



Multiple Sclerosis Society

Newsletter - February 2017



A belated Happy New Year and a warm welcome to the first Newsletter of 2017.

I wish you a very Happy and Healthy 2017

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Chairman's Page

Dear Members,

I last wrote to you all in October of 2016, and since then the two main events we have organised have been the Christmas Fayre and the Children's Party, both of which are covered in greater detail elsewhere in this note. Both were great successes and I would like to formally thank Gill (Fayre) and Alex (Party), for leading on the organisation of these two events. I helped out on a cake stall at the Fayre, exchanging goods home baked by Liz Hendry and her daughter for donations. I must admit to having consumed quite a few of these gorgeous cakes myself, but I did make appropriate donations, honestly!

Your committee is now turning its thoughts towards organising events for the forthcoming Awareness Week (24th to 28th April). We had a pretty successful week last year, and hope to repeat that this year, so keep an eye out for details in the near future.

As I have said before, we will probably never have enough people on the committee, not least because organising events can be very time consuming, and Awareness Week sees several events bunched together. We will also always seek to do just a bit more to support those who need our help, and there is always a lot we would like to do.

So I must ask again that if you think you can spare us some of your time we will be grateful for it and will make good use of it. The committee needs new people to stay fresh and active and also needs a replacement for Mike, our treasurer, who plans to step down at the next AGM. I too plan to step down, but I think we have identified my replacement.

Despite our plans to step down, Mike and I remain committed to trying to improve the lives of those affected by MS in any way we can influence. I am grateful for your support, and particularly for the support of the committee, but I would urge you to get involved in a formal way by joining the Committee, or if you can't spare that much time, by letting us know how you wish to help.

Best wishes

Secretary's Page

A Message from Gill Ford

Firstly I must highlight that this page is written by a person living with MS and not by Gill Ford, as the MS secretary. This page does not in any way represent the views of your committee or the Guernsey medical establishment.

For those of you who don't know me I 'celebrated' my 40th year, 14 years ago, being diagnosed with MS, which came as a complete shock as I thought I had a trapped nerve! I had 3 young children and we did not know what the future held for us as a family. During the first year I received steroid treatment at the PEH and started on my medications.

What I would like to share with you now is something else, other than the medications, I am trying. Let's face it, we do everything we possibly can to ease our struggle with MS. Some of you may have come across the Swank diet before, which I did try 14 years ago, but only for a short time. I first heard about Professor George Jelinek when David, my husband, read an article about him in the newspaper. Jelinek is the Professor of Neuroepidemiology at The University of Melbourne. His mother had MS and the Professor himself was also diagnosed. He is a well educated man and having seen his mother deteriorate with the disease and then being diagnosed himself, decided to find out as much as he could about MS. He then put together a book highlighting all his research findings from the many scientists from around the world he liaised with.

The main ones remain the inevitable, such as regular exercise, he emphasises this is obviously within your own personal capability, and to make sure you eat well. So, what have I taken onboard? Exercise for me is a yoga class once a week and a daily walk with my dog, interspersed with the odd swim. The food proved more

of a challenge because the Professor recommends a vegetarian type diet, so no more steaks, which I love, and lots of fish, which I hate! The other chapters in the book are about the importance of still taking your medications, meditation, and getting enough sunshine and vitamin D. Well, I said to myself, it is all very well saying we need lots of sunshine when he is living in Australia!! But I do get out every day in all weathers with my dog and I take a stack of vitamin D supplements. Meditation might not be your thing, but I say don't knock something you haven't tried!

I do recommend reading his book (Overcoming MS, 7 step programme) or look him up on the internet.

I am sure many of you are battling your own journey with MS. I would like to hear from you about your journey with MS and what, if anything, you are doing to support yourself. I think it would be helpful if we could share our experiences and support each other. We are living on a small island and, as such, we don't have as much on offer to us as we would if we lived in the UK or even in Jersey, so I think it is important we support each other. Please share your ideas, I would love to have some stories from you to put in the newsletter (you can do it anonymously if you prefer). It does not have to be a long essay, just a bit about yourself, and maybe you have found something that helps you cope. Or perhaps you do not have MS yourself and you are one of our many supporters in the Guernsey MS Society, but perhaps you could share what brought you to the MS Society.

Maybe you could write a quiz or word search that could go in the newsletter.

Your Committee

Your committee meets once a month to discuss a whole range of subjects, such as organising fundraising events and how we can best support all those affected by MS. Last November we incorporated the meeting with a tennerfest at the Fleur De Jardin. We discussed arrangements for the Christmas Fayre and the Children's Christmas Party, which were 2 of the items on our agenda that month, but we also treated ourselves to a couple of drinks and some gorgeous food!



Collection Pots

In addition to my role as secretary, and with the help and support of my husband, David, I spend many hours replacing full MS collection pots from around the island. We then sit and count all the money which used to take hours, but thankfully we now have the help of a coin sorter, which has made this job a little easier!



Many thanks also go to Waitrose whose little green discs raised the grand sum of £663.

Christmas Fayre

The Christmas Fayre was a huge success and thank you so much for all those who came and supported this event. There were a number of stalls selling homemade items and cakes, and there was also, and perhaps, more importantly an area to sit and have a cup of tea or, my favourite, mulled wine with a mince pie. As well as having an enjoyable afternoon we also raised a considerable amount of money for the branch especially from the raffle. So thank you once again for your support and I will look forward to seeing you at the Christmas Fayre 2017.



Children's Christmas Party



HAPPY CHILDREN MEANS HAPPY BIG PEOPLE

Well I'm not sure about the Children but I had great fun at the Christmas Party. Brandi from BeCreative was amazing and kept all the children up and dancing – us oldies were tired just watching. Food, fun and then Mother Christmas giving out fantastic pressies to the children – tea/coffee/mulled wine and mince pies for the grown ups - what more could you want?

Thank you to all the people that helped out on the day, St John Ambulance for letting us use their Hall, Swissville for allowing us to park and especially Father Christmas, his sleigh and reindeer for bringing all the pressies.

Looking forward to this year's event and please do spread the word..... it would be great to see more of our children joining in the fun.

Ho Ho Ho....

MS Guernsey Support Officer and Chief Shopper, Alex.

Events so far for 2017

16th March - Liz Hendry's Tea/Coffee afternoon (The Cotils)

20th April - Liz Hendry's Tea/Coffee afternoon (The Cotils)

MS Awareness Week:

22nd April – Flag Day

23rd April - Rowathon (Beau Sejour concourse)

*26th April - **WOW Wear Orange Wednesday***

17th May AGM - venue to be confirmed.

18th May - Liz Hendry's Tea/Coffee afternoon (The Cotils)

15th June - Liz Hendry's Tea/

2nd December - Christmas Fayre, Cobo Community Centre

For further details about Liz Hendry's coffee afternoons, please contact her directly at lizhendry@cwgsy.net

If you can spare an hour on 22nd April to help us with flag day then please contact Peter Miller at pmiller@uk.ey.com

Winter Word Search



BLIZZARD
 DECEMBER
 BOOTS
 SCARVES
 SLED
 FREEZING
 CARNIVALS
 SWEATER

SNOWMOBILE
 SNOWFLAKES
 HIBERNATE
 HOOD
 JANUARY
 COATS
 COSY