



Multiple Sclerosis Society

## **Isle of Wight Branch** **July Newsletter**

### **Monthly Dinner**

All Bookings and menu requirements to Fay on 865637 as soon as possible please. Meals booked and then cancelled after Monday prior to lunch day have to be paid for.

As you read this we can look back on another successful lunch in the fantastic setting of Albert Cottage and hopefully you will have just about overcome the full up feeling from the good traditional fare of the Fighting Cocks.

A very big thank you to Jane and Faye for all the hard work they put in organizing the events and to yourselves for attending, but also a very simple reminder that the function is all about getting out the house and meeting up with old friends – something neither one of us does quite as much as we should.

To quote two of my favourite sayings “Live well, Laugh often, Love much” and “Reflect on yesterday, plan for tomorrow, live for today.”

Then again you can find hundreds of reasons for not doing something but you only need one for doing it – see you at the next lunch.

### **Future Dinner Dates**

***Sun Hulverstone 7th August 2009  
(note Change of date)***

***Chicken Breast cream of mushroom  
sauce  
Salmon steak butter sauce***

***Dessert Board (choice on day)***

***Coffee***

### **MS COFFEE AND A CHAT**

If you have been diagnosed with Multiple Sclerosis, or are close to someone with MS, and would like an opportunity to share experiences and meet others whose lives have been touched by this condition, please come along to:

**The Outlook Cafe, Gurnard Marsh,  
Gurnard  
At 10.30 a.m.  
Every first Thursday of the month**

A chance for an informal chat over a cappuccino and delicious homemade cake!

For more information phone Sarah on  
07887 532341

## MS Gym

Every Thursday 1pm at TJ's Gym, Lake  
- All welcome – Do your self some good  
– **FREE.**

### Website

**IT'S ALIVE!!** – Yep that was the scary email I got the other day from Peter Lano, the results of countless hours of work by Peter are now open to the whole world to see but especially MS Isle of Wight. Not to go into too much detail but he has singlehandedly (with a bit of help from Leslie telling him when to dot his i's and cross his t's with proof reading!) rebuilt the branches website from the bottom up and with fine praise from MS headquarters to boot when they approved it.

The key to any website is that it needs to be used and needs to be continually updated – so please take a look (you will find the address all over this newsletter), it will grow with competitions, features, for sale items, photo gallery, what ever you want and please remember it is your site not just to look at but to post what ever you want on there be it a thank you, joke, forth coming coffee morning or just a photo you would like to share – just contact the “webmaster”.

Please go to the site at <http://www.wight-ms.org.uk/> check it out and take a look special look at the links page which includes the Isle to Isle Bike Ride and the Riding for the Disabled (another one of Peter's impressive sites).

### Friday Club

***As many of you know our loved and respected leader Joy Metcalfe suffered a stroke in early January. To our great delight Joy was able to join us for a short while last Friday June 5th.all of our members were so pleased to see her, as she is loved by us all. It is hoped she will be able to be with us most Fridays from now on. To the best of our ability we have been carrying on in the tradition that Joy started back in 1980 with***

***the help of Joan, Deborah, Hilda and Margaret, also Dionne who valiantly tackles the washing up at lunch time, we are coping well. We desperately need someone living in the Ryde area to spare 10 minutes at 8o/c to come and put 4 tables up for us. If someone reading feels able to help please contact me, it would make such a difference. Daphne Lock 564551.***

### Flying

#### Up, Up and Away

Following the highly successful Flying Days we have held over the last decade we have again arranged through the a day on which people with MS can get a taste of flying light aircraft.

This opportunity is open to all people with MS in the Hants and Wiltshire Region in the Wessex and West Region, Hampshire and the Isle of Wight.

On Sunday 6 September 2009 the British Disabled Flying Association is hosting the MS Flying Day at Old Sarum Flying Club near Salisbury. We should be able to put about 40 people with MS in the air on that day for what would be essentially a first flying lesson in an aircraft adapted for the disabled flier. Each one would do the pre-flight checks on the aircraft (typically a Cessna 152 or Cessna 172) and then take off for a 30-minute flight during much of which time they would have control of the aircraft. Each flight would cost about £75 (final price subject to confirmation by the Old Sarum Flying Club).

As the BDFA will also be putting a number of its own members in the air on 6 September, it should be a full and exciting day both for those who take wing and those who observe.

The Old Sarum Flying Club serves hot and cold food and snacks and has a licensed bar. The clubhouse has accessible toilets.

Any of us who gets the flying bug can seek further flying opportunities through the BDFA with which the MS Society operates an associate membership scheme. The new Private Pilot's License makes it possible for people with MS to seek to qualify as a licensed pilot, subject to medical clearance by the CAA. There are one or two scholarship schemes that the BDFA know about. Alternatively it might

also be possible for such an individual to get support from a charitable trust.

For more information or to request a flight contact Alun White, on 01451 830704 or by email at [awhite@mssociety.org.uk](mailto:awhite@mssociety.org.uk).

Please let me have your nominations by Saturday 31 July 2009.

### **Isle-to-Isle Bike Ride**

Have you ever wanted to be a star on radio then now is your chance – join Paul and his riders on the 14<sup>th</sup> July for a live send off breakfast at the IW College hosted by IW Radio.

Everything is in place the support team in peak of physical fitness – or should that be the riders? All we need now is fine weather, a following wind AND YOUR MONEY!

### **Badminton Update**

#### **June - Torquay**

Rosanna and I travelled down to my latest tournament at Torquay, an achievement in itself for me as I did all the driving. Up early and following a hearty breakfast we made our way to the sports centre for the Devon County Wheelchair Badminton Championships. My training partner from Hackney joined me and I am pleased to say that won the Ladies pairs. In the singles I was not so successful and in the mixed my training partner retired injured, so at short notice the organizers found me a replacement – one of the best players in the country who is off to Seoul for the World Championships shortly. We had some great games and it was all very exciting only just losing in the final.

The heat and effort put in “messed up” my MS so a change of clothes and lots of water my body managed to cool down enough to play in the afternoon.

Rosanna entered into the day’s activities doubling as referee and care assistant for anyone that needed help on court. I had to loan my sports chair to one of the guys who got a puncture in the final!

In bed sound asleep by 9:30 completely zapped but very happy with my success and looking forward to the drive home on the Sunday in time for tea.

Diddy  
X

### **LIMERICK COMPETITION**

There was a young lady with MS  
.....

Now I know there are some talented poets out there but just to get you started.

There was a young lady with MS  
Who had terrible trouble with her long dress  
It got caught in the wheels of her chair  
Throwing her carer high in the air  
And leaving her somewhat depressed

**A suitable prize will be awarded to the best entry with “clean” ones published on the website and as you can see from the above you have nothing to beat yet!.**

## The Funny Side

### Blind Football

A coach driver is transporting a group of blind kids back from a school trip. It's a hot summer's day and he decides to stop for a break at a country pub. As the blind kids get out the coach he notices them carrying a football. "How are you gonna play football? You're blind", he enquires. "Oh we've got a special football with a bell in it", says one of the kids, "Go and have a drink, we'll be fine!"

Slightly amused, the driver goes into the pub, gets a drink, and sits down to read the paper. Some time passes and a police officer enters.

"Who's in charge of those blind kids outside?" asks the officer.

"I am officer, is there a problem?"

"A problem!?! They've just kicked a Morris dancer to death"

### Dwarf statistics

Statistically, 6 out of 7 dwarves aren't happy.

### My Uncle

Whenever my uncle tries to squeeze into a tight gap left between two parked cars, he starts to shake uncontrollably.

I think he suffers from parking zones disease.

## DATES FOR YOUR DIARY

40<sup>th</sup> Branch Birthday Hog Roast - 12<sup>th</sup> September at the Chequers.

40<sup>th</sup> Anniversary Gala Dinner and Auction Evening – Saturday 21<sup>st</sup> November at the Eversley Hotel.

### **Numbers of people with MS higher than previously estimated**

**New research released by the MS Society has for the first time revealed an accurate estimate of the number of people living with a diagnosis of multiple sclerosis (MS) in the UK.**

The results show that there is likely to be around 100,000 people with MS in the UK - a 20 per cent increase on previous estimates.

The new study of GP records - funded by the MS Society - was carried out by Dr Sara Thomas and Professor Andy Hall from the London School of Hygiene and Tropical Medicine who worked with Rachael Williams and Tim Williams from the General Practice Research Database. Their work updates previous estimates of 85,000 people.

The revised figure has major implications for health and social services and the study is a precursor to a pilot MS Register, which will provide much more

information on exactly how MS affects individuals.

MS Society Chief Executive, Simon Gillespie, said: "For the first time, we have the right information on the numbers of people with MS. Based on this information, we will seek to work with local health and social services across the UK to improve services for people with MS.

"This is just the beginning. As part of its leadership of a European initiative, the MS Society will now fund a pilot MS Register, which will provide much more information on how MS affects individuals.

"If this pilot proves successful, we hope the governments in all four nations of the UK will support the introduction of a complete register."

The study was brought about following work carried out by MS Society members in Hampshire, who found that in their local area, the previous estimated prevalence rate was inaccurate.

## **Fundraising**

### **BAE Charity Golf Day**

A very big thank you to the team from BAE who staged their annual Charity Golf Day with us as one of the two beneficiaries. Raising £1,600 each for the charities on the day from nearly 100 golfers in this economic climate is a major achievement in anybody's books.

### **Caring with Confidence**

Carers in Oxfordshire and Hampshire now have access to a free skills-based learning programme, Caring with Confidence, which was developed by the Department of Health to run alongside existing carers' initiatives. Caring with Confidence aims to make a positive difference to carers' lives by providing support and opportunities for learning through local sessions with groups of carers or at home using the internet or workbooks.

The programme is designed for anyone in a caring role who wants to find out more about the services and benefits available to them. It has seven modules covering day-to-day caring, coping with stress, carers' health and wellbeing, maximizing income and resources, juggling caring with other commitments, and communications skills.

The group sessions are free, and carers will be fully reimbursed for travel and the cost of arranging alternative care in their absence.

*All the views expressed in the publication are individual and not necessarily the view or policy of the charity and its supporters.*

*Charity Number 201495*

## **CONTACT DETAILS**

**Website**                    **www.wight-ms.org.uk**

**Chairman/Newsletter**   **Terry Riddett**   **077 6666 4645**  
**[terry.riddett@googlemail.com](mailto:terry.riddett@googlemail.com)**

**Secretary**                    **Jane Dollery**                    **0797 662 9012**  
**[jane.dollery@homecall.co.uk](mailto:jane.dollery@homecall.co.uk)**

**MS Nurse**                    **Elaine Morey**   **01983 552094**  
**Laidlaw Day Care Centre at St.Mary's**  
**Hospital, Newport.**

**The MS National Helpline**                    **0808 800 8000**  
**(Free phone)**  
**Monday – Friday 9am – 9pm**