

Warrington Branch

MIScellany

July 2017

Monthly Socials

The survey sent with the last newsletter received a poor response from you our members only 27 out of 183 were received. There were only 4 that wished the socials stay in the current format. The greatest number went for an afternoon venue in a more central location.

We have booked a room at Warrington Centre for Independent Living, Beaufort Street, Warrington WA5 1BA on 2 occasions in August. They are on **Wednesday 16th August at 2PM and Wednesday 30th August at 2PM. Refreshments provided. Terminating at 3:30 PM.** These meetings are just going to be a talking shop to gauge whether an afternoon venue will suit more of you. Information on MS will be available and if you wish to chat with other people living with MS there will be somebody there. At the moment these are the only dates booked, the day, location and frequency can be changed for future months if they are to continue.

We need to have the support of
our members
to keep the branch alive.

Membership News

Since the last newsletter we have 3 new members welcome to the branch unfortunately one member has died Betty Bury on 4 July her funeral on 20 July was not attended by the branch as we were not aware of it until details appeared in the Warrington Guardian.

Sorry that the monthly night-time socials have finished if you are going to be interested in attending please try one of the taster sessions listed on the front page to help form the path it is going to take.

Also in this issue Chris Ball is running for us again please do try to help this yearly event by either taking part and obtaining sponsors or supporting Chris on this marathon run. There will be a bucket collection at Orford Park from 10 AM on Sunday 13 of April where you will also be able to make donations. Without these people being willing to undertake events like this it would be impossible to provide the services that we give to you our members an example physiotherapy has been costing on average £1500 per month there is no magic money tree as somebody famous once said.

I will be doing a few laps (in my wheelchair) so perhaps you could sponsor me or Peter Travers who I hope will be pushing. Get in touch.

Chris Janovitz



Support Your Branch

Attend Socials

Outings

Join the hundred+club

MS Nurse Clinic



0151 529 5645
Orford Hub
Jubilee Way
Orford WA2 8HE



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

**Currently using
Chapelford Farm
Warrington**

**Alternative
suggestions welcome**

**Contact Peter Travers
(01925) 492970**



Congratulations to:-

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
Les BAYLISS	29-Sep
Jayne Avery	01-Oct
Jon WRIGHT	14-Oct
Stephen ROBINSON	16-Oct
Janet Bramhall	25-Oct
Philip JONES	26-Oct
John McQUILLAN	28-Oct

**MS Helpline Freephone
0808 800 8000**

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

<http://warringtonms.org.uk>

100+Club



There are 114 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.

22 May 2017 Members 116

Prize	Num	Name
1st	118	Wendy Welsh
2nd	043	Steph Atherton
3rd	035	J Charnley
4th	006	Elaine McGill
	029	Jill Sherratt
	099	J Wrenshall
	102	J A Moston
	079	Carol Little

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

14th June 2017 Members 116

Prize	Num	Name
1st	112	Peter Mowbray
2nd	056	G Atkinson
3rd	061	Rita Daly
4th	009	Charles Dooley
	080	Michelle Senior
	123	Susan Bird
	067	Jayne Dolphin
	099	Janet Wrenshall

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

24 July 2017 Members 116

Prize	Num	Name
1st	108	Pam Lilford
2nd	104	G Monaghan
3rd	006	Elaine McGill
4th	099	J Wrenshall
	035	J Charnley
	041	A Charnley
	123	Susan Bird
	038	K McQuillan

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

24-hour Endurance

Orford Park 13th August at 10 AM start



On what would have been his dad's 73rd birthday, Chris completed 73 one-mile loops of Orford Park while last year he ran 74 miles from Llandudno, Derek's favourite place, to mark his 74th birthday.

This year the 49-year-old is taking on his biggest challenge yet by running for 24 consecutive hours in Orford Park, and is inviting other members of the public to take part in his day-long jog – in which time he is hoping to cover 120 miles. Orford resident Chris said: “My family all think I'm loopy and my mum thinks I'm a confused hamster who likes running around in circles.

If you would like to join Chris for one lap or more please contact by email Christopher.Ball@warrington.gov.uk or Chris Janovitz on cj@warringtonms.org.uk

To donate please use the links below.

<http://www.warringtonms.org.uk/donate.html> payment via PayPal preferred option.

<https://www.justgiving.com/fundraising/Christopher-Ball35>

Policy Change

Dear Member

I'm writing to tell you that later this week (Thursday 27 July) we will update our position on cannabis for medicinal use for MS, specifically to treat pain and muscle spasms. These are common symptoms of MS that can make it very difficult to manage daily life.

We will be making this new position public, so I wanted you to be the first to know.

There are NHS treatments to manage MS pain and muscle spasms, but they don't work for everyone. There's also Sativex, a cannabis spray for muscle spasms, but it's very difficult to get on the NHS.

We're saying this urgently needs to change because most people who could benefit from Sativex can't afford to buy it privately.

We consulted our medical advisers who agreed that evidence now shows that cannabis for medicinal use can work for some people to relieve pain and muscle spasms in MS.

They believe that cannabis for medicinal use should be available for people with MS to manage pain and muscle spasms where other NHS treatments have failed.

We also surveyed 4,000 people with MS, 72% of whom feel that cannabis should be legalised for medicinal purposes.

We think the government should legalise cannabis for people with MS to manage pain and muscle spasms and should make it available for those who could benefit.

We are not taking a position on the general legalisation of cannabis.

Our medical advisors estimate that cannabis could help up to 10% of the MS population (or an estimated 10,000 people) in the UK, whose symptoms are not being properly managed by other treatments.

Cannabis for medicinal use has already been legalised in a number of other countries – for example in both Canada and Germany.

We'll be urging the government to look at some of the controlled systems that have been put in place in those countries so that people with MS in the UK who could benefit from cannabis for medicinal use can be confident about its quality, safety and dose – for example, through prescriptions.

This new position has been agreed by our Board of Trustees as well as by our Policy Reference Group which is made up of people with MS and senior volunteers.

We will publish this position on our website on Thursday 27th July, along with a report into the work we did to reach it. We have also developed new, more comprehensive information about cannabis for medicinal use on our website.

As with any drug, there are potential risks and side effects associated with the use of cannabis and how it is used. In particular, smoking cannabis mixed with tobacco has the well-known risks of tobacco smoking but has extra risks for people with MS. Smoking tobacco can:

Speed up how fast someone goes from relapsing MS to secondary progressive MS

Make some MS drugs (disease modifying therapies) work less well

We believe that it is important that anyone considering taking cannabis understands these potential risks and side-effects and makes an informed choice, preferably in discussion with their clinician.

If anyone in your group has any questions about this position or cannabis for medicinal use, please ask them to call our Helpline on 0808 800 8000 or to email helpline@mssociety.org.uk.

Best wishes,

Genevieve Edward, MS Society

Donations & Fundraising

May, June & July

Elaine Statham	£30
Subs	£40
Donations with subs	£15
Mrs Cash	£5
May hundred+ club	£290
E Thomas re Sponsored Walk	£100
P & C Little	£100
Mrs Mitchell re London Marathon	£50
June hundred+ club	£290
In memoriam Mr Cruickshanks Mother	£150
Subs	£55
Social raffle	£110
Neville & Esther Thomas Gold Wedding	£210
Subs	£37
Donations with subs	£40
DAD	£364
July hundred+ club	£290

Forthcoming Events

7th August	Pub lunch Chapelford 12 noon
16th August	Time for a chat Beaufort Street 2p.m.
30th August	Time for a chat Beaufort Street 2p.m.
4th September	Pub lunch Chapelford 12 noon
Requests for transport - Jeff Richards 07738609018	

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

Warrington DAD 2017

£364 raised by your tombola donations. Thank you all very much



I think I need a rest



Appropriate word for all our volunteers
Did the photographer spot this or is it just a coincidence.

New Role for MRI Scan

New research has found that MRI scans can help predict how MS will progress. MRI is already used to diagnose MS.

Results of a long-term study are being announced at the MS Society's research conference, MS Frontiers 2017. The event brings together the UK's leading scientists and clinicians every other year to share their latest findings.

The study at the Queen Square Multiple Sclerosis Centre ran for 15 years and involved 164 people with clinically isolated syndrome (CIS). People with CIS have experienced one episode of neurological symptoms and often go on to be diagnosed with MS.

Researchers looked back at MRI scans carried out when people were first diagnosed with CIS. They found that early spinal cord damage was a sign that people were much more likely to go on to develop the secondary progressive form of MS.

They also discovered that having a spinal cord MRI scan not only helped with diagnosis, but also gave an insight into the level of disability a person was likely to face in the future.

The study was funded by the MS Society and led by Dr Wallace Brownlee and Professor Olga Ciccarelli.

MS progression. Dr Wallace Brownlee said: "We already use MRI scans to diagnose MS and to monitor the course of the disease. Our findings suggest that MRI scans may also help predict long-term prognosis for people with early symptoms of MS."

Progression is really variable in MS and can be influenced by factors such as age, sex and initial symptoms.

Currently, there's no way of predicting how a person's MS might progress, so this new research could help to influence treatment choices.

Reducing uncertainty.

Dr Susan Kohlhaas, our Interim Director of Research, said: “Many people with MS tell us they’d really like to know what their prognosis is at diagnosis so they can make a more informed decision about treatment.

“We’re really proud to have funded this work and are now looking forward to the full results being published.”

MS Society 29th June

———— Acne treatment may help MS ————

Minocycline, a common acne treatment, may slow down the onset of MS in people with Clinically Isolated Syndrome (CIS).

People with CIS have experienced one episode of neurological symptoms and often go on to be diagnosed with MS. Researchers at the University of Calgary in Canada have been looking for drugs that could help stop this conversion to full MS.

Based on promising initial studies, they tested a cheap antibiotic which is already used around the world by millions.

Short-term effects

The study involved 142 people with CIS. Those who received the drug had a one in three chance of developing MS after six months. This was compared to a two in three chance for those taking a placebo (dummy drug).

As the study was too small to show any benefit after two years, further research is needed.

Repurposed medicines. Dr David Schley, our Head of Research Communications, said: "Finding new uses for existing drugs can be a great way to deliver cheap and safe treatments quickly. It was disappointing this study could not show long-term effects and we are keen to now see a bigger study into the benefits of minocycline delaying MS."

MS Society 2nd June

Executive Committee January 2017

Branch Officers

Chair Mr Paul Harrison.....01606 892151
 Secretary Mrs Susan Bird.....659439
 Treasurer Mr John Burke824041

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
Social	Mrs Margaret Wilmot.....	755017
Subscriptions	Mrs Louise Jones.....	265239
Everybody's Help	Mr Peter Travers.....	492970
Everybody's Help	Mrs Mary Burke.....	824041
Everybody's Help	Mr Charles Dooley.....	860112
	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.

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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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