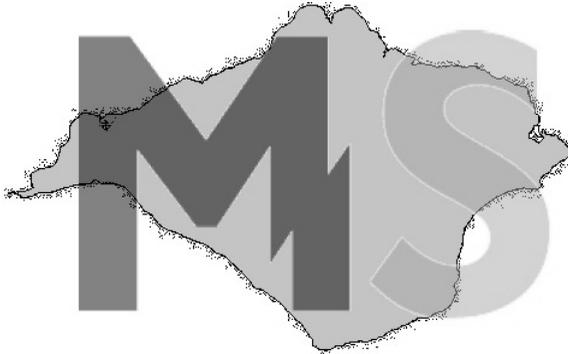


NEWS LETTER FOR THE



Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



2013

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Mum and dad were real poor 'cos of me and me 6 brothers and 5 sisters. One Christmas are dad got us a ole tyre and e would roll us down the ill in it. It was such fun We add a Goodyear!

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

60th anniversary fundraising

The MS Society is celebrating its sixtieth birthday this year. National Centre are doing all they can this year, to increase awareness of MS in the hope that it will increase fundraising to help towards research and to make people aware of the difficulties suffered by people with MS. We hope you'll get involved and encourage everyone you meet to help us reach our ambitious target. Can you do any sponsored activity for Challenge60? In the 60 days starting from 31 May, with everyone's help, National Centre hope to raise a record amount to further the research that is working so hard towards helping sufferers and eventually find a cure.

Some ideas - dye your hair orange, give up chocolate, start walking to work, jump out of planes, take on the three peaks challenge, take part in a fun run, organize a scrabble tournament, take on a sponsored silence and so much more. Of course, you don't have to do it yourself, encourage anyone to do it for you. Do you know someone who is Walking the Wight or other similar challenge? Ask them to sponsor MS. Talk to any committee member about your plans, they may be able to help. But don't ask Jane to get on her bike!

Stories

To increase public awareness, National Centre want to publish some memories, emotions and hopes of people affected by MS. This will be at the heart of their 60th anniversary campaign. Take five minutes to share your experiences, and make sure your branch is represented in the story of MS in the UK.

By telling your branch's stories you can celebrate the work of your committees and volunteers, recognise the achievements of your members and help to spread awareness about MS.

The types of stories they wish to collect include:

- How everyday life has changed since 1953
- Memories of the MS Society
- Memorable events at your branch
- Your hopes for the future for MS and the MS Society

Send your stories to any committee member, or if you would rather, you can tell your story to a committee member and they will help you submit it. Stories can be anonymous.

Cake Break



What is Cake Break?

It's simple, get together with your friends, family and colleagues, provide them with plenty of cake and watch the donation box fill up. You can host your Cake Break at home, at work, at school, anywhere you like! If you sign up to hold a Cake

Break, the society will supply a kit of everything you need to make the day a success.

When is Cake Break?

The official date for Cake Break is Friday 3 May, but you can hold your event whenever you like.

How do I sign-up for Cake Break?

There are lots of ways you can sign-up. You can ask a committee member to help you. From your mobile: Text 'CAKE' followed by your name to 82727

(texts cost your standard network rate)

By phone: 0845 481 1577

Online at the MS National website.

Cake Pops.



What is in the Cake Break pack?

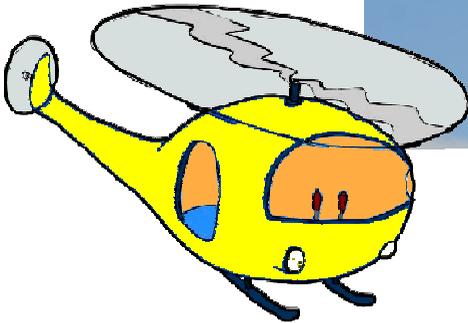


Your Cake Break pack contains everything you'll need to help organise and promote your event, including top tips, posters, invitations, bunting and much more! You can also find more online, including recipes, e-invitations and stories from other Cake Breakers.

Recipes on Pages 12 & 13

Air Ambulance

On average, an emergency Air Ambulance takes off every 10 minutes in the UK, flying 365 days a year in daylight hours. Put another way, during every hour of every day 7 Air Ambulances are attending accidents and medical trauma.



Hampshire and Isle of Wight Air Ambulance

We began operations on 1st July 2007. The Helicopter is based at Thruxton Airfield near Andover and our Head Office is at 4 King's Park Road, Southampton. Every day the Air Ambulance crew provide an efficient, prompt response to road traffic collisions, sporting accidents, collapses, and many other incidents throughout Hampshire and the Isle of Wight. The Helicopter is called out many times per day, and these missions are often life saving.

It is our aim to provide an exemplary Air Ambulance service to the people of Hampshire and the Isle of Wight, conveying patients to the most appropriate hospital for their needs. With your help and support we will continue to extend the service, and keep the Air Ambulance flying and saving lives.

The IW MS branch admire all aspects of the Air Ambulance service. We would ask all our members to support them whenever they can.

Living with Long Term Conditions

Meetings are held in the West Wight Sports Centre. They have arranged top quality speakers who are all experts in their fields. Feedback from those who attended meetings has been very positive. The committee recommend them to you

Moa Place, Freshwater, Isle of Wight PO40 9XH
Thursday mornings 10am until 12 noon £2 to include cup of tea or coffee

4th April - Are Gadgets Helpful for Communication - Emma Pugh - Speech + Language - With the Independent Living Centre and the Red Cross Therapist

11th April - Coping with Depression and Anxiety - Emma Sainsbury - Psychological Therapist

18th April - Clear Action Planning for Everyone - Tracey Eldridge - Carers Together

25th April - Chronic Heart Disease and Cardiac Rehab - Stuart Browne - Senior Acute - With the Independent Living Centre and the Red Cross Physiotherapist

2nd May - Keeping Active with a Lung Condition - Andy Savage - Chair Breathe Easy - With the Independent Living Centre and the Red Cross

9th May - Earl Mountbatten Hospice, Find Out Who We Are
Tina Harris - Chief Exec

16th May - Silent Complications of Diabetes - Sharon Hopkins - Community Nurse.

GAS



Research by the Women's Royal Voluntary Service (WRVS) reveals that 30% of over 75's in the East and South East (that have mains gas) have a gas appliance in their home that hasn't been serviced or even safety checked within the recommended period of time. This is usually at least once a year.

A campaign has been launched in the East and South East by the WRVS, supported by the Gas Safe Charity and the Gas Safe Register, to raise awareness of gas safety among older people who are particularly vulnerable to gas related incidents. The campaign will help to educate older people who are not having appliances safety checked, do not know the symptoms of carbon monoxide poisoning or how to recognise the signs that a gas appliance might be dangerous.

The research also reveals:

- 15% of over 75's in the East and South East have a gas appliance which is over 20 years old.
- A third have one which is more than 10 years old.
- Nearly a half of over 75's said they do not know the signs of a faulty boiler, gas fire or gas oven.
- Nearly a half of older people do not have a carbon monoxide alarm.
- A quarter do not know the symptoms of carbon monoxide poisoning.

(Source: WRVS Feb 2013)

A man walked into the doctor's,
he said, 'I've hurt my arm in
several places'
The doctor said, 'Well don't go
there any more'



One Liners

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time.

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!!! Blow this, I thought, I can get one cheaper off the web.

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning when I saw a parked RAC van. The driver was sobbing uncontrollably and looked very miserable. I thought to myself that guy's heading for a breakdown.

Bloke says "Mate, I'm thinking of buying a labrador. "Blow that" says his mate, "have you seen how many of their owners go blind?"

I saw a poor old lady fall over today on the ice!! At least I presume she was poor - she only had £1.20 in her purse.

The wife has been missing a week now. Police said to prepare for the worst. So I have been to the charity shop to get all her clothes back.

The wife was counting all the 2p's and 5p's out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

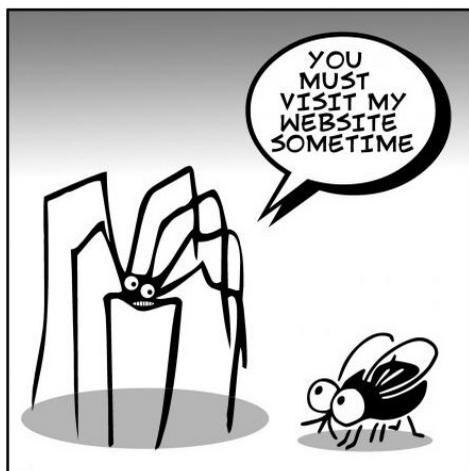
Bought some 'rocket salad' yesterday but it went off before I could eat it!

A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."

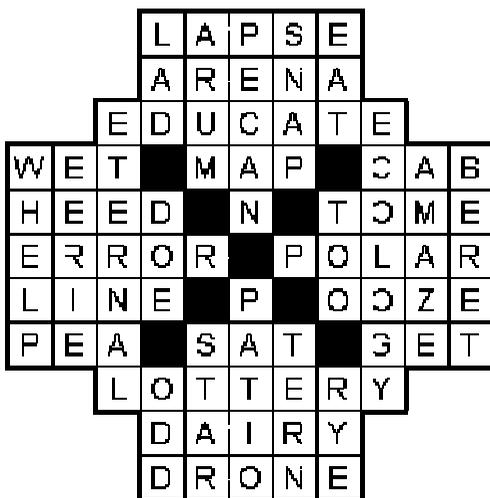
19 hoodies go to the cinema, the ticket lady asks "Why so many of you?" one replies, "The film said 18 or over."

Man goes to the doctor, with a strawberry growing out of his head. Doc says 'I'll give you some cream to put on it.'

Puzzle Solutions



www.wight-ms.org.uk



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

Phone answering machine message - '...If you want to buy marijuana, press the hash key...'

My friend drowned in a bowl of muesli. A strong currant pulled him in.

QUIZ

We are having another Cream Tea and Quiz with the Parkinson's Society. It looks as if it will be 9th June. They have always been most enjoyable and the MS teams acquit themselves well. So pencil this date in your diary. More details to follow soon.



Just information

MS Society Awards.

Nominations are now open.

Nominations are now open for the MS Society Awards, which celebrate the achievements of people in the MS community. The Awards will be held in October 2013, and we'd like to hear your nominations. There are 10 categories of awards available – each one recognizing and rewarding the remarkable dedication and hard work of groups and individuals who do so much to improve the lives of people living with MS.

The categories this year include:

- Carer
- Digital Media
- Employer
- Fundraiser
- Media
- Professional
- Researcher
- Volunteer
- Young Person

The MS Society also awards a special prize to the 'MS Inspiration of the Year'. If you'd like to recognize someone who has done something remarkable for the MS community, we'd like to hear from you.

Support Grants

The branch wish to remind members that we have funds to help people affected by MS. Grants are each considered on their merits, needs and the help they offer. All applications are treated in confidence. Please contact Jane if you would like further information.

Short Breaks and Activities (SBA) Fund

In 2012, 1,049 people were able to take a short break, holiday, have respite care or take part in other activities as a result of receiving a SBA Fund grant. National Centre awarded 452 grants in total at a cost of £375,152.

Support for carers

National Centre continue their support for carers in 2013 with their two carers grant funds; the Young Carers Fund and the Carers Opportunities Fund.

Cake Break

Let's bake to beat MS

Cake Break is a scrumptious way to fundraise for people affected by MS across the UK. Simply invite friends, family and colleagues to join you for some tasty treats in return for a donation. This year, with your help, we're hoping to raise an amazing £350,000, which could fund over 6,000 hours of research into finding better treatments, and ultimately a cure for MS.



Banana cake

A really easy all-in-one cake to prepare. It'll take you no time to whip up this banana cake, and it'll take your Cake Break guests even less time to eat it.

Ingredients

- 2 over ripe bananas
- 20g Canderel green granules/sweeteners
- 170g self-raising flour
- 1 tsp baking powder
- 170g low fat spread
- 3 eggs You will need a 450g/1lb non stick loaf tin.

Low sugar

Tip: The key with this cake mixture is to use really ripe bananas.

Method

1. Preheat the oven to gas 3/170C (150C in a fan oven).
2. Add all the ingredients to the mixer bowl of a food mixer then beat until all combined. If it is too stiff loosen the mixture with a few drops of milk and mix again.
3. Transfer mixture to the loaf tin and put in the oven to bake for 50 minutes – 1 hour until golden and cooked through.

Cake Pops

If you want to try something new, our cake pops recipe is just the thing. They are bright, fun and scrummy! You can be as creative as you like with your decoration. (See picture on page 4).

Ingredients.

For the cake pops:

1 chocolate sponge cake

75g butter

150g icing sugar

2 tbsp of milk

1 tbsp of cocoa powder.

To decorate:

Lollipop sticks

White chocolate

Food colouring

Sprinkles and other decorations.

Be as creative as you like!

Method.

1. To make the frosting, beat together the butter, icing sugar, milk and cocoa powder until smooth.
2. Crumble up the chocolate cake in a bowl
3. Mix in the frosting to the crumbled cake a spoonful at a time until the mixture has the right consistency – to test this you should be able to roll the mixture into a ball without it falling apart; however the mixture should not be too moist as it will make it difficult to decorate the cake pops.
4. Roll the mixture into golf-ball sized balls, stick a lollipop stick into each ball and set aside in the fridge until firm.
5. To decorate, melt the white chocolate in a bowl set over a pan of simmering water and add food colouring if you wish.
6. Line a baking tray with greaseproof paper. Dip the balls evenly in the chocolate until they are entirely covered, and then cover them in sprinkles or other cake decorations for a finishing touch.
7. Leave the pops upside down on the greaseproof paper and set aside in the fridge until the chocolate has set.

Paraprosdokians

Figures of speech in which the latter part of a sentence or phrase is surprising or unexpected, frequently humorous.

Where there's a will, I want to be in it.

The last thing I want to do is hurt you. But it's still on my list.

Since light travels faster than sound, some people appear bright until you hear them speak.

If I agreed with you, we'd both be wrong.

We never really grow up, we only learn how to act in public.

War does not determine who is right - only who is left.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

To steal ideas from one person is plagiarism. To steal from many is research.

I didn't say it was your fault, I said I was blaming you.

In filling out an application, where it says, 'In case of emergency, Notify:' I put 'DOCTOR'.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

To be sure of hitting the target, shoot first and call whatever you hit the target.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

You're never too old to learn something stupid

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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

STORE COLLECTION AT TESCO

Thanks to the volunteers and branch members who recently helped with a Tesco store collection. Always a cold and draughty event at this time of year. We made contact with lots of people who wanted to know more about MS and collected the sum of £307.



26th April
The College
Newport
Choose on the day



24th May
Ponda Rosa



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!!