



Multiple Sclerosis Society

WYRE FOREST &
DISTRICT BRANCH

NEWSLETTER

SEPTEMBER/OCTOBER 2015

THE BEAT GOES ON!



This year's BBQ was held at The Granary, Shenstone. Because of the untimely rain and thunder storms, it was held indoors, but everyone enjoyed it (hopefully).

This year we were entertained by Rhythmicity, who runs workshops for schools, disabled groups etc. Tim Scarborough seen here in the blue top taught the willing and not so willing group their parts to play on drums called djembe and shakers also a percussion instrument which looked like a cow bell. Once we had managed to make a reasonable tune and in time, Tim serenaded us with an African song. It was a lot of fun, especially trying to hold a djembe in the correct way; maybe we need more practice before we perform for everyone at the Christmas Dinner..... I don't think so!



CHAIR'S CHAT

Hello Everyone,

Well, it feels like a lifetime since the last newsletter went to print, where are the months going. It will soon be Christmas, only three months to go "bah humbug". Don't forget to come along to the Christmas meal this year, it is being held at the Mercure Hotel, Habberley Road, Bewdley, it is the final farewell to our 40th anniversary year, let's send it out with a bang!

I am saddened to say that Sara, one of our committee members, has stood down from her role on the committee. She was a great addition to the team, always on the ball. We wish her well in any future endeavours, and the door will always be left open if she ever wishes to return. Best wishes Sara!

Did anyone hear the radio plea for teddies the other week? Thanks to Val Hinton for getting in touch with BBC Hereford & Worcester, we had some kind donations of some very nice teddies, ready in time for Stourport Carnival on the 5th September, thank you Val for collecting some of them as well. A big thank you goes out to the kind people of Worcestershire who donated the beautiful teddies; some of them were too good to give away for £1, so watch this space. But it goes without saying, if you have anything that you can donate to the branch, to boost funds to enable us to give you more support, then you know what to do.....*PHONE ME PLEASE!!!!*

It is now autumn, and it is predicted that we are going to have a heat wave, but don't be fooled, you still need to get prepared for the onslaught of winter. Age UK are once again offering electric blanket testing at the Tulip Tree Centre, Kidderminster on 21st October. This year though there will be no free blankets given, but people can order a new blanket through them. Don't blame Age UK, government cuts again; the funding has been taken away.

Talking of cuts, it makes me so mad with what the government are taking away from disabled people, and then to add insult to injury they give themselves a hefty pay rise. Make sure when you go through the PIP Assessment that you get in touch with our Benefits Advisor, Elaine first. Give Denise a call on 0300 9991011 to arrange for Elaine to make contact with yourselves.

Anyway, again time is passing me by as my feathers are being ruffled thinking of government cuts. So to all I bid a sorrowful farewell and until next time take care.

Best wishes.

Julie x

NEWS



OCTOBER	Halloween Party Electric Blanket Testing at Tulip Tree Centre Age UK	30/10/15 21/10/15
NOVEMBER	Quiz & Curry Night	20/11/15
DECEMBER	Christmas Meal	13/12/15

“PUT THESE EVENTS ON YOUR CALENDER”

CHALLENGEMS IS COMING!

ChallengeMS is back this September and with your valued support, we can fund even more MS research. We need your help to get friends and family involved with ChallengeMS – visit www.challengems.org.uk from 17 July to find out more about the following range of exciting challenges people can take part in:

Wear it – get sponsored to wear our orange wig with pride! #WigoutforMS

Walk it – a family day out at MS Walk on Sunday 27 September. Join the 20k or accessible 10k route along London’s iconic Thames pathway, finishing with a fairground extravaganza at Battersea Park bandstand.

Kick it – can you go without one of life’s little luxuries during September in the name of challenging MS?

Host it – inspire your nearest and dearest to organise an event of their choosing. Pub quizzes, coffee mornings, or classy dinner parties – the possibilities are endless.

Create it – one for self-starting types and competitive spirits who want to devise their very own individual fundraising challenge.

We also want to hear about what challenging MS means to you. Sign up online and share your story with us today [#ChallengeMS](https://www.challengems.org.uk)

FUNDRAISING UPDATE

Stourport
Town
Collection
£200.07

Lickhill
Primary
School
Summer Fayre
£92.00

Bewdley Town
Collection
£126.57

Far Forest
Show
£98.60

Jumble Sale
£200

Stourport
Carnival
£222.10

HELP WANTED

If anyone is interested in helping collect money in Stourport on the 26th September, please give Julie a call, her number is on the back page.

VACANCY

If you, or anyone you know is interested in volunteering for the MS Society, also if you are interested in joining the committee. There are numbers of roles someone can take on e.g. fundraising, newsletter editor, and support to name a few, and only taking up a few hours a month. If you are interested, please get in touch with Julie or Denise, details of which can be found on the back page, or email wyreforest@mssociety.org.uk for further information. **YOUR BRANCH NEEDS YOU!**

JOKE

During a visit to my doctors I asked him "how do you determine whether or not an older person should be put into an old age home". "Well" he said "we fill up a bathtub, and then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub". "Oh I understand" I said "a normal person would use the bucket as it is bigger than the teacup and teaspoon". "No" he said, "a normal person would pull the plug. Do you want a bed near the window?"

Think of this, that is if you ever get asked the same question!

A POEM TO PONDER ON

I remember the cheese of my childhood,
And the bread that we cut with a knife,
When the children helped with the housework,
And the men went to work not the wife.

The cheese never needed a fridge,
And the bread was so crusty and hot
The children were seldom unhappy
And the wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top;
Our dinner came hot from the oven,
And not from the fridge; in the shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their mates in the road,
And sometimes the Saturday flicks.

I remember the shop on the corner,
Where a pen'orth of sweets was sold
Do you think I'm a bit too nostalgic?
Or is it...I'm just getting old?

I remember the 'loo' was the lav
And the bogey man came in the night,
It wasn't the least bit funny
Going "out back" with no light.

The interesting items we perused
From the newspapers cut into squares,
And hung on a peg in the loo,
It took little to keep us amused.

The clothes were boiled in the copper
With plenty of rich foamy suds
But the ironing seemed never ending
As Mum pressed everyone's 'duds'.

I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

WHAT'S COMING UP

SOCIAL

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

Wednesday 14th October

Wednesday 11th November

Wednesday 9th December – Christmas Fayre



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.

January 2016 we will be spending Wednesday afternoons at other venues, as well as the Brinton's, so make sure you check November/December's newsletter for where you're going to be.

MINI BUS TRIPS

Wednesday 16th September – Ralph Court Gardens

Wednesday 21st October - TBA

All dates are subject to alteration at short notice



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.

Yoga

We are still running the weekly yoga sessions which is held on a Thursday afternoon 2pm – 3pm at St Cecilia's Church, Hoo Road, Kidderminster. It is all done either sitting or lying down. To book your place please contact Denise, come along & give it a try.

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 tombola 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 Julie and it will be passed 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://www.facebook.com/en-gb.facebook.com/MsSocietyWyreForestDistrictBranch)

Branch Details

The branch has two new email addresses, they are; wyreforest@mssociety.org.uk or wyreforestsupport@mssociety.org.uk and don't forget the branch's phone number is 0300 9991011. We need people to use this number, so that we can analyse types of calls and who is using the number. Denise loves talking to you all, so please start using the right number.

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

CARERS CORNER

Courses and Informations Sessions for Carers

Coping with Stress

7th October 2015 (coping with stress) **10.00am-1.30pm** - Kidderminster Library, Market St. **DY10 1AB**

21st October 2015 (stress therapies) **10.00am-1.00pm** - Kidderminster Library, Market St. **DY10 1AB**

Moving with Confidence

23rd September 2015 - **10.00am-2.00pm** - A&M Care, Arrow House, Oxford St. **DY10 1AR**

Legal and Financial Sessions

2nd October 2015 – **10.30am-12.30pm** – Kidderminster Library, Market St. **DY10 1AB**

Wills, Trusts, Lasting Powers of Attorney, Home ownership

Carer focussed information about making Wills, Lasting Powers of Attorney, Trusts, Living Wills Tax planning and home ownership to protect estates of carers and those they care for.

19th October 2015 – **10.00am-12.30pm** – Kidderminster Library, Market St. **DY10 1AB**

A practical session on how to maximize capital and income to pay for care. The impact of the Care Act.

Carers, if you have got something to say or want to share stories or ideas, then get in touch and it will go into the newsletter

RESEARCH

Encouraging Clinical Trial Results Announced

Two drugs, phenytoin and anti-LINGO-1, were recently shown to have a positive effect in optic neuritis, a condition that around half of people with MS experience. The findings were announced at the American Academy of Neurology's conference and will now need to be published in a scientific journal.

Optic neuritis is caused by inflammation and damage to the optic nerve that carries messages between the eye and brain, resulting in problems with vision. In a phase 2 trial part-funded by the MS Society, people taking phenytoin had less damage to the optic nerve compared to people taking a dummy drug, suggesting that phenytoin may be able to protect nerves. These promising results now need to be confirmed in larger studies.

In a separate phase 2 trial, anti-LINGO-1 was shown to improve the transmission of messages along the optic nerve, suggesting that it may have the ability to repair myelin. This is a very positive step towards the development of myelin repair therapies for people with MS.

NEW ABN PRESCRIBING GUIDELINES FOR DMTs

The Association of British Neurologists (ABN) have published a new guideline that advises how Disease Modifying Therapies (DMTs) for relapsing forms of MS should be prescribed and monitored in UK practice.

Taking a DMT has a significant impact on the course of MS, preventing relapses and slowing the worsening of disability. They enable people with MS to take greater control of their condition and their lives. Our involvement in the guideline's development helped secure a number of important recommendations to support people to get timely access to the best treatment for them.

This includes the recommendations that:

- treatment should begin as close to diagnosis as possible
- MRI scanning should be used routinely to support diagnosis and inform treatment decisions
- decisions on treatment options should be made jointly between the person with MS and neurologist

However, there's still more work to be done. There are ten DMTs available on the NHS in the UK (11 in Scotland), but our evidence shows six in ten people with relapsing forms of MS are not taking a DMT.

USEFUL CONTACTS



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