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From the Secretary

I hope you are keeping well and looking forward to a fabulous and hopefully long summer.

I was delighted to discover the newly exposed bluebells down at Icart Point they looked stunning. In case you were unable to make it to St Martins I took a couple of photos for you to see how beautiful it all looked, which are on the front of this newsletter.

I am pretty sure that by now you will all have heard of the new website very kindly donated by Indulge Media. They wanted to celebrate their 10th Anniversary by creating a website for a charity. For such a relatively small company they have two employees who have family affected by MS so it was their first choice. It has taken a considerable amount of time not only from Indulge, but from Linda, myself and Debbie who were needed to provide the bulk of the wording. But we are absolutely delighted with the final result.

Even if you are not a regular user of IT and websites, do have a look and scroll through the website. You will find it at www.mssociety.org.gg

Our AGM was held on 11th May and we decided to have it in an afternoon in the hope that many of you, like myself, who suffer with the chronic fatigue associated with having MS, would find that easier. Please let me know your thoughts on this. Thank you.

Linda spoke about the new website and demonstrated it to those present. For those of you unable to attend the AGM it is a relatively simple site to look around yourself so, again, do have a little look.

Also there were a couple of changes to the committee which you will also find on the website under the tab at the top called 'About Us'. But here are the photos of our 2 new members. The first is Jo Grimshaw who has joined us as our Support Officer and the second is Heather Lucas who has joined as our new finance volunteer:



Some of you may have noticed on the website a change in the name of our roles, this we have done in line with the UK. The first is with our name, we are no longer called a branch but a group. Linda's role as Chair is now called Group Co-Ordinator, I am no longer referred to as Secretary but Administrative Volunteer and the treasurer is now the Finance Volunteer.

On the website we have a list of all the events so far arranged for this year. We also have the list of discounts I have been able to attain for you so far. Now the website is up and running I will turn my attention to asking more businesses to join our discount list. Don't forget that if you have a favourite restaurant, salon or in fact anywhere you go regularly and would like me to ask them if they are willing to give our members a discount, then please do contact me at: admin@mssociety.org.gg

Best wishes
Gill

Chair's report – May 2019

Well what a year it's been so far!

We started off in February with the Rowathon organised by Mark Windsor. This year the event was moved to February to try and improve uptake and didn't it work well! We had 17 teams entered and couldn't have fitted any more on the concourse. The support was fantastic as well and just over £5,500 was raised.

Then a slight lull until April, when we had 5 events! The quiz on April 4th, Flag days on April 6th and 27th, publicity at the GFC match on April 22nd and WOW on April 24th. All these are covered elsewhere in this newsletter.

Last weekend (May 11th) we had our AGM. This year we moved it to a Saturday and had it in the afternoon to see if this made it easier for people to attend. Even though it was a lovely sunny day, some 25 or so met in the Lihou room at the St Saviour's Community centre. After the AGM I gave a brief tour of our new website (very exciting – do have a peak!) and Gill has written more about this in this newsletter. Returning to the AGM, it would certainly seem that the afternoon is preferred and so we will probably stick to this idea. Thank you to St Saviour's Parish for permission to use their lovely facilities which we would also like to repeat please!

Events coming up include some form of social “get together” (e.g. Hog Roast or BBQ) probably in conjunction with the Parkinsons Disease Society to get enough people to get ‘a good deal’. Details will be circulated as soon as finalised. Then there is the Lieutenant Governors fayre on Saturday July 20th at Government House from 12-4pm. This will be the first time we have participated in this event so DO come and support us. Any volunteers to help with the event will be most welcome. Contact Gill Ford (our secretary) if you can help.

We have been really overwhelmed so far this year by people offering to do spectacular feats/events for us. Mark Sinclair, a local teacher who is afraid of heights (!!!) did a Skydive for us in Jersey in March. Paul Robinson ran the London Marathon and put in a very respectable time despite being dosed up on lemsip and painkillers because of a nasty cold – see his comments on our new website under news (www.mssociety.org.gg). Ben de Jersey-Moore is going to be rowing a solo 100km row in Market Square on Thursday May

30th. He reckons it will take him about 8 hours so PLEASE come and encourage him – he will be starting at 08.00. Finally Richard Walker is doing a Skydive for us in August – watch the website for updates.

In addition to our new website and our Facebook page we now have a Twitter feed @MsGuernsey.

On the more strategic side, news on a second specialist nurse and DMT's. First the nurse; after several meetings between the Parkinsons Disease Society(PDS) and ourselves last summer, a reasonable Business case was prepared but lacked some Parkinsons Disease detail. The recruitment officer for PDS UK offered to help with this and add a bit to the Business case. This took a little longer than originally envisage and the revised proposal was only received back in the middle of April. We then had a meeting with States representatives on May 3rd. I am pleased to say that they agree that a second nurse is needed. Funding mechanisms are currently being discussed. At the time of writing I do not have a further meeting date.

Regarding DMT's, you may be aware that at the December 2018 meeting of the States, Peter Roffey laid a Requete asking the States to provide all NICE (National Institute of Clinical Excellence) approved treatments to people in Guernsey to give us parity with the UK. The outcome of this discussion was a commitment by the Sates to look into this matter urgently and report back by the summer. As a result the States employed a UK firm to write a report on the various options to achieve this. On behalf of MS I attended a workshop for Charities at the end of March. Whilst there are certainly reservations about the methodology used in parts of this

workshop, at least the conversations have started. With regard to MS however, the drugs that are NOT available (Abagio, Cladrabine and Ocrelizumab) are the ones with the highest rates of unpleasant side effects, hence requiring careful monitoring. This means not only having a second nurse, but also access to more MRI's (another scanner) and a neurologist on site, not just visiting. So we have made progress on the nurse; I need to approach HSC regarding proposals for Dr Oswald's replacement and we had better start saving some pennies towards a scanner – we'll get there, but it is still a bit of a way off yet.

Enough from me. Please come back to me with any questions or suggestions and in the meantime have a great summer.

Linda Fermont

The Paul Diligent Award

On Friday 12th April 2019 a Graduation Ceremony of the Guernsey Border Agency was held at The Harry Bound Room, Les Cotils.

I felt extremely privileged to be invited to attend and present an award to a person chosen for their perseverance during the training. This was due to my brother, Paul Diligent who joined Border Agency (Customs) when he left school and remained working there for over 30 years. Many of you will know that Paul was diagnosed with MS in his early 20's but continued to live life to the full and achieved much in his life. He continually

raised money for MS, mostly doing challenges that pushed him to the limits. He was fully supported by his colleagues at Customs, who remember him with fondness (and laughter). It was for this reason that they felt that it would be appropriate to name the award for perseverance, The Paul Diligent Award.

The Ceremony was attended by officers of the Border Agency, families of the people graduating and many others. The Chief Officer of Law Enforcement, Mr Ruari Hardy formally inspected the newly Warranted Officers and the Award Ceremony took place.

I was delighted to present the award to a young lady whom they all felt had shown a great amount of perseverance during their training.

Jacquie Vining nee Diligent.

Wear Orange Wednesday (WOW).

MS week began on Monday 22nd April 2019 and WOW took place on 24th April.

We set off with a bang on Monday April 22nd (Easter Monday) when GFC were playing their last home game at Footes Lane. We managed to get agreement for the Lions to wear specially printed orange T-Shirts for the warm-up and at half time, our chair, Linda Fermont was allowed to 'take the mic' and say a few words about MS week and WOW. Thank you so much to GFC and all those who made this possible (see the photos on the website!)

Various outlets agreed to take a selection of orange items to sell (or ask for donation) for WOW.

M & S L'islet Branch, St. Martins Branch and also St. Peter Port Branch were enthusiastic to accept items and help to raise money for MS. Many of the staff donned orange items and dressed for the occasion, really entering into the fun spirit.

Other outlets included The Cheshire Home and once again the staff dressed appropriately in orange. Cadeaux, St Peter Port and also Cadeaux Toys at Oatlands Centre, Rebecca's Chocs, Earlswood Garden Centre, Bright Beginnings Nursery and Donate, keep it local are some of the outlets that supported MS on the day. Unfortunately, WOW happened to fall in the Easter holidays which made it difficult to involve the schools. However, La Mare de Carteret School have agreed to hold their WOW day at the end of May.

Some of the orange items provided included were orange ties, and bow ties, silk scarves, hair extensions beanie hats, shoe bags, socks sweat bands and bags of orange sweets, and numerous other items.

MS Society Guernsey Group were extremely grateful and delighted to receive £1,000 from Lince Salisbury towards publicity and the purchase of orange goodies.

Linda Fermont, Chair of MS Society, Guernsey, managed to purchase an orange striped onesie, and was photographed on the day as she visited various sites.

A final total has not yet been circulated, due to the fact that money is still coming in from donations etc.

But once again, a big thank you to all who were involved in making WOW a successful and happy day

Jacquie

MS Pub Quiz

Thursday April 4th 2019 was the night of the MS pub quiz, which was the first for for the current committee. We held it at the Last Post and quite early on we were fully booked with 6 tables of 6 people and 4 tables of 4 people.

Sean McManus was a very entertaining quizmaster and together with his team ensured everyone had a good night. During the evening, delicious food was served, with a choice of Chicken Curry, Vegetable Lasagne or Chilli Beef.

Whilst the final scores were calculated, the raffle was drawn, and then prizes of Easter Eggs and Wine were handed to the winners of a table of 6 and a table of 4.

The evening was so successful we hope to another one soon.

Pauline

Quiz

Good practice before the next pub quiz!!

- 1 What is the number three in German?
- 2 Which British TV soap is based on the residents of Weatherfield?
- 3 Which three-wheeled vehicle did the character Delboy from the famous sitcom Only Fools and Horses drive?
- 4 True or false: The small intestine is longer than the large intestine?

- 5 What colour jacket is worn by the dog in trap one in British greyhound racing?
- 6 Macaroni, Yellow-eyed and Chinstrap are all species of what?
- 7 Which bingo number is associated with the phrase 'unlucky for some'?
- 8 How many keys are there on a full size piano?
- 9 What is the last letter of the Greek alphabet?
- 10 From which make of vehicle did Dr Emmitt Brown build a time machine in the Back to the Future movies?
- 11 Which body part can be placed before the following words: drum, ache, ring?
- 12 What is a ham and pineapple pizza typically known as?
- 13 Who played Michael Knight in the TV series Knight Rider?
- 14 Which star sign is represented by the symbol of the crab?
- 15 What word can precede eye, cage, mountain?
- 16 Which of the following flags does not feature the Union Jack: a) Australia b) Tuvalu c) Taiwan d) New Zealand?
- 17 The design concept for the Smart Car was inspired by: a) Swatch watches b) Casio watches c) Rotary watches d) Ice watches?
- 18 Which body part can be placed before coat?
- 19 What food does the Giant Panda's diet mainly consist of?
- 20 True or false: the average human body has more than 200 muscles?

Events arranged so far this year

May 23rd – Coffee Afternoon.

May 30th – 100km fundraising row by Ben De Jersey

June 18th – Coffee Afternoon

July 16th – Coffee Afternoon

July 20th – Lieutenant's Charity Fete

August 3rd – Ric Walker's fundraising skydive

September 10th – Coffee Afternoon

October 15th – Coffee Afternoon

November 2nd – MS Christmas Fayre

November 17th – Charities Christmas Fayre

November 19th – Coffee Afternoon

December 17th – Coffee Afternoon

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

Quiz Answers

1. Drei
2. Coronation Street
3. Reliant Regal
4. True
5. Red
6. Penguin
7. 13
8. Eighty-Eight
9. Omega
10. DeLorean
11. Ear
12. Hawaiian Pizza
13. David Hasselhoff
14. Cancer Star Sign
15. Rib
16. Taiwan
17. Swatch Watches
18. Waist
19. Bamboo
20. True