

Warrington Branch

MIScellany

October 2014

It doesn't seem 5 minutes since the last newsletter and here we are again, time does fly. Included with this newsletter is the menu for our Christmas party at Statham Lodge, I missed last years being hospitalised but I know that the 75 plus that attended all had an excellent meal.

Unfortunately we are expected to book and pay for final numbers the 1st week of November so could you please return the slip and your cheque made payable to the branch in the envelope provided.

As not all the forms giving permission for us to include photographs and details have been returned any outstanding after the 1st week in November will be classed as a negative response. Please include with your reply slip for the meal if you haven't returned it.

There are a couple of information evenings taking place at the Walton Centre Wednesday 22nd October 6 PM-8:30 PM Practical Management of Symptoms (pain, fatigue and continence) Dr Pomeroy and Fiona Lynch and Thursday 6th of November 6 PM-8:30 PM Lifestyle and Self-Management (effects of smoking, overweight & update on research) Prof Carolyn Young. Places are limited please contact Dorothy Lewis (268820) to check the availability.

Please see page 11

—Progressive MS: 22 new research projects funded—

The MS Society has joined MS charities around the world in funding 22 research projects aimed at developing successful treatments for people with progressive MS.

This is our most ambitious progressive MS research initiative to date. We're working with MS charities in the USA, Canada, Italy, Australia and the MS International Federation, with additional support from MS charities in Denmark and Spain, to collectively form the 'Progressive MS Alliance', and make funding new research a reality.

More than 22 million Euros (about £17.5m) has been made available to fund the Alliance over the next five years.

Bigger projects, quicker answers. The global funding will speed up research into the condition, as scientists will be able to share knowledge and expertise, and will avoid duplicating work.

The Alliance has agreed four priority areas, on which research will be focused:

- Better understand progression so we can identify new treatments that can help
- Design shorter, faster trials to reduce the time taken for new treatments to be approved
- Conduct trials to test potential drugs and treatments
- Develop and evaluate new therapies to manage symptoms

Of the 22 projects, four are based in the UK and will focus on topics ranging from understanding the genetics and cellular biology of MS, to improving balance and developing better ways to measure and record symptoms.

The other projects are based in USA, Canada, Sweden, the Netherlands, Denmark, Italy, Australia and Belgium.

Michelle Mitchell, Chief Executive of the MS Society, said: "We know that people with MS desperately want treatments that can slow, stop or reverse the effects of MS progression – and by working with MS charities across the world, we hope to achieve this."

Published date: 12 Sep 2014



**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:-

Jane AVERY	01-Oct
Stephen ROBINSON	16-Oct
Janet BRAMALL	25-Oct
Philip JONES	26-Oct
John McQUILLAN	28-Oct
Lee GORMAN	23-Nov
Graham BANKS	05-Dec
Liz SPENSLEY	08-Dec
Chris JANOVITZ	13-Dec
Stephanie ATHERTON	16-Dec
Mary BURKE	18-Dec
Jill SHERRATT	19-Dec

**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

Listening Ear - Margaret Hughes -(01925) 723917

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.

August 2014
Members 116

Prize	Num	Name
1st	071	E Martin
2nd	006	Elaine Magill
3rd	100	Janet Wrenshall
4th	064	Helen Janovitz
	052	Lorraine Morris
	063	F Dooley
	009	Charles Dooley
	066	W M Dooley

The amounts were £118.00, £65.00, £39.00 and 5 at £10 respectively

9th September 2014
Members 116

Prize	Num	Name
1st	044	J Wolowicz
2nd	048	Pat Ordish
3rd	033	Amanda Wilton
4th	031	Judith Walsh
	108	Pam Lilford
	117	S McNamara
	076	John Pace
	118	Wendy Welch

The amounts were £118.00, £65.00, £39.00 and 5 at £10 respectively

Forthcoming Events

14th October	Social St Josephs Club Penketh 7:30 pm
11th November	Social St Joseph's club Penketh 7:30 PM
29th November	Everyman panto (fully booked)
14th December	Statham Lodge Christmas party 12:30 PM

Remember no social in December or January

Requests for transport - Jeff Richards 07738609018

Bessy's Blog

Hey Dougy, did you see the August Newsletter?

Why, wossit say?

Apparently, if they include details about us or pictures of anybody in the Branch, we have to give Uncle Chris permission first

You're joking. Our pictures are in every month. How would they know about our adventures, what with you being a literary star and me a superhero. You'll be telling me next that they can't mention our birthdays (all pigs ears and biscuits gratefully accepted)

Well, now you mention it....

So they have to fill in that form and send it back to Uncle Chris? What I don't understand is that Mary keeps putting John's picture on Facebook even though he says she shouldn't as it's an invasion of his privacy (whatever that is)

Well Dougy, you can own a human for 12 years, take them on long walks but you never really know what goes on in their minds.

You're right there Bessy, better get filling in that form

This could be our last time if John doesn't get those forms back to uncle Chris



Yeah I know sucks doesn't it I'll tell Mary



MS Nurse Clinic
Carolyn Cairns
0151 529 5645
Woolston Clinic
2nd Monday of the month
2 PM

Support Your Branch
Join the Hundred+ Club Outings



Attend Socials

— New five year strategy for the MS Society —

We are delighted to announce that our members overwhelmingly endorsed our new strategy for 2015 – 2019 at our Annual General Meeting on 20 September.

This marks an important milestone for the organisation, as we now have seven long-term goals which will guide all of our work. These goals reflect the hopes and aspirations of people affected by MS, and were developed through extensive consultation across the UK.

Our new goals

In order of priority, our goals are:

1. **Effective treatments:** People with MS will have access to effective treatments for their condition, including treatments which can slow, stop or reverse the accumulation of disability.
2. **Responsive care and support:** People with MS, including those being diagnosed, will have access to support that is responsive to their needs, and recognises them as equal partners in their care.
3. **Preventing MS:** Progress in research means that fewer people will develop MS.
4. **Quality information:** People affected by MS will have access to high quality information that meets their needs.
5. **A strong community, independent lives:** People affected by MS will be able to live their lives, strengthened by a community that ensures no one has to face MS alone.
6. **Supporting families and carers:** The families and carers of people with MS will have access to the support they need.
7. **Greater certainty about the future:** People with MS will have greater certainty about how their condition will progress.

Achieving aims

Above all, people with MS want access to effective treatments for their condition, including treatments which can slow, stop or reverse the accumulation of disability.

We'll achieve this through significantly increasing our investment in research, influencing others and campaigning to ensure people have timely access to treatments that already exist.

We'll also continue to be there for people affected by MS who need support today, ensuring that no-one has to face MS alone.

Working alongside others

Our members also endorsed the way we propose to work towards achieving these goals: as an organisation we'll continue to work alongside people affected by MS in everything that we do; we'll seek to collaborate with others who share our goals; we'll prioritise and focus on the areas where we can have the greatest impact; and we'll be inclusive, and seek to support everyone affected by MS.

We're the leading UK charity for people affected by MS. Following the referendum result in Scotland, it is important that we re-affirm our commitment to working across the UK, tailoring our approach to local, regional or national contexts where appropriate. The endorsement of our goals and new strategy is an exciting and important step forward for the MS Society. Now we'll focus on making these goals a reality for people affected by MS.

Our vision is a world free from the effects of MS. We can only get there with your support – please help us beat MS.

Published date: 20 Sep 2014

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<http://warringtonms.org.uk>
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Neurological Commissioning Support

A commissioning support organisation set up by three charities including the MS Society is to close on 31 October.

The decision to close Neurological Commissioning Support (NCS) follows a review of current and future activities by the NCS Board.

The chief executives of the three charities that founded NCS, and who make up its Board, have emphasised their commitment to building on NCS's success in positively influencing commissioners. The three charity partners – MS Society Parkinson's UK and the MND Association – support thousands of people with neurological conditions.

NCS was set up to provide specialist neurology commissioning advice to help NHS and social care commissioners improve services for people with neurological conditions. Following the introduction of new health and social care commissioning structures, the Board has reluctantly concluded that NCS's commercial approach to providing paid-for specialist commissioning advice is not sustainable.

Michelle Mitchell, MS Society Chief Executive, said: "NCS has provided an important insight into how people living with a neurological condition, like multiple sclerosis, can be involved in influencing and shaping improvements in services. We remain committed to addressing the variation in treatment and care that we know exists for people with MS and we'll use the foundations built by NCS as a platform from which to continue to improve outcomes for all people affected by MS."

More information is available on the NCS website.

Published date: 25 Sep 2014

Dave Hinde Travel Services



D.H.T.S.
Disabled Travel
Service

14 Seater Mini buses

Mobile 07887 615040

Parcel delivery service. Accounts

—— MS People are struggling to influence —— local health care

Not enough people are given the opportunity to shape the services they receive from the NHS in England, a new report suggests.

‘Public voice’ is crucial in improving NHS services, but a report from the Neurological Alliance, supported by the MS Society, has found people don’t feel that they have a say in local health and care services.

Lack of influence at a local level

Based on the results of a survey of charity staff, volunteers, people affected by neurological conditions and their carers, 47% of people feel that influencing their local healthcare bodies has become more challenging since changes to the NHS came in, while only 9% feel it has become easier.

Changes the Government has made to the healthcare system, including the introduction of local Clinical Commissioning Groups, and Health and Wellbeing Boards, were intended to give local people a greater voice in their services.

However, 59% of those surveyed felt that had their Clinical Commissioning Groups didn’t hear their voice, and 63% felt the same about their Health and Wellbeing Boards.

Recommendations for engagement

The report makes a range of recommendations to improve patient engagement, including a call for NHS England to provide more support and tools to allow people with neurological conditions and their carers to have their say locally.

Read the full report and recommendations.

<http://www.neural.org.uk/updates/241-localism> survey september 2014

Published date: 19 Sep 2014

— Results Show Promise to 'switch off' MS —

Interesting new data has been published this week on how the immune system could be altered so it stops attacking myelin, the nerve coating that becomes damaged in MS.

In MS, the body's own immune cells mistakenly attack the myelin layer surrounding nerve fibres. Some current treatments for relapsing remitting MS work by dampening down this immune response.

This new study takes a different approach called immune 'desensitisation'.

How the therapy works: Desensitisation therapy is widely used to treat allergies, but scientists have only recently looked into it as a potential treatment for autoimmune conditions like MS.

It relies on 'switching off' (or desensitising) the autoimmune response to myelin. This is done by giving somebody parts of the proteins that are normally targeted by the immune attack. Gradually increasing the dose of these proteins means the immune system 'gets used to' them and stops attacking myelin.

A clinical trial published in 2006 tested one type of desensitisation therapy in people with progressive MS, but found negative results. The therapy was not significantly better at slowing disability progression compared to a placebo (dummy) treatment.

Encouraging results: This new study, however, reveals the detail of how the autoimmune response can be turned off in a laboratory model of MS. By administering the protein in gradually increasing doses, the researchers were able to keep the immune attack switched off.

They also analysed how the immune cells changed during this process, and identified some important genes involved. This could help scientists understand how and why the immune response goes wrong in MS.

Further clinical trials are now required to investigate if this type of therapy could be effective at slowing or stopping MS progression. If

successful, this could pave the way for future treatments for people with all types of MS, and could also be applied to other autoimmune conditions.

Nick Rijke, Executive Director of Policy and Research at the MS Society, said: "This is a really interesting and encouraging study, and adds to our understanding of how scientists might be able to alter the way the immune system responds in people with MS.

"A previous trial of a similar therapy was unsuccessful in people with MS, but this latest study, although conducted in mice, offers new options for future clinical trials that one day could lead to a low risk treatment for people with the condition."

This study was carried out by researchers at the University of Bristol and was published in the journal Nature Communications.

New study Published date: 04 Sep 2014

Membership News

There will also be a trip to the Christmas market the 1st week in December no actual day has been chosen yet if you wish to attend please contact Margaret on 755017.

We have one new member there are currently 211 members of the branch of which 173 have MS I look forward to seeing some of you at this year's Christmas Lunch.

There's not a lot else to report although one thing has just come to mind Julia Wilton our social organiser unfortunately will be giving up the post at the end of this year so if anyone of you would like to take this role on please get in touch.

6 Mobility

Scooters available

Telephone
01925 822411

To reserve

Birchwood Shopping Centre

Chris Janovitz

MS Helpline Freephone
0808 800 8000

Executive Committee May 2014

Branch Officers

Chair	Ms Amanda Wilton.....	726758
Deputy Chair	Mr Paul Harrison	01606 892151
Secretary	Mrs Elaine Magill.....	637120
Treasurer	Mr John Burke	824041

Committee Members

Lead Support	Mrs Dorothy Lewis	268820
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 Julia Wilton.....	726758
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.

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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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