



MS Society Guernsey Newsletter

August 2020

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A message from the Chair

Welcome to our second newsletter of the year. Yes, it is seven months since the last newsletter and although Covid is slightly to blame, I must admit that I have been the problem recently – but more of that later.

First we have had a few committee changes. Gill Ford as you know asked to step back a bit at the end of last year and shortly after producing the last newsletter offered her resignation. We are very grateful to Gill for her, I think, seven years as secretary, and she remains with us as Webmaster, Social media and Discount Club organiser. Her replacement is Rosalyn Priaux who applied at the point of retirement from HSC – in fact she wasn't allowed to retire for a few more weeks because of Covid and it was still sometime before she could pick up files and paperwork from Gill and even longer before they could meet! So Rosalyn is still getting to know us, but is managing to smile nevertheless. Welcome Rosalyn.

Jacquie Vining also resigned in January, and then Pauline Clarkson stepped down in June. Both were very active with organising our events and will be sadly missed. We are recruiting NOW for 2 new committee members, so if you feel like a change or know of someone who might be interested, give me a call on 07781-139578 or e-mail at info@mssociety.org.gg.

So way back in February, we had the 7th Rowathon organised for us again by Mark Windsor assisted by our treasurer Heather. What a fantastic success that was and included Chris Tostevin-Hall doing a 100km row. The event raised more money than ever before and our sincere thanks to all the many individuals who participated and several of their employers who then topped up the final total (see AGM report).

Then our Bingo night scheduled for March 13th got cancelled due to Covid concerns and shortly after that we went into lockdown. ALL our activities stopped and we cancelled our coffee afternoons, Flag days and Wear Orange Wednesday (WOW), projecting that we would hope to restart in August. In fact, after going into Phase 5 on June 20th, we re-started the coffee afternoons and the exercise classes. However, whilst planning another event, we discovered that MS UK still had a ban on face-to face activities, so everything had to be stopped again at the start of August!! We protested very loudly (as did the Isle of Man) and finally got agreement to proceed with the 24hr solo row, and only

24 hrs ago I was informed that the group classes at Beau Sejour can restart. We are still working on permissions for everything else, which is the main reason why this newsletter is so late!!

The 24hr row, mentioned above, occurred this last weekend Aug 22nd-23rd. Ben de Jersey-Moore , who did a 100 mile row for us last year, had offered to do a solo 24hr row this year. Despite his training schedule being a bit disrupted by Covid, Ben was happy to proceed, and off he went at midday on Saturday 22nd August, finishing amazingly exactly 24hrs later. I say amazingly, as Ben has a few problems during the night time hours and had to really slow down – this meant his total distance wasn't as far as he had hoped, but he carried on relentlessly and with blistered hands finished with a flourish (and TV and press coverage)!! As I write he has already raised over £1,000, so we are REALLY grateful.

A few quick updates. Approval has been given for the appointment of a full-time neurologist to Guernsey. This is welcome news and should improve access to neurological advice, MRI's , drug monitoring and general support for all with MS, as well as to Debbie Robilliard. However, I don't know the timescale..... Similarly I understand our Specialist nurse post has been identified as 'a clinical risk area' which means that our Business case for the second nurse should get higher priority – again I have no timescale.

The situation with DMT's (disease modifying drugs) is not quite as good. Following approval for introduction of all NICE approved medicines some 8 months ago, it is clear (as reported in the Guernsey Press on Friday August 22nd) that this will not start till 2021. In the meantime one or two people have been started on these drugs on a named person basis.

Finally Guernsey MS has for many years provided Naudicelle capsules to members free of charge. The late Liz Hendry used to organise this for us, and supplies have recently run out. I was asked if we would still be providing these and having looked into the matter and discussed it further with Debbie. There is virtually no evidence for their effectiveness in MS and they are quite costly: I have therefore decided these will no longer be provided. However, neither Debbie nor I have a list of the people who used to take Naudicelle. I have spoken personally to two people who I know used to take them, and apologise to anyone else affected. If you wish to discuss this further, please contact me in the usual way.

Sorry If I've rambled on a bit. We are planning for all our future events and working hard to ensure we are able to hold them.

Linda Fermont

August 2020.



Ben in the final seconds of his 24 hour row.

A message from the Secretary

Well who would have thought that 2020 was going to go the way it has. I can remember saying on the 1st January that I had a good feeling about this year, but little did I know.

I think we all agree that we have been brilliantly led by our civil contingency team, here and are very lucky that we live on such a beautiful island. Lockdown came as a bit of a shock, with most of us never having had such restrictions put upon us, but it did bring about many positives. 'Guernsey Together' brought the community feeling back to our island. Finding painted pebbles in our garden and seeing all the rainbows in the windows reminded us that we were all in the same boat. The weather was good and I have never seen such blue skies with no jet trails present. It was a joy riding my bike with so few cars on the roads, and also seeing so many families out walking and enjoying time together. My cupboards have never been tidier and our garage is clear of junk for the first time in many years.

There were downsides, and not being able to see our families face to face was difficult. Facetime made things easier, but it was not the same as being with those you love, especially when they needed our support but we had to keep our distance. If anyone had any difficulties that the committee could have helped with please contact us, as we all know the threat of a second wave is still there, and when our borders re-open some of us may have to isolate again.

Having retired from my position at Health and Social Care during lockdown, our plans for travel and new adventures have not materialised, but we have enjoyed our summer here, visiting the islands of our Bailiwick.

I am gradually learning this new role as Branch Secretary and would like you to send me anything that you would like included in future newsletters.

I know Gill used to include a puzzle or quiz, but I thought a recipe to use all the apples that are around at the moment might be useful, so if you haven't made a Guernsey Gâche yet, the recipe is on the back page.

Best wishes
Rosalyn

News from your new 'Webmaster, Social media and Discount Club Organiser'.

As most of you know, up until recently, I was the Guernsey MS Society secretary but life does throw problems at you when you least expect it. I decided to step down from the role of secretary to give me more time in my private life. I have kept the role of updating the Guernsey MS website and Facebook page, which hopefully reduces the job for our new secretary a little. I did laugh when Linda gave me my new title, it makes it sound as if I know what I am doing! But with you all in mind, I do my best!

Please do look at the website occasionally as most Friday's I try to add a Friday Fact, relating to MS. The events page is regularly updated with any events we have organised, plus the dates of the social coffee afternoons at Les Cotils are always to be found there.

I recently had a mad moment, and thought it would also be good idea for the Guernsey MS Society to have an Instagram account to keep up with the modern way of social media interaction! I have started one and I often add something to it, so it would be great if you would follow the account. If you don't have an Instagram account then it is easy to download the app on either your phone or laptop by visiting www.instagram.com and creating an account. You never have to post anything yourself (unless you want to) but it gives you access to the msguernsey account, and hopefully you can help increase the number of followers and likes I have 😊 The posts are on a range of MS symptoms/information, ways to keep positive, my life coping with MS and local MS events.

In this worldwide unprecedented time, the discounts I have been able to attain have not increased. I will keep trying, but obviously so many businesses are now struggling they are not really in the position to offer a discount. I believe the current list attached to this newsletter does provide the up-to-date list of establishments offering a discount. I will be sending out 2021 membership cards at the end of the year.

The up-to-date list of discounts are always available on the website under the heading 'Get involved' then click 'Become a member'. Scroll down until you find the section 'Membership Discounts'.

Take care and I hope to see many of you soon.

Best wishes

Gill

www.mssociety.org.gg

www.facebook.com/MSSocietyGuernseyBranch

<https://www.instagram.com/msguernsey/>

and we are on twitter, run by Colin Fallaize.

<https://twitter.com/GuernseyMs>

Summer Afternoon Tea

My name is Maggie and I organise our monthly Coffee Afternoons. I would just like to take this opportunity to say a few words about this event. The Coffee Afternoons have been going for quite a few years now and were organised by the late Liz Hendry, and her homemade cakes were gratefully appreciated! She asked me to take over from her a while back, to which I agreed. Her very sudden death came as a great shock to everyone but I couldn't let this go without paying my greatest respect. Hey, Liz, "Keep Baking"!

We recently had our Annual Summer Tea Party. It was held at Les Cotils and as usual it was superb! As you can see in the photos it is a proper Tea with the best china, finger sandwiches, scones, cream and jam and the usual contentious topic of jam or cream first! As in previous years 'doggy bags' have to be requested to take some goodies home.

A big thank you to Les Cotils.

If you feel you would like to come along to these afternoons you will be more than welcome. We don't have such a feast as the Afternoon Tea every month but we meet at Les Cotils for a good natter, tea/coffee, maybe a cake and the occasional guest speaker. It is always light-hearted and a bit of fun! They are held monthly 2 – 4 pm.



Upcoming Events

22 nd September	Coffee afternoon, Les Cotils
22 nd October	Fun Quiz Night, Les Cotils
7 th November	MS Christmas Fayre, Vale Douzaine
10 th November	Coffee afternoon, Les Cotils
22 nd November	Charities Christmas Fayre, Beau Sejour
12 th December	Children's Christmas Party
15 th December	Christmas Lunch, Les Cotils

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.
- 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: anmourant@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

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.

D'la Gâche Melée

Guernsey Wholemeal Apple Cake

1lb (1/2 kilo) wholemeal flour
1 ¼ lbs (600 g.) cooking apples, peeled, cores and sliced
Grated rind of 1 lemon
2 grated nutmegs
1 teaspoon cinnamon
8 oz (240 g) butter
1lb (1/2 kilo) demerara sugar
3 large eggs

Chop the moist apples into the flour and add the lemon rind, nutmeg and cinnamon. Mix together and set aside for 3 hours to allow the flour to soak up the juice from the apples. Cream the butter and sugar in another bowl and slowly work in the beaten eggs. Combine them all and put into a well buttered 2lbs (1 kilo) bread tin. Bake in a moderate oven (325 F, 170 C or Gas Mark 3) for 1 ½ hours, till dark brown and crispy on top.

This gâche can also be made with white flour.