

Warrington Branch

MIScellany

February 2018



Pick a day in March any day will do, invite your friends and bake some cakes. Alternatively you could invite your friends and use shop bought cakes. Please visit <http://cakebreak.org.uk/> for some ideas on how to make your day a success.

Your fundraising could be designated to help the branch physiotherapy budget or to the branch general fund but you could also donate to headquarters earmarked for research.

Members have in the past held successful cake break days let's make this year's better.

Membership News

Since the last newsletter we have one new member Mrs Angela Smith welcome to the branch Angela. Unfortunately there was also a death Mrs Olive Curley better known as Sandra throughout the branch died in hospital on 9 January 2018 her funeral on 29th of January was at St Oswald's Church Padgate. I am sure she will be missed by family and friends. Peter Travers attended on behalf of the branch. Dorothy Lewis also attended.

Last year the Rock 'n' Roll panto at the Everyman Liverpool and the branch Christmas party at Statham Lodge were not as well attended as they have been in previous years. Both these events have to be booked well before the function takes place and in the case of the Everyman tickets that cannot be resold by them must be paid for. Was the poor attendance because the dates booked last year were changed from what could be said were normal dates for us or was it something else. Our preferred dates were not available when the booking was made.

Could members who would consider attending either of these functions please email me at cj@warringtonms.org.uk or telephone any committee member (numbers on back page) to show an interest in the events. This is not a commitment to attend but would give us an indication as to whether these 2 events should continue or be replaced with something else.

It won't be long now to the first coffee and chat session at Warrington Disability Partnership 2 PM on 14th of March there are a few reminders in this edition do give it a try Nicola

& Andrew's cakes are always a good reason to attend. Hoping to see some of you there.

We're still looking for assistance in providing content for the newsletter please get in touch if you are interested at the email address above.



Telephone
01925 822411
To reserve

6 Mobility Scooters Available

Birchwood Shopping Centre



Monthly Socials

Coffee & Chat
2nd & 4th
Wednesday
At 2 PM

WDP Beaufort
Street.

Why not try it
Arrive early and visit
The on-site cafe.



Our congratulations to :-

Paul GRAYSON	04-Mar
Steven ROUGHSEGE	04-Mar
Jayne DOLPHIN	09-Mar
Adelaide HOUGH	25-Mar
Margaret PRICE	18-Apr
Patricia DAWBARN	19-Apr
John PAICE	26-Apr
Maureen MORGAN	20-May
James WILMOT	27-May
Julie HOLIDAY-PLATT	31-May

Tombola

Prizes are urgently needed for
as stocks are sadly depleted.

Please contact any
committee member.

Unwanted Clothes and Shoes Bags and Belts

As a branch we are now recycling and can turn your
unwanted items into branch funds

Must be clean and dry

Contact Peter Travers tel. 492970

Physiotherapy Service

For many years now the Warrington MS Society Branch has offered a free physiotherapy assessment and treatment with the Stroke and Head Injury Clinic to our members. This year we have had to reduce our budget for this service. We hope to continue offering specialist neuro physiotherapy to members for the years to come but our finances are limited and each individual session costs £56.

To try and make this service sustainable we are asking if members would be willing to make occasional donations or perhaps fundraise specifically for the physiotherapy budget. This is a personal choice but would mean more members could have access to the Physiotherapist as and when they need it.

Branch Committee

Since the last newsletter **1 donation of £100** has been received

Donations & Fundraising

Stephanie Atherton in lieu of birthday presents	£795
HMRC gift aid	£72
Chris Ball	£1165
Ann Patterson	£50
Birchwood Golf Club	£258
Subs	£70
Donations with subs	£55
Cash4clothes	£11
Hundred +club 3 months	£814
In memory of	
Caroline Horsefield's Father	£1427
Olive Curley (Sandra)	£375

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<http://warringtonms.org.uk>
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Chris Ball Running Again



Pictured left is Chris Ball on his 24-hour marathon run in August last year which raised £1365 for branch funds. That was the 3rd year that Chris has run for the branch. He also raised funds for the current Mayors charity of which we will be a beneficiary.

Chris has just informed me that he will be running again for us in the Cotswold 24-hour cross-country run commencing on 4th of August which takes place on the Bathurst Estate which is just outside Cirencester. But again he will be supporting 2 charities our branch and WE-CA a Warrington community group that celebrates diversity.

You will be able to fund raise for Chris via the Justgiving website later in the year details will be made available. I don't think I'll be making the journey to do the last laps with him this year.



WDP Lunch Club

Tuesday & Friday
10 AM till 2 PM
Beaufort Street

Come and join us for lunch, activities, speakers, friendship and days out £5 per session which includes drinks and lunch.

For more information contact Brun or Lynn on (01925) 240064 or email Brun.Munslow@disabilitypartnership.org.uk

Is NICE Being Naughty

The National Institute for Health and Care Excellence (NICE) recommended five Disease Modifying Therapies (DMTs) for MS should no longer be available for new patients in England and Wales. With your help we've told NICE why we disagree with this decision.

Dozens of you got in touch to tell us what these recommendations could mean for you, and for people yet to be diagnosed with MS. We used your stories to inform our response to NICE.

This won't affect anyone currently taking them

Everyone with MS who is on these treatments now will still be able to take them. And if you live in Scotland or Ireland this draft decision won't affect you.

Which treatments might be affected?

The draft decision would mean Extavia (interferon beta-1b) will continue to be available on the NHS for new patients.

All other beta interferons, and glatiramer acetate, will only be provided for people who are already taking them.

NICE are proposing to make the following treatments unavailable to people who are newly diagnosed or want to change treatment:

- Avonex (interferon beta-1a)
- Betaferon (interferon beta-1b)
- Copaxone (glatiramer acetate)
- Plegridy (peginterferon beta-1a)
- Rebif (interferon beta-1a)

They've made this recommendation because they believe all these treatments have a similar clinical effect, but only Extavia is cost-effective.

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<http://warringtonms.org.uk>
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Significant step backwards

We don't want to see patient choice limited in this way.

Genevieve Edwards, our Director of External Affairs says: "While people with MS already receiving these treatments can be assured they won't have to come off them, we're worried about what this proposal means for the future of patient choice. We have made so much progress on treatment options, it would be a significant step backwards if people with MS were now left with less choice and potentially no effective option.

"We want the companies who make these drugs to keep negotiating and come to a deal with NICE and NHS England so patients don't lose out. Everyone with MS should be able to get fair and equal access to the right treatments at the right time."

Published date: *26 Jan 2018*

**MS Helpline Freephone
0808 800 8000**

Forthcoming Events

4th March	Jane Kraska High Legh 10 km run
14th March	Coffee & chat Beaufort Street 2PM.
21st March	M & S Gemini coffee and chat 10:30 AM
28th March	Coffee & chat Beaufort Street 2PM.
11th April	Coffee & chat Beaufort Street 2PM.
18th April	M & S Gemini coffee and chat 10:30 AM
25th April	Coffee & chat Beaufort Street 2PM.
Requests for transport - Jeff Richards 07738609018	

Truffles Tales

I'm not very
happy with this
Arrival



Dear readers you might have noticed there's been no input from the canine members of the branch in recent editions. The problem started when Bessy passed away and we were left with Dougy and myself to maintain the blog. Dougy has not been so keen on providing content and on my own I was just two young and inexperienced to carry on.

However a new set of circumstances is confronting me and I really could have done with Bessy's wisdom to help me cope with the change in my main residence. Another dog has arrived! I'm not the jealous type but really how do I compete with an infant who just wants to use me as a mother, I'm sure you know what I mean those little teeth are so sharp.

Even Sheila Chris's carer is splitting her time between the 2 of us, I don't see why I should suffer because of the intruder. I used to enjoy 10 minutes all to myself being made a fuss of and now it's 5 and I can see that getting reduced. He will just have to pay her more and I can't see that happening.

Watch this space to see how I resolve these problems. Any suggestions are welcome. See you next time Truffle.

High Legh 10Km Run



By the time you receive this newsletter Jane pictured above trying out the newly designed MS Society running vest will have completed her 1st 10k run.

The event took place on Sunday 4 March in High Legh I am writing this article on Sunday 25th of February and I'm hoping the temperature will rise from its forecasted low for the rest of this week. There is still time for you donate on the Justgiving site and enter Jane Kraska to get to her page.

	MS Nurse Clinic	Support Your Branch		Attend Socials
0151 529 5645 Orford Hub Jubilee Way Orford WA2 8HE	<i>Join the hundred+club</i>	Outings		

Repairing Myelin Damage

New research has found a key molecule in the brain important for repairing myelin damage.

Our researchers at the MS Society Edinburgh Centre for MS Research have uncovered a switch in the brain and spinal cord that can promote myelin repair.

A new path to myelin repair

Dr Veronique Miron and her team previously showed that a protein called activin-A is important in remyelination, but it was unclear how it worked.

Their new research, published in the journal *Acta Neuropathologica*, has found the exact switch in cells that it triggers. Studies in mice showed that when this switch, or receptor, is turned on by activin-A, it increases the number of myelin-making cells. This boosts myelin repair.

A myelin repair switch in the human brain

The researchers used tissue from the MS Society Tissue Bank to look for the 'receptor', called *Acvr2a*, in MS brain lesions.

In tissue from people with progressive MS, they found that levels of *Acvr2a* were higher in areas where myelin repair was active. But, in MS lesions where no myelin repair was taking place, levels were lower.

Researchers will now look for drugs that can target *Acvr2a* to promote myelin repair. These could then be developed into treatments for people with MS.

Senior author Dr Veronique Miron, said:

"When we first discovered this protein activin-A, we didn't know exactly what role it played in remyelination. We now know it binds to a specific receptor, which then causes cells to carry out myelin repair.

"This is a really exciting discovery because can now focus our efforts on developing drugs that target the receptor. If we can do

Continued opposite

that, we can encourage cells to make new myelin after damage has been done in MS.”

Dr Susan Kohlhaas, our Director of Research, said:

“We’re thrilled to be supporting Dr Miron’s ground-breaking work. Many of the 100,000 people living with MS in the UK still don’t have any treatment options. Finding new targets like this receptor mean we’ll be able to develop more effective treatments and stop MS faster.”

Published date: 05 Feb 2018

100+Club



There are 115 members if you're not one of them please consider joining contact Chris Janovitz on 723564. Remember the more people join the higher the prizes go don't delay.

26 February 2018
Members 115-January draw

Prize	Num	Name
1st	052	Lorraine Morris
2nd	102	J Moston
3rd	053	Dougie Burke
4th	113	George Lilford
	068	Bessie Burke
	007	Kate Critchley
	039	C Berry
	032	Ann Patterson

The amounts were £116.00, £62.00, £37.00 and 5 at £10 respectively

26 February 2018
Members 115

Prize	Num	Name
1st	103	B Speakman
2nd	056	G Atkinson
3rd	054	D Moorhouse
4th	093	Pat Yuile
	127	P Eckersley
	086	John Curley
	024	Dorothy Lewis
	012	Albert Howie

The amounts were £116.00, £62.00, £37.00 and 5 at £10 respectively

Executive Committee October 2017

Branch Officers

Chair	Mr Paul Harrison.....	01606 892151
Secretary	Mrs Susan Bird.....	659439
Treasurer	Mr John Burke	824041

Committee Members

Lead Support	Mr Peter Travers	492970
Fundraising	Mrs Julie Richards.....	573980
Joint Equipment/ Transport	Mr Jim O'Connor.....	451472
Web/DTP	Mr Jeff Richards.....	07738609018
Support	Mr Chris Janovitz.....	723564
Activities	Mrs Rita Harrison.....	01606 892151
Subscriptions	Mrs Margaret Wilmot.....	755017
Everybody's Help	Mr Peter Travers.....	492970
Everybody's Help	Mrs Mary Burke.....	824041
Everybody's Help	Mr Charles Dooley.....	860112
Everybody's Help	Ms Anita Dubique-Ashton...	828282

This newsletter is published by The Warrington and District branch of the Multiple Sclerosis Society. We give regular updates about MS and what is happening locally in the MS community.

Editor:

Layout & printing Chris Janovitz

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

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