



Multiple Sclerosis Society

# WYRE FOREST & DISTRICT BRANCH NEWSLETTER JANUARY/FEBRUARY 2014

The Shuttle on December 26<sup>th</sup> 2013, the front page covered the story of the Gannett Foundation Fund of which we received a £12,000 grant for the new minibus. Val told the Shuttle that the new minibus will mean that day trips of a longer distance will be possible as the current minibus cannot be relied on to manage a trip to the coast. Poor old Primrose, as those of you know who currently travel on our minibus, that this is what she is affectionately known as. Val also plugged the fact that the branch was also seeking minibus drivers and escorts.

The new minibus should be on the road in April it also reported.



All smiles from Denise and Val



### Letter from the Chair

Hello Everyone,

Happy New Year, I hope you all had a wonderful Christmas, & lots of prezzies. Don't forget, the ones' you don't want, donate them to us, your local friendly branch.

We had a wonderful Christmas Dinner this year, the best turnout we have had for a few years. The atmosphere was great, the food was fine (except for the bullet sprouts), & the Valentines were fantastic. The raffle was full of great gifts, thank you to all that supplied them, & I lost at least half a stone, running around after my granddaughters while they gave out the prizes. Thank you to all of you for coming & making the day special.

Well, a new year with plans afoot & again I am asking for your support, either by offering to volunteer, donate some soft toys for the coming fairs, or just turning up at the events we hold over the next 12 months, to we want you to get active with the branch, anyway you can.

Don't forget also, we are getting a new minibus this year, hopefully March/April. I think we should hold a party of some sort, just to show off the bus & to thank all of those people that worked so hard to achieve this event, what do you think?

Well, time for me to go & do something useful before I run out of battery power, & I do mean me & not the computer. Until next time, look after yourself, keep warm & don't let the government get you down.

Best wishes.

*Julie x*

*p.s. We have a new Newsletter Editor in Jackie, it's a thankless task, so please bear with her until she gets to grips with it. I apologise for the lateness of this edition, but the next one in March will be on time (fingers crossed).*

*JC x*

# Christmas Party



On Sunday 8th December 2013 at the Gainsborough House Hotel, we sat down for a tasty meal of tomato soup or pate, followed by turkey or vegetable Wellington and then Christmas pudding or New York cheesecake. The ice being broken when sprouts flew around the table as people attempted to spur them with a fork.

The Kidderminster Valentines entertained us with their songs and antics and most people went home with a raffle prize. Conclusion a friendly and enjoyable afternoon



Denise and Ella at the bar



Tables of 8



The Valentines



The Raffle Table

## **WHAT'S COMING UP**

### **SOCIAL**

The following meetings have been arranged at the Brinton Arms, Stourport:-

**Wednesday 15<sup>th</sup> January 2014** – Come and tell us about your Christmas and New Year Parties!

**Wednesday 12<sup>th</sup> February 2014**

**Wednesday 12<sup>th</sup> March 2014**

**Wednesday 16<sup>th</sup> April 2014**

**Wednesday 14<sup>th</sup> May 2014**

**Wednesday 11<sup>th</sup> June 2014**

**Wednesday 16<sup>th</sup> July 2014**

**Wednesday 13<sup>th</sup> August 2014**



All these will commence at 1pm with the chance to have a tasty reasonably priced meal, and to catch up on all the news. The Brinton Arms is wheelchair friendly and has a disabled toilet.

### **MINIBUS TRIPS**

**Saturday 25<sup>th</sup> January** – Panto – Humpty Dumpty at the Civic Centre, Stourport.

The Monday Night Group always put on a good Panto, Oh Yes, they Do!! All the money they raise is given to local charities. We were lucky enough to be given £400 after last year's Panto, so please try to support this event. You can also buy tickets for the Panto through Denise if you want to make your own way there.

**Wednesday 19<sup>th</sup> February** – Butterfly Farm, Stratford-upon-Avon (weather permitting).

If you would like to go on either of these trips, please contact Denise on 01299 400128.



We are always in need of volunteers in all areas, but if there is anyone who would like to help as Escorts/Wheelchair Pushers to go on trips etc? Please contact Denise.

### **MS Life is coming!**

**MS Life, the biggest national event for people with MS, is taking place on 26-27<sup>th</sup> April 2014 at Manchester Central.**

## Fundraising Results

£12,000 grant received from the Gannett Foundation  
Sale of Christmas Goods at:-  
Abberley Village Hall on 22nd October £23.10  
MS Meeting 13th November  
£33.25  
Stourport Civic Centre Xmas Fair 22 November £100.35  
Stourport Primary School Xmas Fair 30th November £100.65  
Cuddly Toy Tombola's & Sales  
Bewdley Lights Festival 30 November £147.40  
Mary Bartle Teddy Sales £15.00  
Sian Bonnett Carol Singing at Morrison's Supermarket 14/12/13  
£34.32



Stourport Primary School

Thank you to everyone that supported us at these events and to everyone that knuckled down to a bit of hard but rewarding work. Your efforts are always appreciated, and we look forward to your help and support this year.

## FUTURE FUNDRAISING

06.02.14 - Kidderminster Harriers Collection  
(Please note this date has changed)  
07.03.14 – Race Night, Gainsborough House Hotel  
04.04.14 – Tesco Collection, Kidderminster  
24.05.14 - Stourport Town Centre Collection  
26.07.14 - Bewdley Town Centre Collection  
27.09.14 - Stourport Town Centre Collect  
If you can spare a couple of hours rattling a can for a good cause, contact Julie on 01562 851172 or 07903 443417 – your help would be greatly appreciated.

## Donations of Unwanted Items

Items are also needed to go on fundraising stalls unwanted Christmas presents or have a look around home and ask you family, friends, carers and neighbours if they have anything they would like to donate to us. Unfortunately we don't have anywhere to store big items and clothes are very difficult to sell on. Please give Richard a call on 01568 614089 or Julie on 01562 851172 if you would like anything collected, or hand it to any committee member.

Donations of cuddly toys in good condition are still needed.

Anyone doing a sponsored activity please remember us as a charity to raise money for.

Please remember when you renew your membership if you are a UK taxpayer to fill out a gift aid form available from Julie



# Race Night

At 7.30pm on Friday 7th March 2014 at the Gainsborough House Hotel, Kidderminster we are holding a fun packed Race Night to raise funds. For those of you who have never attended a race night and don't know what to expect, then just follow this short explanation.

Films of horse races are shown on a big screen. There are 8 horses in a race and you can bet on the tote by buying tickets to decide which number (horse) will win. If you pick the winning horse the tote will pay you back your stake plus a return on the number of tickets that were brought for that horse (number).

It's really easy, even if I have just given a complicated explanation.

Horses are also sold, giving you the chance to name the horse. Your name and the horse name you have decided on will appear in the programme.

Horse names are always (name) by (name) out of (name).

A simple example is OMELETTE by EGG out of SHELL. To buy a horse costs £10. This includes one entry ticket (including food) for the event and if it wins the race it is entered in, you win a prize and a rosette

The last race is a selling race where you and your family or friends can club together to buy a horse or you can buy it outright yourself. The owner(s) of the horse that wins this race receives half of the money raised by the sale of the horses in the selling race.

Races can also be sponsored at £25, which gives you a space for your company logo in the programme. Sponsors receive 3 race cards that entitle you to entry into the event (including food).

To name a horse or sponsor a race please contact Richard on 07711 046889 or 01568 614089.



# RESEARCH

Four new MS medicines, which have proved safe and effective in clinical trials for relapsing/remitting MS, are being considered by the National Institute for Health and Care Excellence (NICE).

TERIFLUNOMIDE is intended to be made available on the NHS in England and Wales. The MS Society are still waiting on NICE decision on DIMETHYL FUMURATE, and a response is to be made on the negative decision for ALEMTUZUMAB. The fourth medicine, LAQUINIMOD is at the early stage in the process, the first appraisal is set for May 2014.

information on the trails can be found on the MS website

## Exercise can help beat MS fatigue, MS Society reveals

Published date: 15 Jan 2014 at 9:01AM [News & Research](#)

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**Researchers funded by the MS Society have found that short periods of moderate intensity aerobic [exercise](#) (like walking or steady cycling) can help to improve [fatigue](#) levels and enhance overall quality of life in people with MS.**

The study, known as EXIMS (pragmatic Exercise Intervention for people with MS) was conducted at Sheffield Hallam University and involved 120 participants with MS from the south Yorkshire (in England) area.

Researchers placed 60 participants on a 12 week exercise programme that included supervised sessions of short bursts of aerobic exercise as well as self-directed exercise in the home. For comparison, the 60 remaining participants received usual care from the NHS.

## Fatigue levels reduced

At the end of the study, participants receiving the exercise programme reported significantly reduced fatigue levels, as well as improvements in emotional wellbeing, social function and overall quality of life. Importantly, these benefits were sustained for nine months, demonstrating that exercising can bring long-term benefits for people with MS.

The complete article can be read on the MS website following the links above.

CYCLONE EXERCISE MACHINE is now available to anyone who requires it. Please contact Denise to arrange.

WEATHERPROOF BODY COVER for person in a wheelchair (Lge size), free to good home (not suitable for scooter users)



**KEY PUBLICATIONS –  
LATEST EDITIONS**  
**20 December 2013**  
updated monthly



The MS Society is certified as a reliable information producer under The Information Standard for health and social care. For more about it, see [www.theinformationstandard.org](http://www.theinformationstandard.org)

To order go online at: [www.mssociety.org.uk/ms-support/publications-and-library](http://www.mssociety.org.uk/ms-support/publications-and-library) or contact the information team: email [infoteam@mssociety.org.uk](mailto:infoteam@mssociety.org.uk), telephone 020 8438 0799 (weekdays, 9am-4pm). This list is available online at: <http://www.mssociety.org.uk/ms-resources/key-publications>

O/S = out of stock at present while new edition/reprint is prepared

**About MS**

Ref	Title	Edition	Date	Reviewed
GI01	Just diagnosed	3 <sup>rd</sup>	Jul 12	
GI02	What is MS?	4 <sup>th</sup>	Jun 13	
GI14	What is Primary progressive MS?	1 <sup>st</sup>	Dec 08	Nov 10
GI15	What is Secondary progressive MS?	1 <sup>st</sup>	Dec 08	Jan 11
GI12	Childhood MS (download only)	2nd	Oct 13	

**MS Essentials**

Ref	Title	Edition	Date	Reviewed
ES01	Managing a relapse	3rd	Sep 09	May 11
ES02	Memory and thinking	7th	May 11	
ES03	Insurance and MS	6th	Apr 11	Nov 13
ES04	Tremor	5th	Dec 11	
ES05	Vision and MS	3rd	Aug 13	
ES06	Disease modifying drugs	5th	Mar 13	
ES07	Managing bladder problems	4th	Nov 09	Jul 11
ES08	Getting the best from social services O/S	2nd	Jul 09	Sep 10
ES09	Benefits and MS	8th	Oct 12	
ES10	Mood, depression and emotions	3rd	Aug 09	May 11
ES11	Diet and nutrition	4th	Aug 12	
ES12	Sex, intimacy and relationships	3rd	Apr 12	
ES13	Claiming DLA (now replaced by 'Claiming PIP')	9th	Oct 12	
ES14	Fatigue	3rd	Oct 11	
ES15	Women's health	2nd	Mar 11	
ES16	Support for people severely affected	3rd	Jul 11	
ES17	Pain and sensory symptoms	2nd	Jun 11	
ES18	Complementary & alternative medicine	2nd	May 12	
ES19	Muscle spasms and stiffness	3rd	Oct 11	
ES20	Residential care and your options	3rd	Dec 10	
ES21	Exercise and physiotherapy	2nd	Jan 11	Sep 13

ES21	Exercise and physiotherapy	2nd	Jan 11	Sep 13
ES22	Getting the best from health care services O/S	2nd	Oct 10	

ES23	Speech difficulties	2nd	Jun 12	
ES24	Swallowing difficulties	2nd	Mar 12	
ES25	Managing the bowel in MS	2nd	Nov 10	Oct 13
ES26	Balance and MS	2nd	Apr 13	
ES27	Adaptations and your home <i>O/S</i>	2nd	Oct 10	
ES28	Living with the effects of MS	1st	Mar 09	Mar 13
ES29	Employment and Support Allowance (ESA)	1st	Mar 12	
ES30	Claiming Personal Independence Payment (PIP)	1st	Oct 13	
ES30/FS	Changing from DLA to PIP	1st	Oct 13	

### Other core titles

Ref	Title	Edition	Date	Reviewed
GI08	Caring for someone with MS - a handbook for family and friends	2nd	Jul 09	Jun 11
NMS05	MS Carers - the man's guide to caring for someone with MS	2nd	Feb 13	
GI09	MS in your life - a guide for young carers Download only	1st	Feb 08	ongoing
NMS03	Motoring with MS	2010	Oct 10	
GI17	Our dad makes the best boats	1st	Oct 09	
GI18	Our mum makes the best cakes	1st	Apr 10	
GI26	Short breaks guide	1st	Aug 11	
GI19	Stem cell therapies	1st	Feb 10	Aug 13
GI03	Work and MS	4th	Dec 10	
GI21	Working yet worried: a toolkit for people with MS who are in employment	1st	Dec 10	

### Factsheets (download only)

Ref	Title	Edition	Date	Reviewed
FS11	ADEM	2nd	Mar 12	
FS13	Education for children affected by MS	2nd	Jun 13	
FS13/S	Education for children affected by MS in Scotland	1st	Apr 13	
FS09	Fasting and MS	1st	Aug 10	Jul 12
FS02	Genes and MS	1st	Apr 10	Feb 13
FS05	Hearing problems	2nd	Oct 12	
FS15	Neuromyelitis optica (NMO)	2nd	Sep 11	
FS06	Oral health	2nd	Sep 12	
FS19	Posture and movement 1 - introduction	1st	Oct 09	Feb 13
FS17	Posture and movement 2 - Moving well with MS	1st	Oct 09	Feb 13
FS08	Pressure ulcers	2nd	Sep 12	
FS10	Hot and cold: the effects of temperature on MS	2nd	Feb 13	

### Other resources

Ref	Title	Format
CC01	Can't wait /help card	Credit card
CC02	MS Assistance card	Credit card

GI25	Exercising with MS	DVD
LF08	National support groups at the MS Society	A5 leaflet
LF10	Financial assistance from the MS Society	A5 leaflet
PP01	MS Society information for carers	A5 leaflet

If you need any publications, please contact Denise or go onto the MS website [www.mssociety.org.uk](http://www.mssociety.org.uk)

We publish this list every 6 months, but the MS Society update it every month, so if there is something that you require but cannot see it on the list, then do not hesitate to contact Denise as she will have all the up to date information that you may require.

*“Happy Reading”*



# What do you remember about last year?

1. Unusually, Google's homepage on 6 December 2013 featured an extra name and website link - whose name?
2. Given 'DMY' format, which date in 2013 features a numerical quirk that will not happen again until the 1st March 2105? known as 'Odd Day' - bonus point, when will this next happen in the US and other nations using the 'MDY date format?
3. In the News of the World phone hacking trial which two defendants were revealed to have had a secret six year romantic affair?
4. Which massively popular annual sporting event did the BBC not televise in 2013 for the first time?
5. The video for what 2013 Miley Cyrus big hit song provoked substantial debate about female rights, nudity and exploitation?
6. Who did something in Feb 2013 that no one had done voluntarily since 1294?
7. Where did Edward Snowden first go after his leaking of US classified documents
8. Name the UK ex-husband and wife political pair convicted and imprisoned in 2013 for perverting the course of justice relating to a speeding penalty in 2003?
9. Whose skeleton, found in a Leicester UK car park, was identified via DNA testing in 2013, solving a mystery dating back to 1485?
10. What caused explosive destruction to the Russian city of Chelybinsk in January 2013?

*(Answers will be given in the next newsletter)*

Any jokes, recipes or funny comments please send to Jackie, details on the back page

**Joke of the day!**

Never laugh at your girlfriends choices.....  
You're one of them.

## USEFUL CONTACTS



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