

Warrington Branch

MIScellany

May 2016

Annual Meeting
St Joseph's Club
Tuesday, 10 May 2016
7.30 for 8 PM

Because of changes in the structure of the MS Society this could possibly be the last Annual Meeting that our branch will hold. We will still be here but the more formal side of things i.e. election of branch officers and committee members will no longer be held. Not quite sure how this will work out only time will tell.

Sue Bentley MBE, Treasurer and Trustee for the Warrington Disability Partnership will be the guest speaker for the evening.

This newsletter is a little shorter than normal other than the attacks on disability benefits there's not a lot to report on. Some members of the branch have already been reassessed for PIP. I've not had mine yet, had I been 7 months older I would have missed out altogether.

Continued over

The branch also has 3 new members, welcome to you all. On a sadder note there has also been one death Kenneth Roach died on 15th April 2016 his funeral was on 29th April and Dorothy Lewis attended on behalf of the branch.

Please do try and attend the June social for the Thank You Party apart from being an enjoyable evening there is always an excellent buffet to enjoy.

I'm supposed to be doing the Warrington Disability Partnership 5 mile walk with Peter Travers on Sunday morning 1st of May but I am completing this newsletter on Friday the 29th April and it is cold and wet I'm hoping it improves or I might not be going.

Chris Janovitz

Major Fundraiser

Pictured below at Haydock Park Golf Club are Chris Janovitz and Nicola Hopkins holding the cheque with Peter Travers, Rita and Paul Harrison and the 2 golf captains for the year 2015-16 Mike Sherlock and Barbara Foster. Nicola should have been captain but because of her MS has not been able to golf.

Our branch was chosen by the 2 captains to be their charity for the year and numerous fundraising events were held to raise cash. Our thanks to all who organised the events but also to their supporters who parted with money. £5997.61 was raised and on the evening of the presentation Mr Captain had a whip round at his table to make the amount over £6000.

In these days of difficult fundraising an amount like this is most welcome to help us continue to provide the assistance we give to people with MS in the Warrington district. Our sincere thanks to all those who helped make this possible.





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

**Currently using
Chapelford Farm
Warrington**

**Alternative
suggestions welcome**

**Contact Peter Travers
(01925) 492970**



Congratulations to:-

John PAICE	26-Apr
Maureen MORGAN	20-May
James WILMOT	27-May
Francis V HARRIS	05-Jun
Sue BURNS	12-Jun
Pat ORDISH	13-Jun
Barry TAYLOR	15-Jun
Geoff SPEED	19-Jun
Karen CRITCHLEY	20-Jun
Keith MADDOCKS	11-Jul
Christine ASKEW	17-Jul

**MS Helpline Freephone
0800 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

Truffles Tales

Well I am here on my own Mary and John have been away, Dougy has been in respite care and I'm left to it. It's cold it's wet I've had my hair cut again and I've just been taken out toileting without my coat. I'm not a happy dog.

Now I know some people think that I am a bit posh I don't know how that started but look at what I found when looking at some snaps on one of those things that changes on its own. Helen took them when on a short break at a place called Ironbridge (strange name for a town) I am famous they've named a restaurant after me. I wonder if I would get free food.

I know that Bessy has gone and you shouldn't speak ill of the departed (big word Dougy won't understand he hasn't been told yet) but wouldn't she have been jealous of my fame.

See you next time unless I've been tempted by bigger things.



Changes at Your Doctors

NHS Warrington Clinical Commissioning Group (CCG) undertook a formal 90 day consultation on the medicines prescribed for short term minor health problems. It has been agreed that from Monday 18th January 2016, unless there are exceptional circumstances, these medicines will no longer routinely be prescribed and patients will be expected to buy these themselves.

Medicines for Self Care include:

Pain killers for **minor** aches and pains

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

Tonics, vitamins and health supplements

Ear wax removers (**a few drops of olive oil is recommended**)

Lozenges, throat sprays, mouthwashes, gargles and toothpastes

Indigestion remedies for occasional use

Creams for bruising, tattoos, and scars

Hair removal creams

Moisturisers and bath additives for dry skin

Sun creams (**unless diagnosed photosensitivity as a result of genetic disorders**)

Foods and food supplements (**except on the advice of a dietitian**)

Have you had problems with your GP Practice enforcing 10 minutes per patient and wanting to discuss only one ailment per appointment. If so could you please let us know either by email admin@warringtonms.org.uk or telephone (01925) 269035. We don't need any personal information or who you are really just whether you're dissatisfied with the service. If there is a problem amongst our members we will make representation to NHS Warrington Clinical Commissioning Group the people in charge.

Donations & Fundraising

Green Jacket Society	£235
Adelaide Hough & Bridge friends	£800
In memory of Edna Walton	£250
Snooker cue & Probation Service	£24
Subs	£110
Donation with subs	£60
V Cooper	£30
Haydock Park GC	£6001
March raffle	£67
Social inc book sales	£130
Courtyard Publicity	£100
Cash4Clothes	£22
Hundred+club	£322

— Plant peptide has potential for MS symptoms —

A team at MedUni Vienna have shown a plant-derived therapy has the potential to reduce the symptoms of MS.

Research published last week reported a modified plant peptide Kalata B1 reduced symptoms and slowed progression of a laboratory model of MS in mice, called EAE.

Promising peptide

This builds on previous research suggesting the modified peptide could limit the damage seen in MS, similar to other disease modifying treatments (DMTs), by reducing inflammation.

The treatment could also be taken orally rather than as an injection, though higher doses were needed for the oral treatment to be as effective.

Much more research needed

Dr Sorrel Bickley, our Head of Biomedical Research said: “These early studies in mice are encouraging, but much more research is needed to understand the safety and effectiveness of this treatment for people with MS.

“We look forward to seeing the results of future clinical trials.”

A phase 1 clinical trial to evaluate the safety of this treatment in humans is expected to start at the end of 2018.

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Forthcoming Events	
6th-12th June	Carers Week UK
14th June	Thank You Party St Josephs Club 7:30 pm
10th July	Disability awareness day Walton Gardens
12th July	Social St Joseph's club Penketh 7:30 pm
Requests for transport - Jeff Richards 07738609018	

100+Club



There are 117 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.

8th March 2016
Members 117


Prize	Num	Name
1st	005	Margaret Wilmot
2nd	076	John Paice
3rd	114	Mary McNamara
4th	072	Louise Jones
	115	Sharon Gallagher
	073	Angela McEwan
	031	Judith Walsh
	019	Liz Spensley

The amounts were £114.00, £62.00, £37.00 and 5 at £10 respectively

12th April 2016
Members 117

Prize	Num	Name
1st	112	P Mowbray
2nd	035	J Charnley
3rd	031	Judith Walsh
4th	062	L Hutchinson
	042	Jim Wilde
	065	Paul Harrison
	091	Meri Williamson
	109	Sue Burns

The amounts were £114.00, £62.00, £37.00 and 5 at £10 respectively




MS Nurse Clinic

0151 529 5645

Woolston Clinic
2nd Monday of the month
2 PM

Support Your Branch



Attend Socials

Join the hundred+club

Outings

<http://warringtonms.org.uk>

Executive Committee September 2015

Branch Officers

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

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
Newsletter	Mr Chris Janovitz.....	723564
	Jordan Knight	
Support	Mrs Rita Harrison.....	01606 892151
Activities	Mrs Margaret Wilmot.....	755017
Social	Mrs Louise Jones.....	265239
Subscriptions	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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