



Happy New Year



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From the Secretary

Wishing you all a very warm welcome to 2019 and the first MS newsletter of the year. I hope you all had a wonderful Christmas and I wish you a happy and healthy 2019.

Last year finished well with a very successful Christmas Fayre which raised the amazing amount of £890. Thank you to everyone who came and supported the Fayre, it was lovely to see so many of you. I am hoping that you all enjoyed the Fayre and found it more easily accessible than at the Cobo Community. I would welcome any feedback about the Fayre, please feel free to contact me at secretary@guernseymms.com

I hope by now you will have heard of the exciting news of a new MS Guernsey website being built. The local website developing company 'Indulge' wanted to celebrate their 10th anniversary by helping a local charity. Two of their employees have a parent with MS, myself being one of them, so luckily for us they chose the MS Society.

I am also going to try and keep a fact page going, although at the moment I have a lot to do with supporting Indulge with gathering the content for the new website. They are the ones who are building the site, but we have to provide the written content for them. I believe on the new website the Friday fact will become part of the 'fact' tab, but we will keep you informed how that develops. If you could bare with me for the time being, with the lack of new items on Facebook or the website.

I have enclosed with this newsletter the establishments who have agreed to give discounts to our members on production of their membership cards, please do let me know if you haven't received

your membership card. For all our members including those on Alderney and Sark please let me know of any establishments you would like me to write to, and ask if they would be happy to offer you a discount.

David and I have an area in our garden I like to call our orchard. It only has half a dozen trees, most of which have chosen not to provide us with any fruit! However, this year our plum tree went mad and we ended up with plum crumble, plum pie and plum jam coming out of our ears! So for the first time since moving to Guernsey, some 20 years ago, we had some hedge veg to sell! We didn't raise a huge amount but every little helps!



I look forward to seeing many of you this year.
Best wishes and I wish you a very Happy 2019!
Gill

Chair's Comments

Welcome to 2019 – an opportunity for some thank you's for 2018 and a chance to look forward to what is coming in 2019. Thank you to Mark Windsor who organised the 5th Rowathon, on April 15th. Mark has generously agreed to organise the event again this year, but it will be earlier on Sunday Feb3rd, to avoid a clash with the rowing 'training calendar'. Please come and support this event (see MS website for details) and cheer on the teams who will be working VERY hard on your behalf!!

On April 21st, Pauline Clarkson and Jacquie Vining revitalised our Flag Day with a very good result. Spurred on by this success we have a different format this year and Pauline will tell you more about it later in the newsletter. Thank you to all the volunteers who manned the collection points and we hope you will come forward again this year and bring all your friends too – the more the merrier!

On April 25th, during National MS week we had WOW, "Wear Orange Wednesday" organised for the third year running by Alex Jenner. Alex was seen around and about 'totally orange' – outfit, hair, make-up, fake tan, nails.....what a star! Alex has stepped down last year, but WOW will be on April 24th in 2019, so again watch the website.

Maddy Diligent set up 'Million Miles for MS' in 2017 in memory of her uncle, Paul Diligent. Despite its success, website problems abounded in 2017, and this year Maddy looked for a different site. Unfortunately this only became

available on the day of the event starting, adversely affecting uptake. However thanks to Maddy this event now has its own dedicated website and will run again in September this year. We ran a lunch together with the Parkinsons Disease Society, at Les Cotils on October 12th. This was a lovely occasion enjoyed by about 30 of us. Thanks to Maggie le Patourel-Sharp (MS) and Penny Sarchet (PD) for their organisation. There are plans afoot to organise a couple more of these in 2019, so if you have any suggestions for preferred venues or formats, please let us know.

November was 'Fayre' time. We had a stall at the Charities Christmas Fayre at Beau Sejour on Nov 18th. Thank you to all of you who donated CD's and DVD's, which despite being sold at knock down prices, raised £160 for the Society. See Jacquie Vining's comments for more detail. We will do it again this year, but ask for more table space!! You learn by experience...

The other Fayre was of course our MS Fayre held on Nov 24th and organised by Gill Ford. Despite competition from 5 other similar events we had a pleasing outcome. Gill asked me to say a word about my own stall of Jams, Jellies, Marmalades and Chutneys; these preserves are made from the produce in my own garden. I enjoy gardening and HATE wasting produce, which is why I started making jams etc. This year I was really elated as two people came back asking for particular items they had bought at the 2017 sale! However, all who came were very generous and allowed me to take just over £150 on the stall – with your help I will sell even more next year.

My final thanks must go to Liz Hendry who organises our coffee afternoons once a month, at Les Cotils. Apart from the July and December events which are catered, Liz bakes and brings along a selection of her home made cakes (which are delicious). She does all the administration with Les Cotils and chivvies us along with reminders each month. HOWEVER it would be helpful if people could PLEASE reply to Liz and say if they are coming, so we know how many to expect. These events are open to all members, just contact Liz on 07781-103690, to be put on 'her list'.

Additional thanks must go to the Rotary Club of Guernsey who nominated Guernsey MS as one of their charities to receive funds from the Saffery-Rotary Walk, Nigel Baudians (Sylvans Club) who ran a Music Quiz in September and donated half the proceeds to MS Guernsey and to Guernsey Electricity who have nominated MS Guernsey to receive the proceeds from the sale of their 2018 Christmas calendar. And to anyone else I may have forgotten.....

...and so to this year, 2019. All of the above will be happening plus, we hope;

- a) A Quiz in March (rescheduled from October 2018)
- b) An event at Footes Lane, at the end of July, providing the athletics track is not being resurfaced at the time
- c) A stall at the LT Governors Summer Fayre at Government House. Date to be advised.

Two final things. First, some of you might have heard that a requete about Drug Treatment was due to be debated in the States on Wednesday Dec 12th. In the event an amendment to the requete was passed which stated “.....*the review should*

consider, as a minimum, the implementation of a policy for the availability of all drugs, treatments and devices approved by NICE Technology Appraisals. The findings of the review should be published no later than the end of the second quarter of 2019". In the context of treatment for MS this is not going to make an immediate difference, as the 3 drugs (DMT's) that are not available in Guernsey are being denied for SAFETY reasons and not primarily economic i.e. we need more nurse monitoring, neurological supervision and I suspect more MRI availability than currently. However what it does mean is that if there is a commitment to supply all that NICE recommend, then there must be a commitment to provide any additional services to facilitate that supply. We undoubtedly will need to remind the States of this in due course! For anyone who wants to read the blog from Mike Read it is 'headline news' on the GDA website, www.disabilityalliance.org.gg

A final request. Rachel James is a friend of one of our members and a 'vinyl angel' (i.e. she collects records to sell). She has approached us as she would like to sell records for the benefit of MS Guernsey and asks that anyone with unwanted records contacts her racheljames2010@gmail.com.

Apologies for such a lengthy comment, but there is a lot going on. Welcome to 2019 which promises to be busy. Your help and support at any of our activities is ALWAYS welcomed.

Round Table Christmas Fayre 2018.

The Annual Charities Fayre was organised by The Round Table and open to all Guernsey Charities, and this took place on Sunday 18th November 2018 at Beau Sejour. The MS Society (Guernsey) decided to take part and this was a learning curve, having never taken part previously. It was agreed by committee members to ask members and friends etc to donate their unwanted DVD's/CD's to sell on our stall. People were very generous to donate and we amassed a considerable amount. To add to this we provided a Lucky Dip for the younger children and this proved very popular. There were also a selection of orange (WOW) scarves and other MS items plus free MS balloons.

The day was extremely busy with stall holders having access from 8.30 a.m. Parking was limited and stallholders were asked to unload their vehicles and then park at Amherst School, with a bus ferrying people back to the centre. A rota of volunteers was drawn up to cover the day and many people responded, so there was no shortage of volunteers on the stand.

The Charities Fayre covered two rooms and 150 stalls were available. There was good access for wheelchair users and the Fayre provided a wonderful selection of goodies and raffle prizes from all the individual stalls. The Fayre was extremely well attended by both Charities and public, and we were certainly kept busy for most of the day. The Lucky Dip sold out quite quickly at 50p 'a go' and the DVD's proved popular as there were many box sets and a bargain at 3 for £1.

The day ended at 4p.m. So all feeling happy and tired packed up the remaining stock. The total amount raised was £160 and a good day was had by all.

Should the committee wish to attend the Fayre in 2019, we would definitely have a better idea of what to expect to make the most of the day.

Jacquie Vining
Committee member



Flag Day 2019

April 21st 2018 saw another successful flag day and encouraged by this, we have slightly changed the format for 2019. The M.S. Committee prefers to incorporate our annual flag day with M.S. Awareness week. However, due to the unavailability of some outlets, on the weekends of Awareness week, we have split our flag day between two dates this year, Saturday April 6th and Saturday April 27th.

The outlets on April 6th are M&S L'Islet and M&S St. Martins.

The outlets on April 27th are Aladdin's Cave, Co-Op at St. Sampson's and St Martin's, Waitrose at Admiral Park and Rohais, Alliance, Forest Stores and St Peter Port.

The flag day is one of our most effective fundraising events. If you, or one of your relatives, could spare an hour on one of these days please do not hesitate to contact us, indicating a preferred time and outlet. All help is very much appreciated.

Pauline Clarkson
Committee Member

Events arranged so far this year

February 3rd – Rowathon Beau Sejour 11am

April 6th – Flag Day at M&S St. Martins and L'Islet

April 22nd – 29th – MS Awareness Week.

April 24th Wear Orange Wednesday (WOW)

April 26th – Flag Day in a number of locations.

May – Launch of the new website t.b.c.

May – AGM Saturday May 11th NB Now in the
AFTERNOON

September - Million Miles

November – Charities Christmas Fayre

November/December – MS Christmas Fayre

There are also a number of other events in the pipe line, such as a quiz, a members outing, a members lunch and an event at Footes lane.

In addition, there are also the specialised exercise classes still running on a Wednesday (referral via Debbie Robilliard) and Liz Hendry's monthly coffee afternoons, every 3rd Tuesday 2-4pm at Les

Winter Word Search

L X R Y C O L D E A R S T G O F I W W F
 N H B Y P H W S A E P S T B M K B Z C U
 S X W L C P O B T N O N W O R Z L N V R
 G H P Y U N I A H R S T P G R J M P C H
 I A K P Y S E N F F O U M O P M R C H W
 D H L N T H T E I P S Q K D W Y I E R I
 C K N E O Y K E N E N H W O B X G Z G N
 E U B L I Z Z A R D O K C N X W E B T D
 R N U Q R J Z J X Y W X Z N R Z C E W D
 T H E M N S B F F I M J Q L E G A D Y X
 T M S T O F L E I E A E N S P Z L K I E
 E G R C T E L M E T N E U Y M T P I Z A
 O T K W E I Y F R O Z E N E U E E S C U
 R S C C N J B T F A R D L Y J E R C N U
 C C E A L R Z T S R M G D C W L I A M V
 C E F T B L I C S G H W K U I S F R P J
 Y G B T T G D T S O L K T D L C P F R Q
 C D Q F H G I N C D R K B A P Y I M T G
 Y L L I H C O A H I Q F T O H K E Z Q H
 I K A D W W S T M Q I E T M Y Y M G D K

BLIZZARD
 BLUSTERY
 CHILLY
 COLD
 DRAFT
 FIREPLACE
 FLEECE
 FOG
 FROST
 FROSTBITTEN
 FROZEN
 GALE

ICICLE
 JUMPER
 NIPPY
 RUNNYNOSE
 SCARF
 SLEET
 SNOW
 SOCKS
 STORM
 WIND
 HEATER
 HAT

Establishments offering discounts.

Restaurants.

- 1) Sawatdi: offer a 10% discount to members (on showing their membership card) when they dine in the restaurant.

- 2) The Imperial: offer a 15% discount to members.

- 3) The Driftwood: offers a 10% discount on food in their Bistro and Bar. To claim this discount please advise the restaurant either when booking or on arrival. The discount will not apply to the Tennerfest Menu or other special promotions.

Gardening services.

- 1) Bernie's Gardening: offer members a 10% discount on small margin jobs. The bigger the job, the bigger the discount strategy!

Email bernie@berniesgardeningsservices.gg

Website www.berniesgardeningsservices.gg

Household help

- 1) Ann Mourant Ironing: offers members a 10% discount on a basket of ironing.

Email: annmourant@yahoo.co.uk

- 2) 1st Class Cleaning: offer members 5% discount for 'one off' cleans. Also 10% discount if the handyman services are used at the same time as 'one off' cleaning. This excludes regular cleans (weekly or fortnightly)

Email: samanta@1stccs.co,gg

Website: www.1stclasscleaning.co.gg

Cafés

- 1) Urban Kitchen: will offer offer a 10% discount to members. The offer relates only to the holder of the member card and the discount would not be available to guests of the member cardholder.

Email: enquiries@urbankitchen.co.gg

Massage

- 1) Aey's Thai Massage: offer members a one hour massage for £35 instead of the usual £48. Please do talk to Aey first, as Thai massages are traditionally hard but the pressure can be altered to suit your preference,

Email: steven@cwgsy.net

- 2) Tammy's Beauty Cabin: offers 50% discount off a massage and 10% off all other treatments.

Website: <http://www.tammysbeautycabin.co.uk>

Health

- 1) Heidi Almonte Holistic Health: offer members a 10% discount.

Website: www.WellBeingInfo.com

Shops

- 1) Bruce Russell: will offer members a 10% off jewellery and silverware in the showroom. This does not include a discount on commissioned pieces, repairs, limited edition or bullion sales.

Email: sales@bruce-russell.com

Website: www.bruce-russell.com

- 2) Cookshop: will offer members a 10% discount. For Community events they offer a 30% discount. If members prefer they can order their food from the website and Cookshop will put the order in a taxi for your convenience.

Website: <https://www.cookfood.net/shops/guernsey>

Phone: 729566

Email: samanta@1stccs.co.gg

Website: www.1stclasscleaning.co.gg