



**MS Society Bailiwick of Guernsey
Newsletter
January 2021**

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A message from the Chair

Well another New Year, but at this particular moment I am not sure if it is a happy one or not! Surely it can be better than 2020??

Actually, our non-locked down months were very busy. We took part in the Election Hustings in September, fielding two tables and telling the attendees about the need for a neurologist, a second specialist nurse and the fact that we still hadn't got access to all the DMT's we needed. Since then we have had a permanent neurology post approved (3 days clinical work and 2 days research) and there is a locum in post at the moment whom some of you may have met Dr Basil Ridha – I am hoping to meet him soon. The second nurse has been approved, but Covid may have knocked back the release of funds and hence actual recruitment. Finally with the drugs, with the exception of Tysabri (greatest risk of side effects) we actually have them all approved in principle, but until Covid is over (immunological risk) and the monitoring is established (neurologist and nurse) several will only be available on a "named person basis".

22nd October was the date of our very successful quiz, organised by Jennifer Merrett, which is reported on page 7. Then on 7th November we had our annual Christmas Fayre at the Vale Douzaine Room, followed by our presence at the Charities Christmas Fayre at Beau Sejour on 22nd November (we were the most colourful team in the place). On 5th December the team set up and decorated our Christmas tree at the Christmas Tree Festival in the Town Church, but sadly our collection box was one of the ones that was stolen. Then on 12 December we had the MS Children's party, organised by Debbie our specialist nurse – it was a great event, thoroughly enjoyed by all and is reported on page 9 of this newsletter. Finally the coffee group decided to have a lunch rather than a 'tea' and a great event was organised by Maggie at Les Cotils on 15th December.

And so into 2021. We had hoped for a joint lunch with the Parkinson's Disease Society in January, but this has not been possible due to the massive re-organisation of their services since splitting away from Parkinson's UK. However, we are hopeful of a joint venture later in the year.

Our eighth Rowathon, scheduled for Sunday 7th February has had to be postponed due to the current lockdown. We are working to try and get this

rescheduled but at the time of writing, I do not know whether this will be possible.

Next up we have a Jigsaw competition planned for 28th March at The Wayside Cheer. This obviously depends on us being out of lockdown and people feeling confident enough to attend – we are also discovering that jigsaws may not be easy to source as they have been so popular during the UK lockdowns – so “work in progress” as the saying goes!

In April we have MS awareness week from the 19th – 25th inclusive with ‘Wear Orange Wednesday’ on the 21st and our Flag day on 24th April – all dependent again on that nasty little virus

Finally some staff changes: I am delighted that our committee is currently up to full strength; Toni de Kooker joined us last September, and Adam Gillson joined earlier this month. They are both young, keen and full of energy, so I am being kept on my toes! You will probably have also heard that I am stepping down from being your Chair. It’s not that I haven’t enjoyed my time at the helm, but my daughter, who was seriously ill as a teenager, is having her first baby at the age of 40 and my mind is elsewhere! This means I won’t be able to give you the time you need and also as soon as we are able to travel I anticipate going back and forth a bit. In this case I am afraid family comes first! I don’t have an absolute date in mind, but the baby is due the third week in March, so after that I will be less available. We are actively looking for a replacement, but I won’t leave you in the lurch, and we are also developing a plan B, in case of any problems. So fingers crossed for what lies ahead for all of us – my vaccination letter should be coming fairly soon

Linda Fermont

A message from the Secretary

Well here we are in lockdown 2, which came about as a bit of a surprise. I think we all thought that it might happen, but were very happy in our Bailiwick bubble watching the rest of the world struggle to contain this awful virus. I am very grateful though for the months that we had with no restrictions, apart from off-island travel, and am very happy that we had a nearly “normal” Christmas.

The lead up to Christmas was lovely being able to do all the usual things, I very much enjoyed the Children’s Christmas party and decorating the tree in the Town Church. As Linda has mentioned our collection box was stolen, which wasn’t a very good feeling especially after the Guernsey Together theme of the past year. Good things come out of bad though and the Society has received some very generous donations after hearing about the theft.

I am not going to include a list of forthcoming events at the moment as I am sure most will have to be rescheduled in these unpredictable times. We will let you know via our facebook page when events are confirmed.

All members were sent a list of discounts with their Christmas cards and as there is only one change since I will not print them all again in this newsletter but a full list can be found on our website, but please do contact me if you want a copy of this.

In these difficult times of lockdown the committee would like to remind you that our helpline telephone number is 07781 109095 or you can email us on info@mssociety.org.uk if you need any assistance, just a chat or advice of any kind and we will do our best to help.

I am sure all the good things of the last lockdown will happen again, with the community coming together to help each other out. It is coloured hearts that we need to put in our window this time, and after our few months of freedom I’m sure our cupboards could do with a little clean out again! My one regret is not getting my hair cut last week so I will be one of the first in the queue when hairdressers re-open!

I have added a recipe for a traditional Guernsey Beanjar, every family seems to have a bit of a different recipe for this i.e. whether carrots should be added or not, but if you haven't made one of these yet it is one of the easiest things to make, and usually lasts a few days.

Keep safe everyone.

Rosalyn Priaulx



Quizzical Quandary

The MS (Guernsey Branch) Committee decided to have a Quiz Night primarily to raise awareness, but also to raise funds and have some fun as the nights were slowly closing in and winter was approaching.

A willing committee member was needed to organise it and you know when you should take a step back.... well I decided to step forward even though I can't recall ever being to a quiz let alone organising one!

Quite new to the committee and not shy of rolling my sleeves up and trying new things although to be frank I was now in a bit of a quandary as to where to start but with a bit of research and a lot of help, I started to get organised.

I can honestly say that without the quiz hosts, Sean and Caroline Mc Manus experience, guidance and advice I may have floundered. Along with Dave and Clare Hobson and two very helpful teenagers, we managed to pull together a night out that was worth the ticket price, especially as it included a light meal and plenty of raffle prizes to win.

We should never underestimate the generosity that local businesses and individual support us with. 2020 was a difficult year for many but we still found the support that we needed. This meant that the raffle had some amazing prizes. Thank you to Rebecca's Chocolates, The Kiln, Seahorse, Herm Island and trident whom were just some of the businesses that helped. We are also lucky to have found some generous individuals. Thank you to all.

Many thanks to Leonard Curtis Business Solutions Group for providing the winning teams with such good prizes.

Other support was also needed, like printing which Lovell Ozanne Architects and Invicta Wealth Solutions helped us with. Thank you all.

Les Cotils gave us the venue and were patient and helpful when just 24 hours before the Quiz night, our care homes went into lockdown. They did not charge us for the table that had to cancel, for which we were thankful.

Would I step forward again.....? Probably but only if asked!

The quiz hosts ensured that there was much laughter on the night mixed with fun, a sprinkling of awareness and funds were also raised.

If you haven't been to a quiz before, like me, maybe consider giving one a go.

A real win win for all who attended but also for the members of our community who have MS and whom we are trying to support.



Jennifer Merrett

Children's Christmas Party

On 12th December 2020 MS Society Guernsey were given permission (due to our unique covid position) to hold a very special Christmas party. Some of our families and their children joined us for a fun filled afternoon of dancing, games and movement hosted by Born to Move.

There was lots of laughter and high energy from the youngsters while parents took a well-earned rest. Father Christmas couldn't attend in person due to covid restrictions and only being allowed to visit on Christmas eve so had sent presents ahead of time. Whoops of delight echoed around the hall as children excitedly opened their presents.

A great time was had by all. Thanks to all the parent children and helpers that came along.



Debbie Robilliard

Christmas Lunch

As most of you know, The Coffee Afternooners meet approximately once a month at Les Cotils for tea/coffee and a general 'get together'. Of course, we never seem to be short of conversation! We have an afternoon tea in the Summer and usually nibbles etc at Christmas.

I have to give very special thanks to Jan Norman for coming up with a couple of brilliant ideas. She suggested we have a lunch for a change. We all agreed and thought it would be lovely start to the festive season and we were quite happy to pay the extra for the lunch and I booked The Swiffen Room at Les Cotils.

Les Cotils had a least two other functions on but rest assured we had their usual fantastic service, food and friendly smiles. We had even bigger smiles when it was announced that the committee had decided to pay for our lunch. Thank you to our lovely Treasurer Heather who not only joined us for the lunch but suggested paying for it. Thank you Heather.

One of our stalwart coffee afternooners was sadly not able to attend as she wasn't well enough so can I take this opportunity to wish Liz a speedy recovery, you were missed and we all hope to see you soon.

As many of you may know Linda has decided to step down as Chair for personal reasons. To show our appreciation of all her hard work she was presented with a beautiful flower arrangement. Thank you once again to Jan for organising this.



We are, of course, now in our second lockdown so I am unsure when our coffee afternoons will resume, but I wish you all a happy and healthy 2021.

Maggie Le Patourel-Sharp

Recipe

Enne Jarraie d'Haricaots

(Guernsey Bean Jar)

1 Pig's trotter or piece of shin beef
1 lb (1/2 kilo) small pearl haricot beans
½ lb (240g) onions
½ lb (240 g) carrots
2 pints (1 litre) thick stock
Parsley, thyme and sage
Salt and pepper
1 bay leaf

Soak the beans in water overnight and drain the following day. Put them into a casserole with the meat, sliced onions, carrots and seasoning. Pour in the stock, cover with a lid and cook in a slow to moderate oven (300-325 F 140-170 C or Gas Mark 2-3) for about 7 hours, till all is tender. Top up with water or stock when necessary and check the seasoning before serving.