



Multiple Sclerosis Society

**WYRE FOREST &  
DISTRICT BRANCH**

**NEWSLETTER**

**MAY/JUNE 2014**

## **Goodbye Primrose Hello Sylvia**



Primrose, our trusty minibus after many years and many miles of service is about to retire and be replaced by Sylvia.

Primrose was 16 and starting to show the miles and long trips were becoming a strain. Her driver often worried that once she had got somewhere that she wouldn't be able to get back.

So the decision was made to replace her and fundraising for a new minibus started, three years ago.

We did it and Sylvia is our new minibus. She has just been refitted for our needs and after signwriting has taken place she will be ready to start work.

By the next newsletter I should be able to report where she has been.

**WATCH THIS SPACE!**



### Letter from the Chair

Hello Everyone,

I'm starting to get really excited, the minibus is nearly here. Only a few more things to get sorted, I's to dot and T's to cross, and in no time at all, it will be on the road. It's going to take a while for people to get used to the change of colour, but it looks smart and fresh.

The Annual Meeting has been and gone, and once again the usual suspects turned up, which was great to see, but where is everyone else? We would love to see new faces at our meetings, if only it is to get moaned at. We are here to help in any way we can, to provide emotional support, money in the form of a grant to help you out financially, or just to have a good laugh, please get involved – we do not bite!

You have got me for another three years, oh, I hear some of you groan, but if you know of anyone who can do the job, or if you want to have a go, get in touch, I would welcome anyone who might be interested. Three years goes by really quick, and you might just be the one who can make a real difference – come and have a chat, my number is on the back page.

Next year the branch will be celebrating 40 years, and I want to make a big thing of it. The Queen can have jubilee celebrations, then so can we – MS Society Wyre Forest Ruby Jubilee. It has a nice ring to it, don't you think. If you don't, then send in your suggestions, the best one that gets chosen will get a prize, closing date is 20<sup>th</sup> July, so get your thinking hat on and come up with a name!!!

Well, it's time for me to go, otherwise you won't get your newsletter, so until next time, take care and don't forget to be a part of what we do, because in the words of a well known song, "everything we do, we do it for you".

Best wishes.

*Julie x*

## From Head Office Urgent

### Please read and help the campaign

We need your help now.

This week the National Institute for Health and Care Excellence (NICE) published its long awaited draft update to the Clinical Guideline for MS.

This Guideline gives recommendations about MS that cover diagnosis; information and support; treatment of relapses; management of symptoms and provision of services on the NHS.

NICE claims that its Clinical Guidelines are designed to improve healthcare and that they offer up to date guidance for healthcare professionals about how to treat certain conditions on the NHS.

So we're particularly concerned that the new draft Guideline:

Rejects the use of the potentially life changing drugs Sativex and Fampyra, which are specifically licensed for treating people with MS. Fails to recommend that people with MS should be reviewed by MS specialists. This means that GPs with no expert knowledge of MS could be placed in charge of the care of people with MS.

We don't think this is good enough, and we need your help to change it.

The Guideline, which can be read in full here [<http://www.nice.org.uk/nicemedia/live/13595/67515/67515.pdf>], is still in draft form and we now have just than six weeks to respond before it is finally approved for use.

Unfortunately, individuals are not allowed to respond to NICE, but the MS Society can. We need your views to help inform our response.

So please let us know your thoughts on the draft Guideline as well as anything that you would like to share about your diagnosis or treatment by emailing us at [[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)] by Friday 30th May. We specifically need your views on:

Experiences of taking Sativex and Fampyra and The importance of seeing MS specialists rather than just your GP

NICE's decision to recommend blocking access to Fampyra and Sativex is exactly the sort of poor decision that has led us to launch the 'Treat Me Right' campaign, which calls on the NHS to make all licensed MS treatments available on the NHS to those eligible.

You can also speak out against NICE's decision and sign-up to the Treat Me Right campaign today by visiting: [<http://bit.ly/QQBmlh>]

Thank you!

Robyn

P.S. don't forget to sign-up to the campaign today! <http://bit.ly/QQBmlh> The Multiple Sclerosis Society of Great Britain and Northern Ireland is a charity registered in England and Wales (1139257) and Scotland (SC041990). Registered as a limited company in England and Wales 07451571



The MS society is launching the new Treat ME Right campaign  
And want to know about your experience with the NHS and the  
access to DMD (Disease Modifying Drugs). And your access to a  
consultant. People's experiences and your chance to have your  
say can be found at:-

[www.mssociety.org.uk](http://www.mssociety.org.uk)

Go on register now

# Annual Meeting

The Annual meeting of the Wyre Forest MS Society took place on the 30<sup>th</sup> April at Ombersley Golf Club.

We all arrived and had coffee or tea and shared small talk before the meeting was called to order.

5 committee members were in attendance along with 9 other members

The whole committee stood down and were then re-elected back into their posts as no nominations had been received.

A resolution had been received that we as a society should have a drop in centre/ meeting place. This was approved and the committee will look into a venue. If anyone knows of a meeting place or venue we could use for the resolution please contact Julie and tell her.

Julie thanked all for attending although she was disappointed with the numbers the annual meeting had attracted. She took full responsibility for failing to reach the wider community. She asked all to think of goals for the branch to attain.

Denise in her transport report said that she was looking for more wheelchair pushers for day trips, anyone available should contact Denise directly.

Fundraising; thanks to all who have donated items for the bric-a-brac stall and the soft toys for the tombola.

The Support Officer said that 9 applications for grants had been received last year and 5 so far this year.

It was reported that the Summer Party had been booked on the 20<sup>th</sup> July and the Christmas Party was booked on the 14<sup>th</sup> December

The meeting was closed and all who had attended sat down to a very good lunch, courtesy of the branch, with good company. And finally, Mary Bartle was begged to attend the next committee meeting as her presence make the committee behave themselves, naughty box no longer needed, as she said yes.

## **WHAT'S COMING UP**

### **SOCIAL**

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

**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.

**Wednesday 25<sup>th</sup> June** – Alternative Therapy Day, sponsored in memory of Joan Woolley at The Gainsborough House Hotel. Starting at 09.30 -15.30 with taster sessions and lunch. This is being paid for by the money that was kindly donated at the funeral of Joan Woolley, a total of £1125.42. We would like to thank Brian and family for the kind donation, and we hope that everyone enjoys themselves whilst relaxing with the ying and yang, and not forgetting the very tasty luncheon.

**Sunday 20<sup>th</sup> July** – Summer Party at Areley Kings Village Hall, starting 12.30. Come along with family and friends to enjoy good food and laughter.

**Sunday 14<sup>th</sup> December** – Christmas Meal at The Gainsborough House Hotel. Commencing at 12.30 for 13.00 sit down. Get into the festive spirit with this annual event, everyone welcome. Watch this space for further details.

We are hoping to arrange some more meetings which will have a speaker present. We will let you know dates and venues when arranged.

## MINI BUS TRIPS

Yoga Sessions are still being held weekly on a Thursday.

Wednesday 28<sup>th</sup> May – Slimbridge

18<sup>th</sup> June - TBA

Book your place with Denise on 0300 9991011.



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

## FUNDRAISING PLANNED

The following dates are now booked for collections and fundraising activities:

Saturday 24<sup>th</sup> May – Stourport Town Collection

Saturday 7<sup>th</sup> June – Bewdley Carnival

Saturday 12<sup>th</sup> July – Broadwaters Fair

Saturday 26<sup>th</sup> July – Bewdley Town Collection

Sunday 10<sup>th</sup> August – Far Forest Show

More dates will be arranged – you will be advised of these in the future Newsletters. We have a couple of new collectors who say its good fun and they really feel that they are making a difference, so if you would like to help, please contact Julie on 01562 851172. Make sure you put all these dates on your calendar or diary.

## London Marathon

Tracy our secretary and I were talking about watching the London Marathon one Sunday morning and how many MS vests we had spotted. Well I got the facts from MS Matters for you.

250 people ran for the Society in their orange vests, and together raised £400,000, a record.

So to all the runners who ran for us the Wyre Forest MS Society, thank you so much and congratulations for completing it.

If anyone is interested in running in next year's marathon, or any other running event, please get in touch, and we will provide you with vests, sponsorship forms etc. Also, you will have some readymade supporters to cheer you on.

## FUNDRAISING SUCCESS

Tesco Store Collection

£248.05

Rowberry's Nursery,  
Chaddesley Corbett

£143.16

Hartlebury Spring Fair

£72.00

Kidderminster Harriers  
Collection

£214.16

Thanks to everyone that helped  
on the day, it was well worth it

Sainsbury's Store  
Collection

£389.92

A big thank you to the Monday Night Group for giving us £400 towards the cost of a new colour laser printer so that we can continue to print out the newsletter

Thanks MNG

## Collecting Tins

Let's make a real effort to think of places to put our collecting cans! We still have a very long way to go to reach our target of placing 60 Collecting Tins, which was last years target, but we have adopted for this year. Don't be frightened to ask a shopkeeper, or the customer services in a supermarket. What about your local pub, fish and chip shop, restaurant? You have been very quiet – surely you must know somewhere where we can place a box. Please put your thinking caps on and let us know where a box can to be placed.

## Sponsored Activity

Is there something that you could do and be sponsored for? Maybe you can knit or perhaps a sponsored silence! That challenge is only open to the noisy ones though! What about a tandem parachute jump like Rosie did last year? Or perhaps you have a friend or family member who could do a sponsored swim, walk, cycle ride, read, dance..... the list is endless! If you would like sponsor forms, get in touch with Julie on 01562 851172.

## Donations of Unwanted Items

Thank you to all the people that have already donated items which they no longer need or want. But, we are asking again for more items, especially cuddly toys, which will be used as raffle or tom bola prizes. Please, please, please, have a look in your cupboards and drawers to see if you have anything – we are desperate for items. Don't forget, at the Christmas Meal in December, we have a huge raffle and need around 50 prizes for this alone. We can come and collect if necessary, so don't put off doing that spring cleaning and give us a call.

## INFORMATION ZONE

**Our Website** Don't forget our website - have a look at it regularly – it contains a lot of useful information, dates, contacts etc. If you have any information that you think would be good to be included on the site, please contact Val and I will pass it onto Phil Lench our WebMaster.

<http://www.wyreforestmsgroup.org.uk/>

**Our Facebook Page** Have you been having a look at our Facebook Page? If not, have a look – it gives you lots of information on Social and Fundraising Events, as well as links to other useful sites. [en-gb.facebook.com/MsSocietyWyreForestDistrictBranch](https://en-gb.facebook.com/MsSocietyWyreForestDistrictBranch)

## Carers Week Quest

In 2014 we're once again supporting Carers Week, which aims to reach out to the thousands of carers missing out on support and services. Right across the UK, hundreds of individuals and organisations will be signing up to support the Carers Week Quest, which takes place from **9 - 15 June**.

## Do You Need Financial Help?

The Society has money available to help members financially.

The procedure is easy and totally confidential.

For grants under £200 you need only send a letter stating how much is required and for what purpose to Denise. The request will be discussed and voted on within 28 days. **NB We cannot award retrospectively so do not order the item before applying for help.**

**NB** We are constrained by Head Office so that we can only contribute to ONE session per person per year for Respite Care.

For larger amounts Head Office requires that we use an application form which Denise will help you to complete if necessary. The request will be considered by the Committee in complete confidence (no names used) and a decision made as to whether we can meet the request ourselves as a branch, whether we need to apply to other grant-giving organisations or if we will ask Head Office for additional funds. In the case of larger grants we will need a letter of support from your social worker or doctor.

In the first instance please contact your MS Support Officer

Mrs Denise Bedrock

15 Coniston Way, Bewdley, Worcs, DY12 2QA

Tel: 0300 9991011

## DON'T FORGET, WE HAVE A NEW NUMBER

As of 1<sup>st</sup> March, the branch has a different telephone number, which costs you less to call on landline and mobile phones

The new number is

**0300 9991011**

Please start using this number!

## RESEARCH

### CAN A RESISTANCE EXERCISE ROUTINE HELP REDUCE FATIGUE? new

**Prof John Saxton**  
**University of East Anglia**  
**£102,308**

#### *WHAT'S THE PROJECT ABOUT?*

Fatigue is one of the most common and difficult symptoms of MS to manage. We need better treatments and management strategies that can help people with MS live life to the full.

The levels of fatigue people experience can vary considerably. This project will compare people with MS who have high levels of fatigue with those who do not, using a variety of neurophysiological measures (tests of how the nervous system functions). It is hoped that this will deepen our understanding of fatigue.

The study will also involve a small pilot randomised controlled trial of 60 people to test the feasibility of a resistance exercise programme as a potential treatment for fatigue in people with MS.

#### *HOW WILL IT HELP PEOPLE WITH MS?*

This study will improve our understanding of fatigue in MS and will also test one promising approach to managing fatigue. It is hoped that this will lead to improved treatments for fatigue in the future.

*\*Taken from the MS Website Research page*

### INCREASED RISK OF A BROKEN HIP IN PEOPLE WITH MS?

#### SUMMARY

It is known that people with MS are at a higher risk of broken bones, as they can have a reduced bone density and more frequent falls. This study looked at whether people with MS were at a higher risk of a hip fracture (broken hip) than people in the general population.

The researchers looked at 20 years of American hospital admissions information and found that people with MS had more than a two-fold (2.2 times) increased risk of hip fracture than for people who did not have MS. Although people with MS were more likely to have a fracture, it was found that as it was usually at a younger age, they had less complications and a straightforward discharge home, than for people from the general population.

There are a number of lifestyle and environment changes that people with MS can make to reduce the risk of falling and to improve bone density which can help reduce the risk of broken bones.

*\*Taken from the MS Trust Research page*

## Last month quiz

All the answers were well known films

- |                                   |                      |
|-----------------------------------|----------------------|
| 1. Australia's top magician       | Wizard Of Oz         |
| 2. The highest revolver           | Top Gun              |
| 3. David and Mike are not in debt | Men In Black         |
| 4. 24 gold piece of anatomy       | Goldfinger           |
| 5. Very cold time long ago        | Ice Age              |
| 6. Weekend illness                | Saturday Night Fever |
| 7. West 11                        | Notting Hill         |
| 8. Whilst steering avoid flower   | Driving - Miss Daisy |
| 9. Honest deception               | True Lies            |
| 10.No longer requires Rennies     | Gone With The Wind   |
| 11. Ferrous man                   | Iron Man             |
| 12. Celestial battles             | Star Wars            |

## This month Quiz General Knowlegde

1. What is the name of the Paranoid Android in Douglas Adams' 'Hitchhiker's Guide to the Galaxy'?
2. In Monopoly, the green set consists of Bond Street, Regent Street and which other?
3. Who created Snoopy?
4. What does UNESCO stand for?
5. After how many years would you celebrate your crystal anniversary?
6. Which sign of the zodiac would you be if your birthday was on the 18th October?
7. Who was the first famous non-royal to appear on a UK postage stamp?
8. Which birthstone is associated with the month of May?
9. Which measurement of speed is equivalent to one nautical mile per hour?
10. Of what is semiotics the study?

## Joke

It was hard getting over my addiction to the Hokey Cokey. But I've turned myself around and that's what it's all about.

## USEFUL CONTACTS



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