prunes and shredded wheat. Now, for me, an "all-nighter" means not getting up to go to the loo!

You confuse having a clear conscience with having a bad memory but I still can't remember at what age I became absent minded.

With regard to fitness I strongly believe that if God had wanted me to touch my toes, He'd have put them on my knees. At last I've managed to get my head together, but now find my body is falling apart.

Ladies that carry a little extra weight tend to live longer than the men that tell them so.

I don't remember becoming absent minded.

Also, here's a thing to ponder:

My wife and I 'had words' the other day, but I still haven't had a chance to use mine! With regard to branch matters I personally have been delighted with the effort and enthusiasm shown by all involved with our last two recent events.

The garden party was a huge success and our 30th anniversary proved to me what I've always known. 'Together we can achieve anything'.

Thank you all so much.

Enjoy what's left of our summer.

*Alan Lindsay*

## The Bournemouth Branch

was actually formed on the 8th December 1964, when a group of people, made up from TOC H and the Masons, jointly decided that Bournemouth should have a contact centre for people with MS.

At the beginning they rented an old hall near Pokesdown, but after a few short years managed to purchase a larger hall in Walpole Road, Boscombe.



Over the next few years, the branch gained lots more members, so it was

decided to move again, this time to a purpose built building on the outskirts of the town. Many sites were looked at and West Parley was chosen.



Lou Mollett was our chairman and with the help of his committee they found a site at West Parley. After lots of hard work getting the planning permission, designing the building, at a cost of £150,000, some of which came from a generous legacy,

the rest raised through fundraising, the Centre was finally opened in 1985. It was named after Mr Jack Osborne The President and founder of the Bournemouth and District Branch.

Over the last 30 years the building has doubled in size as our membership has grown from 250 in 1985 to over 400 today. During this time the various committee members have all worked very hard to improve the facilities for our members.

Beryl & Kay Bundy

*We held a party and baked a cake!*



Over 120 people attended including some very distinguished guests. They were Head-lined by Janis Winehouse accompanied by her husband Richard. Also there was the local MP Chris Chope, The Mayor of Bournemouth John Adams, The Chairman and Vice Chairman of Dorset County Council John Wilson and David Shortell. Also included were many members of the Rotary and likeminded organisations.

After Lunch Janis gave a talk on her experiences of living with MS which was embellished by anecdotes from Richard. Then on to cut the cake and feast on Goodies and Bucks Fizz.

It was a super day and Janis Winehouse was tremendous, nothing was too much for her, a true example of how to cope with the "Beast"(her name for her MS). Many good contacts were made. Visitors were impressed with what we had and what we wanted to do, so here is to the next milestone of The Osborne Centre

## Singing is good for all of us

*so come and join our new group!*

No need to read music, just a wish to have an enjoyable time!

Where? **The Osborne Centre Craft Room**  
 When? **Starting on Monday 14th September**  
 What time? **2.00pm-3.00pm**  
 What are we singing? **Whatever we enjoy!**







Hi everyone

I have been gently reminded that it is time for the next edition of the Branch Newsletter and as such could I write a few words as the new Chairman of the Branch.

Some of you may remember that I was Chairman a few years ago and I was asked if I was willing to put my name forward again as John was standing down.

This then is my first article as your new Chairman and you may well be thinking "why on earth did this man want to become Chairman again?" - what a good question and one I've asked myself! Well the answer is quite simple really - I opened my mouth and yes, if I can help, I will.

For those of you who I haven't met yet or did not hear me when I introduced myself, let me briefly reiterate that you have elected a new committee with some old familiar faces and some new ones which has the responsibility of looking after your interests and to give help and support wherever possible. I have some ideas as to how we can move forward together and build on what has been successfully achieved so far. If you have any suggestions or constructive comments please, please let either any committee member or me know and we will do our best to act on them.

The committee is and will continue to act as a team for your benefit.

I look forward to getting to know you all. As the holiday season is fast approaching, I hope it is not too hot for you and it gives a chance for recharging the "batteries"

With all best wishes

Rod Slip



*This year we have already*

held two cream tea events near Lytchett Matravers which was well attended and the scones were scrummy too!

The pub meet at the Horns Inn in March was a great success with a good mixture of people. I asked everyone to put their name against a list of suggested events that they would like to participate in that may be put on in the future. A lot of us were up for most things and it was good to see other suggestions.

### **Cake Decorating Tuesday 29th September 2015 7.00pm to 9.30pm**

In September a good friend of mine, who is brilliant at making novelty cakes, is putting on a cup cake decorating session for us and you come home with 12 cupcakes – Result! There is a small charge of £5 to cover ingredients and nibbles during the evening. There will only be 10 places available and the deadline for booking for this event is 1st September so book early to grab your place.

### **Spa Guest Passes**

We have also been offered from another person in the group; passes for 10 people to use the spa facilities which includes swimming pool, Spa Pool, Steam room, Aromatherapy Cave, Jacuzzi and sauna. If you would like to join us for this event please email me and I will update you when the date is set. Please note this will be held on a week day morning up to lunch time.

**Don't forget the "Support 4U" facebook page**, just ask to join and as a carer I will accept you. I will also put new events on this page along with our branch facebook page.

If you live with someone with MS or help someone with MS and would like to be kept up to date with our events please email me at: shirley.worner@ntlworld.com and I will add you to our email list. You can also contact me on my mobile tel. 07740473207.

Phew! After typing this up I realise how much is going on! This is a very rewarding role with the benefit of meeting others in a similar position.

*Shirley Worner*

**Did you know?** The MS Service operates a "Manned" Telephone Helpline Available 9am - 11am Monday - Friday **Call 01202 442362**

## WOW £4,000 from The Garden Party!

Our Garden Party on Saturday 18th July surpassed all previous records in monies raised.

With so many lovely volunteers manning the stalls visitors could buy Sumptuous Cakes, a Bucks Fizz, Jewellery, or sit and enjoy a great Ploughman's lunch.



**THE LUCKY WINNER OF THE  
FIRST PRIZE OF £250 IN THE  
GRAND DRAW CLIVE HARRIS**



**THE SMALL BIG BAND**

They were able to try their hand on the bottle stall, browse through the DVD's and Books or buy the MS logo Polo Shirts and Fleece at fantastic prices.

Whilst relaxing outside all visitors were entertained by four very talented young musicians who formed the Small Big Band

In all a very successful day and a BIG thank you to all those who took part and of course to everyone who supported us.

*Alan Wakeford*



*I have now done a full year*

in the role of Treasurer and can't believe how quickly time has passed. I've had my maiden set of accounts go through the audit process and presented these at my first Annual Meeting in May. How simple that sounds in a single sentence, but this totally belies the fact that I needed an army of support to achieve it.



My eternal thanks go out to Velda, Rosemary, Mike and Barry for all their constant support and encouragement on the specifics of the accounts and to all my fellow Committee members and branch members generally. You will never know quite how important your small touches of kindness and concern have been over the last 12 months.

But moving on, we are more than half way through our new financial year now and I'm pleased to say that our finances have been swelled enormously by a Legacy of in excess of £33000 from a very generous lady called Annie Halstead. Legacies are hugely important to us of course, as they fund the more expensive capital projects that we occasionally need to have. Nothing has yet been set in stone for spending this one, but your Committee are hard at work in discussing the options. Lively debate springs to mind!

I am also in the process of getting a new accounting package up and running, which will be a huge help in managing the finances of the centre. It will mean that all those boring figures are analysed in detail to ensure we are getting "the best bang for our buck" as those over the pond like to say.

Wishing you all a fabulous summer and please come and say hello if we haven't met!

*Julie Quick*



Wessex DriveAbility is a charitable organisation dedicated to assisting people with disabilities or medical conditions to drive independently. If you have any concerns or queries about driving or require help with adaptations as a driver or passenger they can probably help out from their centre at Southampton

**Call 02380 554100**

**E-mail enquiries@wessexdriveability.org.uk**

## FAMILY FUN DAY

This years family day will be held on Saturday 12th September between 11.00am and 3.00pm at the Osborne Centre, Church Lane, West Parley.

As in previous years, we have lot's of activities to enjoy in the garden and indoors. Outside this year we have two bouncy castles, a ball pool for the under 5's, as well as giant garden games including Connect 4, Jenga and Dominoes. We have some fun arts and craft activities taking place in the art room, and these have always proved very popular in the past. As well as our resident face painter, this year she will be joined by Coco the Clown, who will be doing some balloon modelling.

Tickets are £2.50 each, are all inclusive and can be purchased in advance from Kay Bundy as The MS Centre, but will also be available to buy on the day.

Light refreshments including tea, coffee, soft drinks, cakes and ice cream will be available to purchase on the day, but you may wish to bring a picnic lunch to enjoy in our lovely gardens.

### Future Events 2015

12th September	Family Fun Day
16th September	Golf Day
30th October	Halloween Quiz
14th November	Christmas Fayre
27th November	Christmas Dinner

#### Contact

Kay  
01202 570300  
or  
Val  
01202 601937

*I will never forget* looking up and seeing a queue of people winding from the garden at Wimborne St Giles into the tea room. When my friend Jackie and I organised the Tea Party, to raise funds for The Osborne Centre, we could only hope that a few friends and family would come and support us. We were so delighted by the numbers who did join us for tea, cakes and sandwiches and we would like to thank everyone for helping us to raise **£1,049**



Of course none of this would have been possible without the delicious home made cakes that were donated. Neither could we have managed without our wonderful volunteers who made pots of tea, cleared tables, washed up, served cakes and sandwiches and sold raffle tickets. When I think about that Bank Holiday Monday, I just want to smile because it was such a happy and profitable way to spend a day.

I can't wait for 2016!

*Anne Wilson Croome*

## *Jam tomorrow, Jam yesterday but never today*

I would like to thank everyone who donated empty jars for the spring fair. The preserve stall made an excellent £96.90 for The Centre.

I am looking for some assistance from more preservers to donate jams, marmalades or chutneys. Not only does the Centre need more preserves, but any donations of spare fruit or vegetables which can be turned into jams, jellies or chutneys. (Anything from apples to zucchini (courgettes) can be turned into a preserve of some kind).



**Please contact:** Laura Webber on 01202 896360  
or Kay Bundy at The Centre if you can help.

## Many people, particularly

longstanding members, will have shared the Bundy family's sadness on learning that Ron had finally succumbed to the illness which gave him an uncomfortable final few years.



Ron, and Beryl, were from Somerset originally. He was one of three children of a policeman father and his childhood was spent at a number of Somerset homes. He completed his education at Yeovil Technical College leaving at 16 to commence a five-year apprenticeship with a building firm, and it was during this time that he met Beryl who lived in a village 4 miles away. They married in 1957 following which they moved to Colehill, Ron's family originally came from Dorset, and over the next few years Ron was active in building bungalows for his parents and siblings, and one for Beryl and himself, all done weekends and evenings.

Kay arrived in 1960 and Mark a year later and in 1965 Ron chose to be self-employed starting his own small building firm.

After another couple of homes, Colehill again and Ferndown – respectively built and extensively modernised by Ron, they arrived in Church Lane in 1979 and it was shortly afterwards that Beryl called at the newly opened Osborne Centre and asked Lou Mollet whether he could use any help: and Lou never needed asking twice!

Ron's support for Beryl and the Centre was never less than 100% both in terms of the building's maintenance - often emergencies - and he quickly built up a friendship with then-caretaker, Ron Emery; and in fundraising events held at their Church Lane houses. Additionally they held Barn Dances at Dampneys Farm: prior to that there would be BBQ's at friend Owen's farm. Ron was in his element during this period: he still had his building work and his main hobby was a smallholding with chickens (8000 of them), pigs and calves.

One renowned piece of fundraising surrounds their pond at Chimneys which became overstocked with fish so they offered 1000 for sale at 50p each. And they all went! 'Salt of the earth' is a much-used phrase but it fitted Ron to perfection. He was a skilled man, he loved his family, he made lots of friends, and he enjoyed his life overall.

We all miss him but are grateful for having known him.

*The Osborne Centre Team*

*One Saturday in July* nine of us met up at Upton Country Park to ride on a Segway (a motorised scooter that uses gyroscopes to remain upright and is controlled by the direction in which the rider leans).

There was a mixture of ages and genders which was great to see. We were all given a health and safety talk before hand and then guided around a short trial course. Once we had mastered the basics we trailed around the park. It was a bit unnerving as you have to lean forward to move forward, back for back and so on. We all thoroughly enjoyed it and it was good to see everyone in high spirits. We rounded off the event with lunch in the tea room talking about when are we going to do this activity again.



**Here are some quotes from those who participated:**

*"New experience in travel - good fun and exercise"*

*"What a wonderful way to spend a Saturday morning! Fresh air, wonderful people and the a feeling that I do still count as a person. I highly recommend joining the group to get involved in our next adventure!"*

*"Had a great time, sometimes if you don't try new things you don't know what you are missing"*

*"Was brilliant fun and a really good group of people to do it with. Lot's of laughs followed by tea and cake. Great way to spend a Saturday morning"*

*"It was an achievable experience that was exhilarating and great fun"*

*Shirley Worner*





The Dorset Destroyers - Wheelchair Rugby Club based in Poole, Dorset, are looking for more players who would classify to play in the traditional league.

We are also looking for other players to play either recreationally (But you must have a physical impairment) and for the new system that is being investigated where players with different disabilities can play (Dates not confirmed yet) And if you fancy a laugh, chat, bite to eat after our training session stay on.

We also play friendlies and have so far played Team Solent Sharks - Division 2 Champions and we are going to play Gloucester Division 3



Champions in October, plus we are looking for more clubs to play against. All players get the chance to play, as it's something for all our players to aim for. **For more details E Mail: [nickcoombs65@gmail.com](mailto:nickcoombs65@gmail.com)**

*Tim Worner*

**Take Note - Tax Discs** With the abolishing of paper tax disc several of our members who have tax exempt cars have received parking fines recently. Poole council ask that you send proof of exemption so they won't issue fines [parkingadministration@poole.gov.uk](mailto:parkingadministration@poole.gov.uk) then the same for Bournemouth council [parkingshop@bournemouth.gov.uk](mailto:parkingshop@bournemouth.gov.uk) both ask that you display old tax disc if you have one. If you have a Motorbility car the dealer should be able to supply a letter to display with your blue badge, if you have have private car copy the log book blank out your name and address and display that with your blue badge.





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

**Tuesday 8th September 2015** - at the Hamworthy Club  
Amy Bowen, Director of Services The MS Trust.  
Biannual talk with news and updates from The MS Trust

**Wednesday 7th October 2015** - at the Hamworthy Club  
Louise Fazakarley Senior Lecturer BSc (Hons) Physiotherapy  
Update re Mii-vitaliSe and other studies  
(Last chance to buy tickets for the Mates' Christmas Quiz at this meeting).

**Wednesday 9th December 2015 at the Hamworthy Club**  
**Christmas Quiz and Buffet**  
*Tickets for this meeting are only available  
at the September and October meetings*

**Any enquiries please contact Keith Hunt Tel: 01202 570300  
or E-mail: matesmsgroup@gmail.com**

<https://www.facebook.com/pages/MS-Society-Bournemouth-District/178618352184528?ref=hl>

## **WARNING >>>>> Take Note - PIP**

Personal Independence Payment will replace Disability Living Allowance over the next three. The main message is DO NOT IGNORE any letters from the DWP and if unsure about what to do then contact Tish Borrowman, Poole CAB who have partnership with our branch, as timescales to take action are tight.

**01202 644478** - answering machine or email [tishb@poolecab.co.uk](mailto:tishb@poolecab.co.uk)  
or make contact through the MS Centre on **01202 570300**

## We are here.....

The Osborne Centre  
Church Lane  
West Parley  
Dorset  
BH22 8TS

Tel: **01202 570300**

free MS Helpline:   
**0808 800 8000**  
 [helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

**National Helpline open  
Mon - Fri 9am - 9pm**

## Osborne Centre Closure Dates 2015

Monday 31st August  
Tuesday 1st September  
Thursday 3rd September  
Monday 21st December  
Tuesday 22nd December  
Thursday 24th December  
Monday 28th December  
Tuesday 29th December  
Thursday 31st December

## What's your story?

Share your MS journey  
with us to inspire others

Send it to us at the above  
address or email it o  
**[info@whatms.org.uk](mailto:info@whatms.org.uk)**  
or leave us a note in at  
The Centre.

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