

**NEWS LETTER FOR
THE MS**

Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



2012

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THINK ABOUT THIS FOR A FEW MOMENTS.

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

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 1139257

Wot Lez Sez

Hello dear people hope you are all well this month and are up, well and looking forward to our summer.

I have just finished a very busy month - not used to busy months these days - since having to give up work a couple of years ago. It started on the 5th of May with my son's wedding up in Mansfield, and what a wonderful day it was too, except it was so so cold and unfortunately a bit showery. But none the less a very successful day, and I now have a lovely daughter-in-law - Mrs Leah-anne Nicol.

Having taken a week to recover from such excitement (of which I had no part in helping to organise) I thought that would be it - at least until daughter decides to marry - when we were told that my mother was fortunate enough to move into Abbeyfield House in Ryde, which has left her and me delighted to be near most of her friends and her church - how lucky is that!!

And the last week of May was filled with getting this newsletter out, and there goes the month of May. They say times flies when you get old but I didn't realise it could go that fast. So if you see me running and skipping around Newport, put it down to the fact I am trying to be 24 again!!!!



Lynn Baker's recipe

SAVOURY SCRAMBLE

Ingredients:

- 3 eggs – beaten
- 2 tomatoes – skinned and chopped
- 4 oz chopped ham
- 1 small onion – peeled and finely chopped
- 2 tsp Worcester sauce
- 1 tbsp cooking oil
- salt and pepper
- pinch of chilli powder
- 4 slices bread for toast

Method:

Heat the oil and fry the onion until soft. Add the ham and tomatoes and continue frying for 5 minutes. Add the beaten egg, Worcester sauce, and seasoning and stir until cooked through but still slightly soft. Serve on hot buttered toast (granary is nice). Serves 2



MAN FOUND UNCONSCIOUS IN SUPERMARKET

A husband and wife are shopping in their local ASDA. The husband picks up a case of Guinness and puts it in their trolley. "What do you think you're doing?" asks the wife. "They're on sale, only £10 for 18 cans," he replies. "Put them back, we can't afford them," demands the wife, and so they carry on shopping.

A few aisles further on along the woman picks up a £20 jar of face cream and puts it in the basket.

"What do you think you're doing?" asks the husband. "It's my face cream. It makes me look beautiful," replies the wife. Her husband retorts: "So does 18 cans of Guinness and it's half the price."

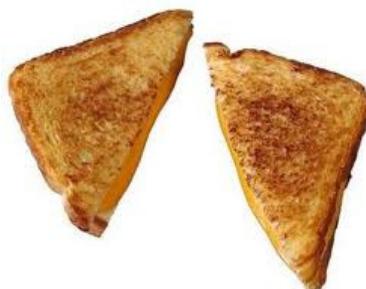
Lynn Baker's recipe

FRIED CHEESE SANDWICHES

For each person allow 2 slices bread, crusts removed and spread lightly with butter or butter-type spread, 1 oz grated cheese of your choice, 2 tsp mango chutney, ½ beaten egg, fat to fry. Make a sandwich using the bread, cheese and chutney. Cut in half, dip in the egg until coated and fry on both sides until golden brown.

Spinach, squash and tomato curry

- 1 large onion , halved and sliced
- oil
- 2 tbsp madras curry paste
- 1 small butternut squash , about 500g, cut into chunks
- 5 tomatoes , quartered



100g spinach , roughly chopped
Basmati rice , to serve



Method
Cook the onion in 1 tbsp oil for 5 minutes until softened. Add the curry paste and cook for 3 minutes. Add the squash, tomatoes and 200ml water, stir well. Cover and simmer for 15 minutes until the squash is just cooked and the tomatoes have broken down. Stir through the spinach and leave for a couple of minutes to wilt. Season and serve with basmati rice.

JUNE DAYS

- 6th 1960 Beatles audition for George Martin
- 29th 1966 First British credit card launched
- 1st 1967 The Beatles release Sgt Peppers
- 4th 1967 Stockport air disaster
- 25th 1967 World first live satellite broadcast
- 27th 1967 Barclays opens Britain's first cashpoint
- 24th 1971 Mersey Tunnel Opens
- 18th 1972 Staines Air Disaster
- 7th 1977 Silver Jubilee Celebrations
- 19th 1978 Botham sets all-rounder
- 13th 1981 Fantasy assassin targets the Queen
- 24th 1982 The Humber Bridge opens to traffic
- 14th 1982 End of the Falklands War
- 18th 1984 Battle of Orgreave
- 19th 1987 It's a Royal Knockout
- 4th 1989 Tiananmen Square massacre
- 9th 1991 Completion of Dartford Tunnel
- 4th 1993 Shane Warne bowls 'ball of the century'
- 2nd 1994 Chinook crashes into Mull
- 8th 1996 First woman jockey in Derby
- 30th 1997 First Harry Potter book published
- 8th 1999 Jonathan Aitken jailed
- 10th 2000 Millennium Bridge opens - and closes
- 23rd 2006 Darwin's tortoise dies at 176
- 27th 2007 Tony Blair announces resignation
- 30th 2007 Terror attack on Glasgow Airport
- 2nd 2010 Derrick Bird's gun rampage

PUZZLES

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

Across

1. Restricted (7)
5. Perils (5)
8. Detection device (5)
9. Villain (5)
10. The sheltered side (7)
11. Flightless bird of Australia (3)
12. Chasm (5)
14. Complies (5)
19. Prohibit (3)
20. Diplomatic (7)
22. Nimble (5)
23. Light beam (5)
24. Reside (5)
25. Boring (7)

Down

1. Food store (6)
2. Decoration (5)
3. Goals (7)
4. Fin (6)
5. Stiff (5)
6. Stage set (7)
7. Repress (6)
13. Dressing (7)
15. Perplexed (7)
16. Overseas (6)
17. Dialect (6)
18. Tusked marine mammal (6)
20. Test (5)
21. Lariat (5)

004

1		2		3		4		5		6		7
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24						25						

MS Life Manchester

Diddy & Terry Riddett and Sue Smith represented the Branch at this year's national event. Up to 4000 people were expected to attend.

The two day timetable of varied, topical seminars presented its challenge to attend as many as possible, ranging from carers, emotion and thinking, exercise, symptom management, research, work and benefits etc. An area for "Get Active" group led activities. Exhibiting side stalls with varying mobility aids, lifestyle products, support visual displays, expert advice and information. The MS Society hub displayed the work of the



society with its professional nurses, physiologists and research teams, all available for discussions. A cooking theatre demonstrated nutritional meal making. The MS Spa provided mini treatments throughout the weekend. Sunday 15th saw the 6k wheel and walk through the city centre led by **Danny Wallace**, (pictured) former Southampton footballer, who has been diagnosed for the last 15 years with MS.

There is a surprising amount of literature, exercise DVD's, children's material available to any interested person, including the orange M.S. credit card size "I need assistance cards", on the MS Society national web site or by contacting our mobile helpline.

Fatigue management workshop notes: Led by a MS nurse and a middle aged lady affected with MS. 53-90% of people affected by MS, experience this subjective, invisible, varied symptom.

MS Life Manchester

“A job that should not require too much energy – but does” so wash up & rest before wiping up? Know your limits. Have a flexible plan. Stop/Start. Prepare, “fill the fuel tank first” - that way get further in the end. What hinders fatigue – bladder problems, low mood, infections, poor mobility, medication, poor diet. What helps – Exercise, pushing that little bit more, actually helps. “Eating onion, garlic and greens, not carbohydrates”

Tremor in MS workshop notes: Led by Clinical specialist physiotherapist, now marketing Lycra garments.

“Exercise helps tremor & fatigue” “If possible, air punch for 30 seconds to 1 minute during adverts or, arm jog. This will make a difference.”

“Using weights help to reduce tremor” “If we drop our shoulders, our walking becomes sluggish & feet scuff”. Lycra garments were demonstrated - they dampen down the effect of tremor by compression. Stabilises walking and arm movements, assists rising from chairs etc.

“Try any sports garment or tight fitting underwear first, if it helps, lycra will work even better.”

O.T. role in managing MS. Led by 2 Occupational Therapist specialists for MS. Unlike OT’s who assist by assessments with adaptations and aids etc, MS Specialists OT’s cover wider, specific areas, for example, individual symptoms, course of development of individual’s MS, home & personal circumstances, own beliefs, attitudes, goals and interests, rehabilitation and techniques for coping and problem solving.

“Encourage to do all that one can, on ones own”.

MS OT as educator: specific symptoms, lifestyle patterns, to family, friends & colleagues.

MS OT as advocator: access to work, help with travel expenses for days when not so good etc.

Can our IOW MS Nurse suggest we have access to such a specialist?

Wouldn’t it be useful if so!

MS Life Manchester

Continence practical support workshop notes: Led by Continence adviser Nollie Biggins. (She offered her email address for any questions nollie.biggins@dbh.nhs.uk)

“Fluids can take 1-2 hours after drinking to reach bladder. Normal = 7 times in 24 hours using the toilet not more than 1 during night. 1-2 ltrs of fluids per day must be drunk, caffeine and diet drinks irritate the bladder, don’t drink them before bed. Pelvic floor muscle exercises of 5 sets 5 times a day, hold for 3 seconds & release then quick hold & releasing. If taking anti biotics long term against infection, rotate the types.

“Botox – performed under local anaesthetic last 6-8 months for those affected by MS – can be done with catheters. A believer of this treatment reported lots of successes.

Bowels – Sweetcorn helps to pass within 12 hours, sugar free Polos, vegetable curries, prune juice all help constipation. Diet a major factor of constipation, meat has no fibre, need to bulk it up.”

“Movicol in conjunction with Imodium , a good plan.”

“Don’t just accept symptoms and the consequences ask for investigations.”

There were too many other experiences to report so in summary, it was a very interesting, but tiring weekend. When the next event is held, do if at all possible attend, as it is most worthwhile.

The committee would like to thank Diddy, Terry and Sue for the time and effort they put into attending what is a very impressive event. The list of activities, events and seminars during the weekend is almost limitless. I think they did very well to take in as much as they did as well as putting in the effort to travel to Manchester and manage the long days.

I’m sure that if anyone wants further information about MS Life events or about how you can attend in the future, Diddy, Terry or Sue would be happy to share their experience with you.

Puzzle Solutions

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

WARNING: The consumption of alcohol may make you think you are whispering when you are not.
WARNING: The consumption of alcohol may lead you to think people are laughing WITH you.
WARNING: The consumption of alcohol may cause you to think you can sing.



Common sense

One level of care, low level preventative care, such as the old 'Home Helps' used to provide up until 1990's was sensible care. Home Helps provided domestic care for older people who could no longer carry out the heavier end of keeping their home clean. Home Helps would work on whilst the person had a bath knowing someone was there, would be there with a dry towel if needed, would chat as they made a cup of tea and they would buy grocery items or post a letter as they passed the shop on the way to and from the home. Home helps were in many ways the 'eyes and ears' of common sense. They did not work to a care plan, they looked out for their clients, would ring the doctor or a family member if they had any worries and would probably be with their clients for many years. Both the 'carer' and the 'service user' were happy!

Home Helps had basic first aid training and guaranteed employment.

If we had 'Home Helps' today they would have to be trained over and above the requirements for the role. They would need refresher training, training for the next fashionable 'risk' that came along and the ability in many cases, to think for themselves as a human being caring for another person would be eroded. Taking any common sense initiative has in many cases been drummed out of the current caring role as carers themselves feel vulnerable.

Low level care can stop the need for higher levels of care. Perhaps a re-introduction of a similar service would be a good place to start.

Source: ABLE COMMUNITY CARE

RENEWING BUS PASSES

If you have a bus pass you need to be aware that the Council is not now renewing the passes automatically.

You have to contact the Isle of Wight Council on 823780, or you can write, e-mail or go to a Council Help Centre in order to renew your concessionary bus pass.

Passes will remain valid for one month after the expiry date.

Source: Seaview, St Helens & Netlestone Parish News May 2012

INCONCLUSIVE TRAVEL PLANS

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.



I have been in Doubt. That is a sad place to go, and I should try not to visit there too often.

I don't remember if I have been in Flexible, but others say only that dementia may have set in.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, and I don't remember what country I was in. It's another age thing.

I hope everyone is happy in your head - we're all doing pretty good in mine.

Sainsbury's stores

Could your branch benefit from being adopted by your local Sainsbury's as their Charity of the Year?

Each year, individual Sainsbury's stores invite shoppers and staff to nominate a local charity to be their 'Charity of the Year'. The chosen charities benefit from a year-long link with their local Sainsbury's supermarket, with staff getting involved to organise fundraising events and volunteering for the charity throughout the year. On average, a Sainsbury's Charity of the Year receives £2,000 plus the donation of various items throughout the year. And that's on top of the community exposure and awareness. Nominations usually open at the end of April or beginning of May. Look out for nomination forms and voting boxes in your nearest Sainsbury's.

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

I have a little Satnav
I've had it all my life
It does more than the normal one
My Satnav is my wife

It gives me full instructions
On exactly how to drive
"It's thirty miles an hour" it says
"And you're doing thirty 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
It lists 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!

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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



29th June

The Wight Mouse Inn

Chale

12:30 for 1pm

Menu to follow

27th July

The Roman Villa

Brading

Menu to follow

12:30 for 1pm



31st August

The Chequers Inn

Rookley

12:30 for 1pm

Menu to follow

All times are usually
12:30 for 1pm. (Please be
prompt as it makes life so
much easier for the venue
staff)



28th September

The Bear Café Lake

Chicken & ham pie chips and peas

Cottage pie & fresh vegetables.

Mushroom, asparagus and pasta in
carbonara sauce.

Forest fruits cheesecake.

Treacle sponge and custard.

Fresh cream sponge.

12:30 for 1pm



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