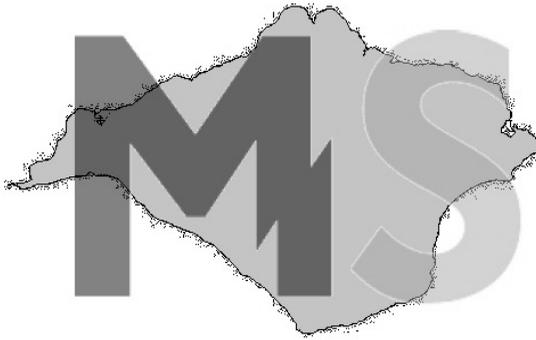


NEWS LETTER FOR THE



Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



In this month's issue we have devoted several pages describing, in simple terms, what MS is and what the Island Branch is all about.

June 2013

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A man walks down the street...

On his way, he meets a friend, who happens to have only one arm.

"So, what are you up to?"

"I'm going to change a light bulb."

"Won't that be difficult, with just the one arm?"

"Shouldn't think so, I've got the receipt."

The opinions printed in this Newsletter are not necessarily those of the Multiple Sclerosis Society, the Branch Committee, nor anyone involved with the production of this publication.

Editor's notes.

What a disappointment the Cup Cake day turned out to be. Quite a lot of effort and expense was put into arranging a special day for Cake Break week. We had a special day in the MS Centre in Shanklin. We were all prepared with lots of cupcakes and stuff to make it an enjoyable day for all who visited. Sadly, 'all' who visited couldn't really be described as a few. Only a handful* of our members attended on the day.

All volunteers work so hard and long to make things work for the membership. All this effort is carried out willingly and enthusiastically for no personal gain. The only reward is to see the benefits they bring to the members. The handful that showed up did show their appreciation for the efforts, but sadly it was only - a handful.

If you appreciate having a local branch that is always there to offer help, support, guidance and a sense of belonging, the committee would like to ask all members to reward them by showing their support as and when they can.

* Handful was only five people, three were volunteer staff.

We have heard from two families that have held Cake Break days at their homes. What amazing results too! Brian and Jocelyn from Ryde held their first Cake Break with some brilliant ideas for fund raising. On the day they had approximately 15 guests, five of whom helped with the baking. Jocelyn approached local shop keepers who generously donated prizes for the day. With raffle, quiz and a cake sweep stake the funds started to roll in. They set up a 'Just giving' page on the internet and further donations came in from there. The day was helped along by beautiful sunshine so much so they went well past Pimms o'clock! So far they have raised £250 plus there are still donations arriving from the web site. At the end of the day there were some cakes left which were appreciated by the nearby greengrocer and butcher who had generously donated prizes. (Pimms! . . . I thought it should be tea and cakes!)

Sandy and John from Ryde opened their home for a Cake Break and were surprised when about forty people turned up! Despite the large number, they had enough cake for all but were constantly washing up cups and mugs. (Thanks to daughter Tasha). The raffle was handled by granddaughter Kaisha. Grandson Caden toddled about amusing everyone by sharing cartoons with them on his ipod and hiding! The quiz and sweep stake supplied by National Centre were used along with photo copies of past quizzes from these newsletters. At one pound each to enter a quiz and the same for the sweep stake, the money started rolling in. Sandy and John called on family, friends and neighbours to swell the numbers, boosted by folks who came last year. There were donations from some people who couldn't attend on the day and with a very generous sum given by an anonymous donor, the grand total of £401.38 was raised!

Both events were described as 'amazing' by the organisers and enjoyed by everyone. Sincere thanks to Sandy, John, Brian and Jocelyn for their fantastic efforts.

Simple recipe

Tuna & Potato Layer

Prep Time: 10 mins

Cook Time: 15 mins

Serves: 4

Ingredients

- * 500g new or salad potatoes, scrubbed and thinly sliced
- * 1 packet savoury white sauce mix
- * 300ml semi-skimmed milk
- * 2 x 200g tins tuna in brine, drained
- * 195g tin sweetcorn, drained and rinsed
- * 1 tbsp freshly chopped parsley
- * 50g Cheddar cheese, grated



Method

1. Place the new potatoes in a pan of lightly salted boiling water. Cover and simmer for 10 minutes or until tender. Drain and allow to cool slightly.
2. Meanwhile make the sauce with the milk according to pack instructions. Stir in the tuna, sweetcorn and parsley and cook over a medium heat for 3-4 minutes or until piping hot.
3. Place half the potatoes on the base of a heatproof serving dish. Pour over the tuna mixture. Place the remaining potatoes on top.
4. Sprinkle over the cheese and place under a pre-heated grill for 2-3 minutes or until golden brown. Serve with a green salad.

Satnav

I have a little Satnav, it sits there in my car
A Satnav is a driver's friend. It tells you where you are

It gives me full instructions, especially how to drive
"It's sixty clicks an hour", it says. "You're doing sixty five"

It tells me when to stop and start and when to use the brake
And tells me that it's never ever safe to overtake

It tells me when a light is red and when it goes to green
It seems to know instinctively just when to intervene

It lists the vehicles just in front and all those to the rear
And taking this into account it specifies my gear.

I'm sure no other driver has so helpful a device
For when we leave and lock the car, it still gives its advice

It fills me up with counselling. Each journey's pretty fraught
So why don't I exchange it and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I'm properly fed.
It washes all my shirts and things and - keeps me warm in bed!

I have a little Satnav. I've had it all my life
It's better than the normal ones. My Satnav is my wife

Despite all these advantages and my tendency to scoff
I do wish that once in a while - I could turn the damned thing off.

Make the little things count. Teach midgets maths.

THINGS FOUND IN THE STORE CUPBOARD QUIZ AND CREAM TEA

CREAM TEA @ Warren Farm

Last year I, along with a group of friends had a most enjoyable day out and cream tea here on the Island. We did a mystery trip around the Island in a mini bus and ended up at Warren Farm, near Alum Bay for a cream tea. The whole experience was most enjoyable and memorable. I would like to share that experience with some of our members.

I would like to invite ten people to come along for an afternoon drive in the MS bus and then enjoy the hospitality of Warren Farm. I'm sorry I can't pay for the food, but the transport and company will be free. Our itinerary would be decided on route so a visit to a pub on the way home could be possible. After all, none of you would be driving !

Numbers are limited to ten and places will be allocated on a first come, first served basis. Only two wheelchair spaces available.

People will be picked up from their homes from 1:30 pm and get home early evening on Tuesday 2nd July. Please apply before 21st June
Phone 562444

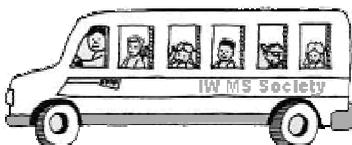
Email peter@iwcn.co.uk

Peter

5 Adelaide Place

Ryde

PO33 3DP.



1. Ah! _ _ _ _ _
2. Popeye's girlfriend
3. Solid squares
4. CC and MM
5. Alarm made things confused
6. _ _ _ _ and bolts
7. Top Ladies of a Muslim Court
8. One from a lovely bunch
9. Dancing with Fred
10. Round about Birmingham
11. Sounds like a pretty blossom
12. An old sea goer
13. Roman ones for Guy Fawkes
14. Don't plant these for shining results
15. A muddled lamb jump
16. A nationality
17. Choose the French
18. Tasty and cheeky
19. These won't shock you
20. Look for these on the calendar

About MS & our branch

Every single system of your body is controlled by signals sent from the brain, via nerves, and through the spinal cord. These control everything from being able to move or control limbs and all body functions to feeling, seeing, balance and even thinking. Common symptoms are lack of control of limbs leading to mobility problems, eyesight problems, balance, continence, loss of feeling in limbs, extreme fatigue, control of body temperature and many others.

Multiple sclerosis (MS) is an inflammatory disease in which the fatty myelin sheaths that surround nerves of the brain and spinal cord are damaged, leading to scarring and malfunction of the nervous system. Disease onset often occurs in young adults, and it is more common in women. MS affects the ability of nerve cells in the brain and spinal cord to communicate with each other effectively because this insulation is damaged by the body's own immune system.

MS takes several forms, with new symptoms occurring either in discrete attacks (relapsing forms) or accumulating over time (progressive forms). Between attacks, symptoms may go away completely, but permanent neurological damage has been done.

There is no known cure for multiple sclerosis. Treatments attempt to return function after an attack, prevent new attacks, and prevent disability. MS medications can have adverse effects or be poorly tolerated, and many people pursue alternative treatments, despite the lack of supporting scientific study.

Isle of Wight Branch Membership

The Multiple Sclerosis Society is the largest charity for people with Multiple Sclerosis

Do you or someone you know, have Multiple Sclerosis?

Don't know what to do or who to turn to?

Do you need help? You are not alone!

We are here to offer help and support

We have a Club on 1st & 3rd Friday of each month in Ryde at the Ponda Rosa who meet regularly for Lunch, Raffles and Chats with other sufferers and members. We meet monthly at various venues on the Island for social lunches subsidized for members and carers. The Branch has its own Minibus which is available for members needing transport.

It sometimes helps to know you are not alone and to share experience with others in a similar situation. Branches offer the chance to meet other people informally for mutual support. Turning up to a branch event does not mean that you have to go regularly, or that you will be asked to volunteer. You choose the type of relationship you have with your branch, whether distant or close. Branches carry out many other activities, such as fundraising, campaigning for better local services and raising the profile of MS. They also work with others who have an interest in MS, such as health professionals and other organizations, to ensure that services are as good as they can be.

The Branch also:

Offer support around the time of diagnosis

Give assistance with applying for disability benefits

Help you apply for help from health and social services

Point you in the right direction for other help
you might need

Help with financial assistance for such
things as adaptations in the home,

wheelchairs, respite care or personal development.

Isle of Wight Branch Membership

People affected by MS tell us that they need accurate information they can trust. To meet this need we produce a wide range of publications about all aspects of MS, all free of charge and available through your local branch.

People with MS, their carers and any individual affected by MS are welcome to become members.

Annual Membership is just £5.

We have a dedicated phone line 0797 662 9012

If you have internet access visit our website at www.wight-ms.org.uk

The national site is at www.mssociety.org.uk

Call the National MS Helpline free on 0808 800 8000

Members receive regular copies of the Isle of Wight Newsletter plus MS Matters - a magazine issued by the MS society keeping members up to date on research programmes and many current issues relating to the disease.



Challenge60

Website now live

The committee has been told about a new fundraising campaign called Challenge60, which aims to raise £250,000 in 60 days between 31 May and 29 July to help fund MS research. The Challenge60 website is now live, and we already have a number of people signed up to run, walk, give up chocolate, dye their hair and jump out of planes to help us reach our ambitious target.

There are a number of ways to get involved and encourage fundraisers to help make Challenge60 the biggest and best fundraiser of the year:

- You can sign up to take part yourself - just go to the Challenge60 website at www.challenge60.org.uk, to get some fundraising ideas.
- Promote Challenge60 to family, friends and anyone else whose arm you can twist!
- Send in your stories to share with the media and other Challenge60 participants. If you're doing a challenge with a difference or feel your story is truly inspiring - let us know!
- Use social media - if you're a keen Facebook or Twitter user, make sure you follow our pages so you can share our Challenge60 updates or post some of your own.

If you would like to sign up to Challenge60 or receive more information, visit the Challenge60 website at www.challenge60.org.uk, contact challenge60@mssociety.org.uk or call on 0845 481 1577.

RDA

Carriage Driving



The aim of the group is to allow as many people as possible to enjoy the pleasure of driving a horse and carriage.

Driving a pony and carriage gives the participant the feeling of freedom from their disability, the ability to move about and to control that movement.

We aim to improve the quality of life for people with disabilities that sometimes prohibit many activities. The group achieve their aims by allowing people with a wide range of disabilities to enjoy a physical activity, in good company, in the great outdoors and safely.

We aim to encourage social activity as well as interaction with the animals, helpers and other members of the group. We want every person connected to the group to enjoy the 'feel good' factor that comes with achievement.

As a bonus, the many good people who are linked to the group by offering their help also benefit by gaining a great deal of pleasure in the hard work that they do.

Activities are split into five main areas:

- 1 - Driving - just enjoy the ride!
- 2 - Dressage
- 3 - Cone courses
- 4 - Social 'fun' days (Fun and games for the whole group often including a picnic)
- 5 - Training

Carriage Driving

All activities are open to any member regardless of ability - and they are all FUN!

We also enjoy coffee mornings, quizzes and trips to the mainland. Our nearest neighbour RDA group is the New Forest and we have the privilege of visiting them as well as entertaining them on our fun days.



Diddy driving Pocus at an event in the New Forest. Training by the RDA would qualify the driver to enter national competitions. On the Island we have our own keenly contested events for those who wish to enter.

Wheelchair ramps to a four wheeled carriage gives safe and secure access and allow wheelchair users to drive or ride.



Carriage Driving

On three occasions our members have been awarded trophies by the Isle of Wight Sports Council.

For those who want to learn, we train people in the following:

Horses - What is best for them, how to make things comfortable for them and how to act around them.

Harness - What is it. How you put it on. How you take it off. And how to make it fit.

People - How to help each other.

Volunteers - The RDA require minimum levels of competence for anyone helping with the group. Training is given for this and records kept by the RDA at national level.

Drivers may take proficiency tests to increase and demonstrate their ability and knowledge. They can compete in RDA and British Driving Society (BDS) Shows that have disabled classes.

Some drivers could progress outside of

RDA and attend training days to compete internationally.

Carriage driving uses trained, non-disabled volunteers, who sit alongside the driver to teach skills and to help if required.

We meet Wednesdays at Osborne House throughout the summer.

To join in or try it for yourself, telephone Peter 01983 562444

Or visit www.iowrda.org



Jeannette driving Beth (Now retired)

ALFAKODO

A	N-X		N	AxL	
B	X+Q	22	O	T+V	17
C	T+L		P	S+A	9
D	O-Q	3	Q	T+D	
E	PxA	18	R	D+E	
F	M+Y		S	R÷D	7
G	N+C		T	H+S	
H	R-O		U	T+F	
I	A+E		V	E÷D	
J	C+D		W	L+N	
K	J+V		X	S+M	
L	K÷L	5	Y	S+L	
M	X-S		Z	S+C	

Letters A to Z have a number value. Some are shown in the right hand cells. Create the remaining values using the clues in the centre cells.
There is no solution printed for this puzzle because you have to persevere until it all falls into place.

- | | |
|---------------------------|-----------------|
| 1. Bisto | 11. Flour |
| 2. Olive oil | 12. Salt |
| 3. Oxo's | 13. Candles |
| 4. Hundreds and thousands | 14. Light bulbs |
| 5. Marmalade | 15. Plum jam |
| 6. Nuts | 16. Polish |
| 7. Sultanas | 17. Mustard |
| 8. Coconut | 18. Sauce |
| 9. Ginger | 19. Currents |
| 10. Spaghetti | 20. Dates |

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Don't forget to visit our website.

www.wight-ms.org.uk

Grateful thanks to Tim Sell and his staff at Crossprint for their help by printing our newsletter. Telephone 01983 524885

SOCIALS

We are again holding a Quiz & Cream Tea with the Parkinson Society. It will be held at Arreton Village Hall on Monday 3rd June at 2pm. It's a great afternoon so we would like to see as many of you as possible on the day.

We need your help to ensure we beat them again this year!



28th June
The Wight Mouse



26th July
The Hare & Hounds



23rd August
The Bear Cafe



27th September
The Fleming Arms

We will inform you of menu details as soon as possible.



25th October
The Chequers

Please mark the dates in your calendar now

Please telephone Fay **just a week before** on 01983 865637 to book your place and to let her know your choice of meals. Then, on the day, remember what you ordered!!