

Warrington Branch

MIScellany

July 2016

Tombola

Prizes are urgently needed for DAD as stocks are sadly depleted. Please contact any committee member.

To enable our display at Disability Awareness Day being as appealing as last year's your help is needed once again to make it happen. A lot of effort goes into the day and not only are we raising the profile of Multiple Sclerosis it also raises funds for our branch. Let's hope the weather is kind to the people at Warrington sun on the day makes a vast difference to overall success.

Disability Awareness Day

Sunday 10th of July 2016

Don't Miss It.

A Wet Day

I think I mentioned in the last newsletter that I had entered the Warrington Disability Partnership Walk in the Park on Sunday, 1 May and that on the Friday 29th of April when I was finishing the newsletter the weather wasn't very pleasant. Well I can now tell you that on 1 May for the duration of the walk it rained from start to finish and it was windy. I think the two pictures show the weather well.



Apart from that it was quite refreshing and the first time I've been that wet for many years. You think you would be able to expect reasonable weather on the 1st May not something that felt more like February. There was only small group of us and my thanks goes to those who walked with us. I think that apart from me all the walkers in our group were relatives of Peter Travers. We raised £130.

Thanks to George and Pam Lilford for their support on the day.



All the organisation of the walk is carried out by WDP and it is a yearly event they do were for £5 entrance fee you can raise funds for whoever you wish. Perhaps you would like to join in next year.

Next newsletter will be the beginning of September last bank holiday will have gone and it's time to think about our Christmas party which again is on Saturday 3rd December at Statham Lodge



**Monday
Pub Lunch Club
1st Monday
of the month**

**Currently using
Chapelford Farm
Warrington**

**Alternative
suggestions welcome**

**Contact Peter Travers
(01925) 492970**



Our Congratulations to:-

Susan BIRD	08-Jul
Keith MADDOCKS	11-Jul
Christine ASKEW	17-Jul
Tina DUTTON	25-Jul
Pamela LILFORD	03-Aug
Wendy HARMER	07-Aug
Judith WALSH	08-Aug
Charles E DOOLEY	14-Aug
Lorna FLAHERTY	30-Aug
Linda BARTON	24-Sep
Rita DALY	24-Sep

**MS Helpline Freephone
0808 800 8000**

Apologies to Louise Jones unfortunately I missed her birthday on 18th of June it's a good job you have Facebook.

**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

Listening Ear - Margret Hughes - 01925 723917

Truffles Tales

Hi Folks, I told you last time that I would let you know how my time spent in care went. Well, the lady was very well behaved and easy to train. Please see photo opposite of one of my master classes.



Well Dougy I'm sure our readers will be impressed with your contribution this time, I would have thought that time away from your usual routine could have been quite fun to read but being educationally challenged I suppose it's a bit of a problem for you.

Your carer really does look the part for us dogs but I think her lap would be a lot better with something cute like me on it. I might start dropping a few hints for a future break.

It's been a quiet time this last couple months apart from this EU thing I wonder if my dog passport will still be valid. I just thought I've had another haircut so I don't look like the picture in it anyway, I'll wait now until I can get a British one. See you next time, Truffle

6 Mobility Scooters	Birchwood Shopping Centre	Support Your Branch	Attend Socials
	Telephone 01925 822411 To reserve	Join the hundred+club	
Available			

.....
<http://warringtonms.org.uk>
.....

100+Club



There are 116 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.

10th May 2016
Members 116

Prize	Num	Name
1st	021	June Wogan
2nd	057	Keith Maddocks
3rd	029	Jim Sherratt
4th	038	Kath McQuillan
	052	Lorraine Morris
	046	John Paice
	081	Christina Bower
	117	Stephen McNamara

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

14th June 2016
Members 116

Prize	Num	Name
1st	071	C Martin
2nd	119	James Wilmot
3rd	042	Jim Wilde
4th	013	Suzan Rainford
	009	Charles Dooley
	087	Olive Curley
	011	Carol Hill
	076	John Paice

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

Forthcoming Events

10th July	Disability Awareness Day Warrington
12th July	Social St Josephs Club Penketh 7:30 Wills
1st August	Pub lunch Chapelford 12noon
9th August	Social St Josephs Club Penketh 7:30 pm

Requests for transport - Jeff Richards 07738609018

—Cambridge MS research to receive £1.6m—

We've committed to raising a further £1.6m for the Cambridge Centre for Myelin Repair, continuing to support their cutting-edge research over the next four years.

The Centre brings together both internationally renowned and highly promising young scientists with the single aim of better understanding how we can repair the damage to myelin.

Over the next four years, the Centre will continue to investigate myelin repair. Researchers will focus on understanding more about the cells capable of repairing myelin and the impact ageing and lifestyle factors (such as diet and exercise) can have on these cells.

Professor Robin Franklin, Director of the Cambridge Centre for Myelin Repair, said “In a condition such as MS, which often progresses over several decades, it is important to understand the effect that ageing has on myelin regeneration.

“We are therefore delighted to have this funding from the MS Society that will enable us to investigate how ageing and lifestyle changes interact with the biological processes that underlie MS – knowledge that is needed to develop future treatment.”

Since 2005, we have invested over £3.5 million in the ground-breaking research carried out at the Cambridge Centre for Myelin Repair.

Dr Sorrel Bickley, our Head of Biomedical Research said: “More than 100,000 people are living with MS in the UK and there are currently no treatments available that can repair damage to myelin.

“We are incredibly proud that our funding over the years has enabled researchers at the Cambridge Centre for Myelin Repair to achieve major advances in this area.

“We look forward to seeing even bigger breakthroughs over the next four years.”

Published date: 13 Jun 2016

— Genetic mutation found with rapidly Progressive MS —

New research published today has identified a gene associated with the development of progressive MS.

Researchers found a particular difference in this gene (otherwise known as a gene variant or mutation) was associated with an increased risk of developing rapidly progressive forms of MS.

Rare genetic mutation: The gene variant was identified in a study involving two Canadian families, both of which have multiple members with MS.

However, having this mutation is not enough to cause MS. The study found nearly a third of the people who had this variant did not have MS, suggesting other genes or environmental factors are also important. Researchers also noted the variant found in these families is so rare most people with MS will not have it. They estimate only one in a thousand people with MS have the gene variant in question.

As this variant is so rare, it is not involved in most people's risk of developing MS. The study does however add to our overall understanding of how progressive MS develops.

The gene identified as different in these families is normally thought to be involved in reducing damage to myelin and may also help to promote myelin repair. Understanding more about these processes could help to inform the development of new treatments for MS.

Dr Sorrel Bickley, our Head of Biomedical Research, said: "More than 100,000 people are living with multiple sclerosis in the UK, and we know it's likely to be caused by a combination of genetics and environmental factors.



MS Nurse Clinic

0151 529 5645

Woolston Clinic
2nd Monday of the month
2 PM

"That means understanding how genes influence a person's risk of developing MS is a really important area of research.

P.T.O

Continued from page 7

“Whilst the gene variant identified was associated with rapidly progressing forms of MS in the two families studied, the variant itself is rare and most people with MS won’t have it.

“This research does however give us an insight into how progressive forms of MS develop, which could help to inform the development of new treatments in the future.

Published date: 01 Jun 2016 MSS

Shopmobility Charges

Shopmobility Annual Membership Charges are as follows:

- Annual Membership fee- £20
- Daily rate for a scooter or wheelchair - £1.50

Temporary Membership Charges are as follows:

- Daily rate for a scooter or wheelchair - £5

Wheelchair Hire: the charges are

- £20 deposit
- £2.50 per day or
- £7.00 per week



Tuesdays & Fridays 10 AM until 2 PM

Come and join us for lunch,
activities, guest speakers, friendship
and days out.

Warrington Disability Partnership
Beaufort Street, Warrington WA5 1BA

Contact Brun or Lynn
(01925) 240064 or
email Brun.Munslow@disabilitypartnership.org.uk

£5.00 per session
includes drinks and lunch

Donations & Fundraising

May & June

Esther Thomas (sponsored walk WDP)	£80
M Burke / M Wilmot Craft fair	£20
Radley common lunch club	£20
Donations with subs	£92
In memoriam Ken Roach	£60
May raffle	£64
Subs	£140
100+ club May	£320
Peter Travers (cash for clothes)	£45
Peter Travers (Orford Park)	£53
P Little	£95
Anonymous	£10
In memory Peter John Davey	£346
Subs	£5
Chris Janovitz (sponsored walk WDP)	£50
100+ club June	<u>£320</u>
Total	<u>£1720</u>

Our thanks to all involved.

Coffee Morning/Lunch Club

We are a group of MSers who meet for coffee/meals. In order to accommodate those of us who work, we are next meeting at 6.30 at the M&S upstairs coffee/ cafe on Wednesday 6th July. If you would like to join us or find out more, email me on milobead@gmail.com

Then unfortunately because of holidays there are no dates until September when it will be 21st of September and then 19th of October both mornings 10:30 AM at Marks & Spencer's Gemini. Just think you could get some early shopping for Christmas it's nearly there by then.
Many thanks Louise.

The Community Neurosciences Team consists of experienced health professionals with the knowledge and skills to provide a highly specialist rehabilitation service. We treat people with stroke, acquired brain injury and other neurological conditions.

The service we offer is specific to you and is dependent on your needs. It may involve different professionals from our team. We provide therapy in the home and local community environments such as gym, shopping centre and social amenities. Our services include Physiotherapy, Occupational Therapy, Neurological Nursing Service and Neuropsychology.

The services we provide are as a team we aim to:

1. Provide treatment in the home and community environment
2. Provide advice and education about your condition
3. Support you and your family with adapting to the effects of your condition
4. Provide information and signposting to other teams and services
5. Complete an assessment of your ability to carry out a range of daily living activities (e.g. self-care, leisure, productivity tasks) and support you to reach the optimum level of independence in these areas.
6. Specialist assessment and treatment / management of
 - Cognitive skills (e.g. memory, problem solving)
 - Physical skills, (e.g. mobility and function)
 - Emotional needs (e.g. anxiety /low mood)
 - Behavioural issues (e.g. temper, impulsive behaviour)

What to expect: For many this initially involves a period of assessment, i.e. what you can and cannot do and how this affects your life and your family and main carers) we will discuss options of support and rehabilitation with you to help you achieve your full potential. We may set short and long-term goals with you and your progress will be reviewed regularly.

Warrington Community Neurosciences Team, Orford Jubilee Hub
Tel: (01925) 251366 for information or contact your GP Practice.

— Evidence suggests link with obesity and MS —

A new study has suggested that there is a causal link between obesity and MS. It showed that people who are genetically predisposed to having a higher body mass index (BMI) are more likely to develop MS. This supports previous research that reported an association between obesity and MS.

Genetic studies: To understand more about the link between BMI and the risk of developing MS, researchers used data from two large genetics studies.

The GIANT study involved 322,105 people and investigated genetic factors associated with height and weight. The IMSGC study is the largest international genetic study of MS, having involved 14,498 people with MS and 24,091 people without MS.

Researchers found 70 genetic variants that were significantly linked to BMI, and analysed whether these were more common in people with MS. The results showed that people who carried these variants (and were therefore more likely to have a higher BMI) were at a higher risk of developing MS.

Causes of MS: Having a higher BMI has been associated with a number of changes in the body, but more research is needed to understand which of these changes could contribute to the development of MS.

Research so far has suggested that MS is caused by a combination of genetic, environmental and lifestyle factors, which together determine a person's risk of developing MS.

Healthy lifestyle: Dr Sorrel Bickley, Head of Biomedical Research at the MS Society said: "This is a valuable piece of research that adds to the evidence around the link between obesity and MS. Increasing our understanding of the environmental and genetic factors that are associated with developing MS is vital, and it's great to see more research happening in this area. This study adds to wider evidence on the benefits of a healthy lifestyle."

Published date: 29 Jun 2016

Executive Committee June 2016

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 Treasurer Mr John Burke824041
 Secretary Susan Bird.....659439

Committee Members

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Fundraising	Mrs Julie Richards.....	573980
Joint Equipment/ Transport	Mr Jim O'Connor.....	451472
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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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