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From the Secretary

I hope this newsletter finds you well and the hot days in July didn't make it too uncomfortable for you. In fact, as I put together this newsletter, the wet weather at the start of August has been replaced by some more summery days. I am sure you agree that Guernsey is a wonderful place to live, especially in the summer. I hope you like the photo of the dolphin at play on the front, sadly I can't claim that as one of my own, it appeared on Facebook. I have put many of my own photos on previous Newsletters, but I am sure you have realized by now that I am no photographer. If you have any photos, especially of Guernsey that you think would be nice to use, please do send them to me!

We have had a busy few months, the details of which you will find in this newsletter from other members of the committee. The events page will tell you about other events planned, so far, till the end of this year.

We are holding another joint lunch with the Parkinson's Society on Tuesday 3rd October. This time the venue is La Villette Hotel, St. Martins. After the previous lunch, some of you asked if there could be two courses in preference to three. However, being mindful of what the establishments could offer, in terms of parking etc, we chose the Villette, where unfortunately there were no two course options available. However, for a great choice of three courses, including coffee, the Villette are just asking for £20. There is plenty of parking

with good access for wheelchairs. Please find the menu choices and details of where to send payment after my 'Secretaries' page.

The MS Christmas Fayre is a little early this year due to the availability of the hall. I had some feedback that many of you preferred the Vale Douzaine to the Cobo Community Centre, mainly due to parking issues, so I was keen to hold it in the Vale again. Although I asked back in February the nearest date I could have to Christmas is 2nd November! I hope you will all try and come to the Fayre to support this event. There will be a number of stalls to interest you and to start your Christmas shopping. However, if you just want to join us for a cup of tea, coffee or mulled wine with a mince pie and have a natter, then please do come along. The majority of the Committee will be on hand, wearing MS t-shirts to make it easy to recognize them, should you wish to discuss any matters with us.

Best wishes
Gill

MS Society Guernsey and Parkinson's Autumn Lunch

Thursday 3rd October, La Villette Hotel – 12 noon

Deep fried Mushrooms and Tartare Sauce

Melon & Orange Cocktail

Chicken Liver Pate

Roast Loin of Pork and Apple Sauce

Paupiettes of Plaice filled with Salmon in White Wine sauce

Baked Sweet Peppers filled with Tomato Risotto

Profiteroles with Hot Chocolate Sauce

Peach Melba

Cheese and Biscuits

Coffee/Tea

+++

£20.00 per person. Cheques payable to either Parkinson's Disease Society or MS Society Guernsey Branch. Please send cheques and choices to

Penny Sarchet, The Ramtops, 4 Clos Du Murier, St Sampson's GY2 4HJ

By 24th September latest

Kindly pay for drinks at time of ordering. All family and friends most welcome. Raffle on the day.

Chair's report – August 2019

Will someone tell me where this year is going? It seems only the other day that I was writing the page for the May newsletter.

As I see it, our activities broadly fall into one of two camps: fund-raising to cover our various activities (and integral to this is raising and maintaining awareness of the Society) and providing some social venues.

Since last writing we have had the Lt-Governors fayre (which would primarily be maintaining awareness) and the Open garden during the Rocquaine Regatta (fundraising). Both of these events are covered more fully elsewhere in this newsletter. Socially, we were planning a BBQ/Hog Roast and organised this for August 3rd, but sadly had to cancel it due to lack of support. Similarly an evening cruise around the South coast tentatively arranged for Aug 29th, has also been cancelled mainly because we needed 60 people to break even and after the Hog Roast decided we wouldn't achieve this. I think the message here is that social events in August are NOT a good idea as people are either away or have friends/family staying and are busy. If I am wrong with this assumption please let me know!!

We are however holding another lunch in October and details for this you will have seen in the Secretaries section of this newsletter. Ideas for social events +/- comments about the attractiveness of the cancelled events would be welcome.

I must say thank you to two more heroes – Ben de Jersey-Moore did complete his 100 km row on May 30th but it had to be done in the Kings Leisure Centre rather than Market Square. He finished in just over 8 hrs – an amazing feat, raising several hundred pounds in the process. Then on August 3rd we had another Sky Dive, this time by Ric Walker who may not have any friends left at all after he chivvied and bullied everyone he knew to contribute to another amazing total. We really are very grateful to both of you. In a similar vein, maintaining our profile is very important for attracting corporate donations and we have been very fortunate to receive a substantial donation from Guernsey Electricity from the sale of their 2018 Christmas calendars.

In a slightly different way we will be taking part in a video to promote both the Society and grants from the Christmas Lottery; you will recall that we applied for and received a grant to cover the Move-Smart classes held at Beau Sejour. As part of the advertising for this year's Lottery they make videos with the charities that benefitted the previous year – so watch this space, You –Tube here we come!!

Enjoy the remainder of the summer, and please don't hesitate to get in touch – it will be lovely to hear from you.

Best wishes,
Linda Fermont

Lt Gov Charity Fayre, held at Government House
on 20th July 2019.

MS Society, Guernsey, agreed to have a stand at the above event this year. As WOW event during MS week was so successful it was agreed to sell and display orange items.

Further to this we applied to C.I. Co-Op Society for a donation to purchase orange juice. They very kindly supported our cause once again and donated a voucher to purchase their juice, to enable us to sell cups of juice during the day. The day started early at 10.00a.m. having to erect a rather large gazebo and put together a display on our stands. This was done with some difficulty due to the strong wind on that day. However, it was successfully erected with a team effort of helpers and the expertise of Gill's husband David.

The Fayre officially opened at 12.00 p.m. with 30 plus stalls and due to the weather being overcast, this encouraged people to attend. Therefore, it was well supported with a steady flow of people and obviously our main aim was raising awareness for MS Guernsey. On sale we had numerous items including, hair extensions, head/wrist bands, scarves, shoes bags and many more items. The Fayre officially closed at 4.00 p.m. and the Lt. Gov. sent out an invitation to all stall holders for 2 people from each stall, to join him at Gov House for refreshments. Our stand was manned throughout the afternoon by members of the committee and also our volunteers, so we send a BIG thank you to all helpers on which was an enjoyable day.

Jacquie Vining.

Open Garden at the Rocquaine Regatta

Saturday 27th July was a sunny, but slightly windy day, however, it was ideal conditions for the annual Rocquaine Regatta.

The main coast road is always closed for this occasion and parking is half way up the hill from the Imperial Hotel. As you walk back towards the coast, just on the left, is a lane which leads to the beautiful garden of Mike and Jane Stonebridge.

Mike and Jane invited people to view their garden, and enjoy refreshments including homemade cakes, with all donations going to the MS Society. The garden has a steep embankment which is planted with different shrubs and trees plus it seemed poignant that there was even an array of orange flowers. Climbing the steps up to the top of the garden resulted in stunning views of Fort Grey, Lihou Island and the surrounding coastline.

Sincere thanks go to Mike and Jane, their family and friends for donating all the homemade cakes, and raising the amazing total of £413.83!

Pauline Clarkson

Finance Volunteer Report

In April 2019 I joined the MS Society Guernsey Branch as the new Finance Volunteer following the retirement of Jeremy Home. I was very warmly welcomed by the other volunteers and I quickly realised how hard-working and dedicated the Team carry out their work.

There is a lot that goes on behind the scenes by way of raising funds of which all goes towards the cost of various services that the MS Guernsey Branch provides locally to our members. We currently ascertain that at the very least £20,000 is required annually to cover those costs and to raise those funds demands a lot of hard work for the volunteers, and generosity from the local community.

During the period January to August of this year we have already received £34,000 by way of fund-raising either by our Volunteers, 3rd party Fund raising, general donations and members' subscriptions. Donations from Corporate bodies have also been very gratefully received and various firms have raised funds from Dress-Down days.

Of the £34,000 here are some notable examples:

3rd party fund-raising:

Ben De Jersey Rowathon 100km - £6,118

Ric Walker Sky dive - £1,900

P. Robinson London Marathon - £1,400

Mr Mrs Stonebridge Open Garden - £414

Mr Mrs Chilcott OSA Pop Up Shop, Smith Street - £100

Donations from Corporate bodies:

Guernsey Lottery Grant - £7,500 (which covered the Movesmart classes at Beau Sejour)

Guernsey Electricity calendars 2019 - £2,103

Northern Trust Charitable Trust - £1,000

Other e.g. Dress Down days - £1,673

Efforts of our volunteers:

Flag Day - £4,913

WOW 2019 - £3,667

Quiz May 2019 - £1,500

Donations from Collection pots - £595 (as at June 2019)

We look forward to other fund-raising events planned for this year to raise monies to ensure that we can continue supporting our services.

Many thanks once again for everyone's efforts.

Heather Lucas



Get to know our new Support Officer: Jo Grimshaw

I spent an idyllic childhood on Herm, where I lived with my parents and 5 brothers and sisters and where I enjoyed an unconventional primary school education, after which I headed off to the UK to complete my education at various boarding schools.

Having completed my secondary school education, I trained as a paediatric and general nurse in London and Jersey, married David, a Jerseyman and moved with our two sons, Sam and Oliver to New Zealand for ten years during the 1980s. While in New Zealand I continued my nursing career and studied as a mature student at Massey University in New Zealand attaining a degree in psychology.

We returned to the Channel Islands at the end of the 1980s and I worked for 14 years as the sister in charge of the PEH before taking early retirement to fulfil a long held ambition to do Humanitarian work overseas. I studied at the Liverpool School of Tropical Medicine to get a qualification in Tropical Community Medicine and Health. My first assignment was in an acute clinic in the Darfur region of Sudan during the genocide of Darfur. Later I was sent to South Sudan to be the medical co-ordinator of a health programme – setting up health facilities in the North of the region. My next assignment was in Myanmar where my role was to assess an existing programme and advise on how to move it forward.

My most recent mission was in Sierra Leone, during the ebola crisis, where I managed an ebola treatment centre.

When I am in Guernsey, I work on the nurses bank at the Guernsey Cheshire Home, where I am one of the RGNs – I work about 2 days a week, which leaves space in my life for some voluntary work, so when Linda asked me if I would take over from Alex as the grant support officer I felt that it was something that I could add to my otherwise busy life. My experience at the Cheshire Home has given me some knowledge and interest in MS. I have attended courses run by the MS Trust.

Any spare time I have is spent on various hobbies, swimming, gardening, singing or playing any one of my three musical instruments: the organ, piano and piano accordion.



Quiz

1. In relation to its body size, the tube-lipped nectar bat has the longest what of all animals?
2. Which major Italian car company used to make tractors?
3. Which swimming stroke is sometimes known as the frog stroke?
4. What chemical makes leaves and plants green?
5. Globophobia is the fear of what?
6. Who invented the word 'bump'?
7. What is the structure on top of the Empire State Building?
8. Which bird species has the highest population?
9. Which super villain is the main antagonist in the marvel film infinity War?
10. On which sea was Jesus said to have walked on water?
11. When is national girlfriend day in the UK and USA?
12. Which football manager famously climbed into the wrong dugout during the 1998/99 season?
13. In which country do you have to apply to be reincarnated in?
14. What does HZ stand for in Physics?
15. What name is given to the easternmost region of Africa in which Djibouti, Eritrea, Ethiopia and Somalia are located?
16. What is the opening line to 'Islands in the Stream' by Kenny Rogers?
17. What is the most expensive film ever made?
18. What is the radius of a circle if its diameter measures 19.5cm?
19. What type of car is a T-Bird?
20. True or False: The world's longest domestic cat is 118.33cm/3ft 10.59inc

Events arranged till the end of this year

September 10th – Coffee Afternoon

October 3rd - MS Society Guernsey and Parkinson's UK
Guernsey Branch Autumn Lunch

October 15th – Coffee Afternoon

October 24th – Pub Quiz. **Sold Out**

November 2nd – MS Christmas Fayre

November 17th – Charities Christmas Fayre

November 19th – Coffee Afternoon

December 17th – Coffee Afternoon

Establishments offering discounts.

New establishments in orange

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.
- 4) Saffron: offers a 20% discount on food. Excludes drinks.

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

Health

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. When you first contact Aey please mention you are from the MS Society, using the abbreviation instead of Multiple Sclerosis, as it is easier for Aey to understand.

Email: stevenb@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>

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

Website: www.WellBeingInfo.com

4) Chiropractic and Massage Clinic: offers 10% of treatments.

Website: <https://www.cmc.gg>

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

Garages

1) Forest Road Garage: will offer members a 5% discount on fuel on production of their membership

cards.

Quiz Answers

1. Tongue
2. Lamborghini
3. Breaststroke
4. Chlorophyll
5. Balloons
6. Shakespeare
7. A Zeppelin dock
8. Chicken
9. Thanos
10. The Sea of Galilee
11. 1st August
12. Ron Atkinson
13. China
14. Hertz
15. Horn of Africa
16. Baby when I met you there was peace unknown, I went out to get you with a fine tooth comb.
17. Pirates of the Caribbean: On Stranger Tides.
18. 9.75cm
19. Ford Thunderbird
20. True