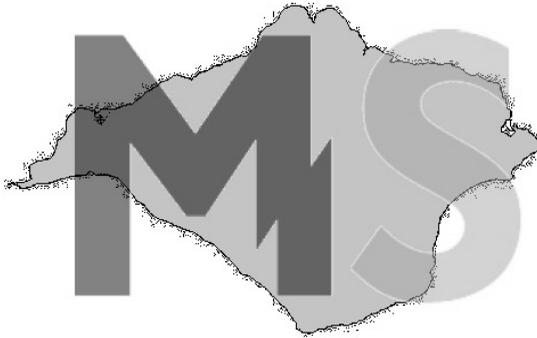


NEWS LETTER FOR THE



Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



CONTENTS

Secretary resigns	Page 3
BUPA	Page 4
Words competition	Page 5
Quality of life	Page 6
Puzzles	Page 7
Information	Page 8
The Wit of Phyllis Diller	Page 9
Question of the Week/Support Grants	Page 10
Voucher Scheme	Page 11
Autumn Crumble	Page 12
Parking Permits	Page 13
Work capability assessment	Page 14
Contacts	Page 15
Socials	Page 16

A bus is a vehicle that runs twice as fast when you are after it as when you are in it.

I am neither for nor against apathy.

Hospitality: making your guests feel like they're at home, even if you wish they were.

My wife and I had words, but I didn't get to use mine.

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.
Charity number 207495

Secretary Resigns

Jane Dollery has been part of the Island branch of the MS Society since before the turn of the century. If the work she has done in that time was in a commercial environment she would have commanded a six figure salary - and deserved every penny of it! The degree of commitment she has shown can be seen in her achievements. She has helped so many people in so many ways by just being Jane. Always there to listen and offer support. Always there when something needed to be done. She wanted a charity shop - and it was set up in the High Street. A few years ago she said to the committee that she didn't just want a shop. She wanted a drop in centre, a place where people could get advice, treatments and support. I for one thought that such an aim was admirable but just too high. Jane did it by her own determination. She over came all the problems and has left us with a centre to be proud of, - the envy of many other branches.

Before this sounds too much like an obituary, I'll let Jane write a few words. . . .

Hi all,

I have recently resigned from my job as secretary of the Island branch after many years.

I have handed it to the very capable hands of Jenny Larby. Jenny has been a volunteer at the shop for 2 years, and minute secretary for a few months. I am however continuing in the post of Support Officer, a job I have done for some time but now I hope to have more time to dedicate to the post.

There are a lot of members with MS on the Island that the branch have no contact with, other than sending them the Newsletter. I would like to contact these members and all our members, to see if there is anything we can do for them, or help them with.

Support of those affected by MS is what we as a branch are here for, what we run the shop for, and fundraise for.

If anyone needs help or just a chat, please ring me on 07976629012
Or email janeanniw@gmail.com. I would like to hear from you.

Jane.

Bupa On Demand is pay as you go private treatment. It is for anyone, not just existing Bupa insurance customers; and people do not even have to have any health insurance. Customers tell the specialist unit what type of treatment they are looking for and Bupa arranges the rest.



Customers get a dedicated personal adviser to explain the steps, advise on any diagnostic tests needed, and provide price certainty once treatment has been identified. They then search local quality checked hospitals and Bupa recognised consultants, and quickly book appointments at convenient times. A 24/7 help line staffed by GPs and nurses is on hand to answer questions or concerns about medical care. The concierge service guides and supports customers through every stage of the Healthcare journey.

Bupa On Demand was first launched as a pilot a year ago covering 70 treatments, and has been so successful that it now has been increased to over 450 treatments. Despite limited marketing and advertising, it made 10,000 bookings in the first half of 2013

(Source: International Medical Travel Journal).

Some of the treatments covered.

Arthroscopy - Hysterectomy - Caesarean delivery - Knee replacement
Carpal tunnel syndrome surgery - Piles treatment - Cataract surgery
Colonoscopy - Prostate treatment - Cruciate ligament reconstruction
CT scan and MRI scan - Skin biopsy - Epidural procedure
Skin lesion removal - Gallbladder removal - Tonsil removal - Gastroscopy
Varicose veins - General knee ligament - Vasectomy - Hernia repair
Vasectomy reversal - Hip replacement - Wisdom tooth extraction

There are other providers of medical services. The committee do not endorse, approve or suggest any products or services. However we like to advise when we see things that may be of value to our members. It is important that members carry out their own research to form their own opinions about any goods or services they wish to access.

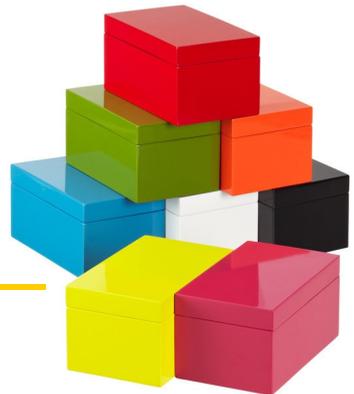
Words competition

Thanks to those of you who entered our 'Boxes Competition'. We had a clear winner with a magnificent score of 227 words! That doesn't sound possible but it has been checked by the committee and the prize has been awarded to Mrs B Brown of Ryde. These are just a few of the boxes she identified.

ammunition box, ballot box, bird box, black box, blanket box, cardboard box, charity box, check box, chocolate box, Christmas box, collection box, cricket box, dispatch box, egg box, electrical box, fire box, first-aid box, fuse box, gift box, goggle box, grass box, hat box, horse box, ice box, jack-in-the box, jewellery box, Juke box, junction box, jury box, letter box, light box, lose box, lunch box, mail box, match box, mitre box, money box, musical box, nest box, Pandora's box, penalty box, phone box, pill box, pillar box, pizza box, police box, post-office box, royal box, sentry box, set-top box, sewing box, shoe box, signal box, snuff box, soap box, speaker box, storage box, strong box, suggestion box, swear box, tinder box, tool box, top box, toy box, trinket box, voice box, window box, wooden box, . . . Even X box!

We were so pleased with the winning effort that Mrs Brown was invited to set the next prize winning competition.

How about a list of words that are pronounced the same, but have a different spelling she said. For example : Wear/where, might/mite, room/rheum, here/hear, won/one and so here we go, start writing your list.



When you complete your list you can put it in an envelope marked WORDS COMPETITION along with your contact details and take it into the shop or post it to

WORDS COMPETITION

6 Winscott Close

Whitwell

IOW

PO38 2RE

or email it to a committee member.

TEN POUNDS PRIZE FOR THE PERSON WITH THE MOST PAIRS OF WORDS.

Entries will be scrutinised by the committee and their decision will be final. Entries must be received by 30th October.

Mrs Brown is not allowed to enter. Too clever by half!!

Quality of life

Researchers carried out in the University of Queensland, in collaboration with the MS Research Australia have investigated the factors that influence quality of life for Australians with MS and their ability to actively manage their condition.

The research shows that while disability is an important factor, quality of life for people with MS is heavily influenced by a much broader range of factors including psychological, social and environmental conditions. The findings have important implications for the continuum of care for Australians with MS and also support similar international findings. The results have been published in the *International Journal of Multiple Sclerosis Care*.

The team surveyed 1,287 Australians with MS. Participants provided information on their physical health and disease severity and completed a range of standardised questionnaires to assess quality of life, perceived stress, self-efficacy (a person's outlook or belief in their ability to overcome challenges presented to them), depression and social support (measuring independence in day to day activities such as mobility, self-care, etc). Responses were compared from the start of the study and after two years.

Over the two year period, disability levels remained stable for 70% of the participants, however, on average, overall quality of life and well-being declined.

The researchers found that after accounting for disease severity, the major predictors for decreased quality of life were self-efficacy, depression and perceived stress scores.

The findings emphasise the need for health professionals to identify and provide strategies to address depression, stress, and positive coping mechanisms rather than only focus on addressing disability issues.

They stated, 'For health practitioners aiming to maximise self management for people with MS, the first step should be to ensure that mood disorders are identified and treated appropriately. This will assist people with MS to take an active role in managing their disease and maximise quality of life.'

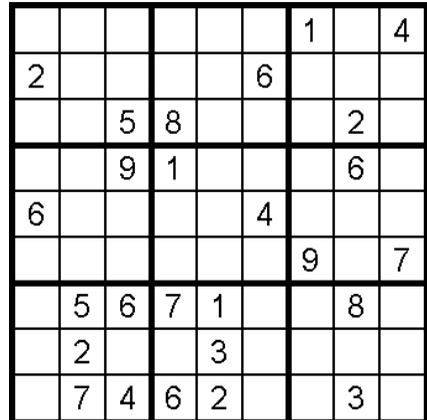
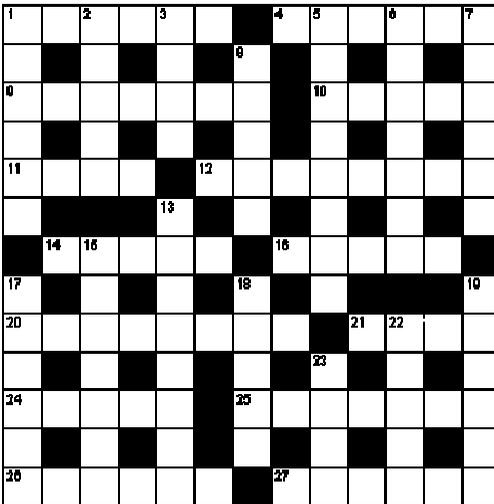
Across

1. Ploy (6)
4. Requiring secret knowledge (6)
9. Disapproves (7)
10. Angry (5)
11. Land measure (4)
12. Perplexing (8)
14. Disney cartoon character (5)
16. Mournful poem (5)
20. Scorn (8)
21. Fencing sword (4)
24. Female relative (5)
25. Pills (7)
26. Unmarried (6)
27. Precious stones (6)

Puzzles

Down

1. Worldwide (6)
2. US military officer (5)
3. Unit of length (4)
5. Precipitation (8)
6. Astounding (7)
7. Come out into view (6)
8. Ordinary (5)
13. Celestial (8)
15. Lamp (7)
17. Parts of a play (6)
18. Catches sight of (5)
19. Creatures (6)
22. Fragment (5)
23. Woodwind instrument (4)



Solutions Pages 10 & 14

Information

HAMPSHIRE NEUROLOGICAL ALLIANCE

There is a new website for the Hampshire Neurological Alliance which covers Hampshire and the Island.

Website: www.hampshireneural.org.uk

The Alliance is the local voice for people with neurological conditions and their family and carers. There are over 140 neurological conditions, some better known than others. By working together, the Alliance aims to ensure a better quality of life for each and every individual affected by a neurological condition.

Living with Long Term Conditions

A new café for those with a long term condition and their carers, providing information, support and gentle exercise

Thursday mornings 10am - 12noon

10th October - Eating and drinking difficulties in long term conditions

Emma Pugh - Speech Language Therapist

17th October - Falls Prevention

Caroline Robertson - NHS Falls co-ordinator

24th October - An everyday guide to living with heart failure

Georgina Newnham - Community Heart Failure Nurse

31st October - Older Voices road show

Independent Arts

The Independent Living Centre and Red Cross attend each week

£2 to include cup of tea or coffee

West Wight Sports Centre

Moa Place, Freshwater, Isle of Wight, PO40 9XH

www.westwight.co.uk/living-with-long-term-conditions

krissy@westwight.co.uk 01983 752168

The Wit of Phyllis Diller

Whatever you may look like, marry a man your own age - as your beauty fades, so will his eyesight.

Housework can't kill you, but why take a chance?

Cleaning your house while your kids are still growing up is like shoveling the path before it stops snowing.

A smile is a curve that sets everything straight.

The reason women don't play football is because 11 of them would never wear the same outfit in public.

Best way to get rid of kitchen odours: Eat out.

I want my children to have all the things I couldn't afford. Then I want to move in with them.

Most children threaten at times to run away from home. This is the only thing that keeps some parents going.

We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve telling them to sit down and shut up.

You know you're old if your walker has an airbag.

My photographs don't do me justice - they just look like me.

Tranquilizers work only if you follow the advice on the bottle - keep away from children.

I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'

Question of the Week

"I often hear about people taking part in health trials and research, how can I find out more about them and possibly volunteer?"

Answer : There are a large number of health care trials and research programs run by organisations such as The National Institute for Health Research, The Medical Research Council, The Dept. of Health, other medical research charities and pharmaceutical and healthcare companies. You could look up these organisations for more information or you could ask your own GP to find out if there are any trials local to where you live. If you visit the UK Clinical Trials Gateway at www.ukctg.nihr.ac.uk it gives easy to understand information about clinical research trials

SUPPORT GRANTS

The committee are concerned that, as a society for all people who have MS, we are reaching fewer than half those people on the Island. The committee and volunteers work tirelessly to raise funds to enable us to help all those people. We would like to ask all our members to help us find the people that we know exist with MS but that are not known to the branch.

We have funds and are keen to help all MS people on the Island. To our existing members we would like to point out that 'we want to help'. We have the funds to make support grants, whatever they may be. Mobility aids, respite care for sufferers and/or their carers, adaptations in the home and many other grants are available to qualifying people **who ask**. All requests are dealt with in total confidence. If you know of people with MS that are not known to the branch, please encourage them to get in touch - we want to help them too. They don't even have to be members!



Voucher scheme

The scheme gives members a voucher for £150 to be spent on approved therapies such as massage, acupuncture, reiki, chiropody, reflexology for example and various others. The voucher allows treatments up to it's face value for a period of six months after which time you can apply for a new voucher. This means that you can have up to £300 worth of treatments per year. Write to, or email our secretary. She will then send you the voucher in the form of a letter you produce to the approved therapist. A list of approved therapists will be

G	A	M	B	I	T		A	R	C	A	N	E
L		A		N		L		A		M		M
O	B	J	E	C	T	S		I	R	A	T	E
B		Q		H		L		N		Z		R
A	C	R	E		B	A	F	F	L	I	N	G
L				E		L		A		N		E
	P	L	J	T	O		E	L	E	G	Y	
S		A		H		S		L				B
C	O	N	T	E	M	F	T		E	P	E	E
E		T		R		O		O		I		A
N	I	E	C	E		T	A	B	L	E	T	S
E		R		A		S		O		C		T
S	I	N	G	L	E		J	E	W	E	L	S

provided with the voucher and is included below. Make an appointment for the treatment of your choice, with the therapist of your choice and a time that suits you best. Then give the therapist the voucher to sign and that's it. The therapist will send the bill to the island branch for payment.

The Voucher can only be used at present at the following

- Cowes Chiropractic Clinic 83 Mill Hill Rd Cowes PO31 7EQ
- Therapy Room Shanklin 47 Regent Street Shanklin PO37 7AF
- Watchbell House Newport 8 Lugley Street Newport PO30 5HD
- George Millard Stress Relief, Newport
- Stuart Symons. Physiotherapy
- Acupuncturist Shen Clinic 72 West Street Ryde PO33 2QQ
- Elizabeth Harley 01983 612867 - 07762888503
- Gemma Brent 3 Grove Road Sandown PO36 9BQ
- Life's Palett Stress Pain Relief Yarmouth

If you have treatment from a therapist not listed, contact Jane and she will see if they can be included in the scheme.

Autumn crumble

This is a healthy twist on an apple crumble recipe. It's made with blackberries; plus muesli, oats and nuts for extra crunch.

For the filling

- 900g/2lb bramley apples
- 350-400g/12oz-1lb blackberries
- 175g/6oz demerara sugar
- 2 lemons

For the topping

- 225g/8oz plain flour
- 175g/6oz butter
- 55g/2oz demerara sugar
- 125g/4oz muesli or a mixture of oats, seeds and chopped nuts

Preparation method

1. Preheat the oven to 200C/400F/Gas 6.
2. Peel, core and chop the apples into small chunks. Cut the lemons in half and squeeze the juice over the apple and mix well. This not only adds flavour but prevents the freshly peeled apples from discolouring.
3. Layer the apples, blackberries, and sugar in a large pie dish (a lasagne dish is ideal).

Place the flour in a large bowl and then rub in the butter until it resembles breadcrumbs - leave a few lumps of butter so that the topping is not too fine. Add the muesli or oat/seed/nut mixture and the sugar and mix through.

Use a spoon to sprinkle the crumble topping evenly over the fruit. Bake for 45 minutes or until the fruit is cooked and bubbling juices seep through the topping.

Cool for a few minutes and then serve with custard or fresh cream.



Parking permits

Parking Permit Application Tips

Last week, Independent Living highlighted an issue raised by a mother with two autistic children, concerned about problems with renewal of the Blue Badge Parking Permit she has on their behalf. With local authorities becoming more difficult about issuing discretionary permits, it is clear that people for whom limited mobility is not the main problem are at an even greater disadvantage.

Amongst the responses that article prompted was one really helpful piece of guidance about applying for a Blue Badge in this situation, which apparently originated from Cerebra, the charity for children with neurological conditions.

For the question that asks how far the person can walk, you need to put 0 and explain that the person cannot walk alone because of their combination of disabilities. It is also a good idea to photocopy the form and go and see your GP, because they will be asked about the person, and if they don't know what you have put on your application, they may not tick the appropriate box.

So there you are. I hope this will smooth the path of those who need a permit because of cognitive or sensory problems. If I was in any doubt beforehand about the widespread concern over Blue Badges, the fact that Independent Living was "Tweeted" more times on this topic than just about any other they have highlighted, showed just how many people are affected!



Work Capability Assessment

Work Capability Assessment

Listening to the Today Programme on Radio 4 is my invariable breakfast-time routine, and I nearly choked on my toast and Marmite when I heard about some GPs charging £130 to provide written evidence for their patients to challenge Atos Healthcare decisions over their fitness to work.

Citizens Advice Bureaux help individuals who have been wrongly assessed, to present their case for appeal. They have reported GPs charging between £25 and £130 for supporting paperwork, with some surgeries refusing to help at all.

Whilst acknowledging the workload of GPs, it seems somewhere beyond heartless to demand such significant sums of money from people living a precarious existence, or to abandon them altogether. You may argue that the fault lies with both the Department of Work and Pensions and Atos, who are jointly persevering with Work Capability Assessments, despite widespread evidence that they are flawed, but we are where we are, and if all you can do is appeal a wrong decision, it seems the least you should be able to expect is that your family doctor will support you.

Four charities representing people with chronic and progressive conditions, including Parkinson's and MS, are the latest to call for an end to the system, as thousands of individuals are apparently being told that they might recover enough to look for work...



7	6	8	3	5	2	1	9	4
2	1	3	9	4	6	7	5	8
4	9	5	8	7	1	3	2	6
5	4	9	1	8	7	2	6	3
6	3	7	2	9	4	8	1	5
1	8	2	5	6	3	9	4	7
3	5	6	7	1	9	4	8	2
8	2	1	4	3	5	6	7	9
9	7	4	6	2	8	5	3	1

CONTACTS



At the Friday club, Fred told me that all my clocks have to go back this month?
I told him, "I don't remember where I bought them all!"

Tim Smith	Chairman
Jane Dollery – Support officer janeanniw@gmail.com	07976 629012
Sue Smith	Treasurer
<i>Social Secretary - Position vacant. We urgently need a volunteer to fill this role.</i>	
Elaine Morey – MS Nurse elaine.morey@IOW.nhs.uk	(01983) 552094
Lezley Nicol – Newsletter Dispatch Lezley.nicol@googlemail.com	07979432574
Peter Lano – Web Designer peter@iwcn.co.uk Newsletter editor	(01983) 562444
Diddy – Committee Member & Transport Elizabeth.riddett@googlemail.com	(01983) 551097
Jenny Larby Secretary glider429@gmail.com	(01983) 857331
Tim Sell - Committee Member tim@crossprint.co.uk	07703644081
St Mary's Hospital	(01983) 524081
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

Until 1913 children in America could legally be sent by parcel post.

25th October
**The Fleming
Arms**



Roast Pork
Roast Turkey
Nut Roast
Baked Cod and Chips
Peach Melba
Bread and Butter
Pudding & Custard
Cheese and Biscuits

No Social in November



Christmas Lunch
The College
Provisional Date 13/12/13
Details to follow.



24th January 2014
The Bugle Brading
Confirmation of venue
ASAP

28th February 2014
Thompsons Garden Centre Café
Details to follow



28th March 2014
The Ponda Rosa
Carvery

Please telephone Mike or Teresa James
01983 407664 (Answer Machine)

Mobile 07786421819

Email mickeymade@hotmail.com

one week before the meal

to book your place and to let them know your choice of meals.

Please call at a reasonable time of day!