

## Fair boost for our funds



The sun shone, more than 170 visitors came along to give their support, and all in all our Garden Fair, held at the home of our Patron, Nigel Waterson, was a splendid success. And to cap it all we raised more than £900 for branch funds. Nigel is pictured above formally opening the Fair. More pictures on the centre pages.

**CAKE BREAK CRAZY**  
Is there a nicer way to raise funds  
for the branch?  
Reports inside, pictures on p16

**MP welcomes  
report on  
working  
with MS: p13**

## JULY EVENTS

**FRIDAY 1st** CENTRE OPEN 10.30 - 3.30.

Craft Group meeting 11am - 1pm. Everyone welcome.  
Please ring Linda on 439447 to book

**MONDAY 4th** CENTRE OPEN 10.30 - 3.30

YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

SEAFORD SOCIAL GROUP, Tea at the Grand. Details from Annifer.

**TUESDAY 5th** CENTRE OPEN 10.30 - 3.30

**WEDNESDAY 6th** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB, Chapters Lunch at the Centre.

**THURSDAY 7th** SEAFORD YOGA CLASS with experienced teacher, St Peter's Church Hall, Belgrave Road, Blatchington. Details from Annifer, 01323 651364.

LADIES GROUP picnic in Hampden Park. Details from Linda on 439447.

**FRIDAY 8th** CENTRE OPEN 10.30 - 3.30.

Craft Group meeting 11am - 1pm. Everyone welcome.

**MONDAY 11th** CENTRE OPEN 10.30 - 3.30

YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

**TUESDAY 12th** CENTRE OPEN 10.30 - 3.30

**WEDNESDAY 13th** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Dining out at Polegate Station.  
Please ring Linda on 438447 to book.

**THURSDAY 14th** CENTRE OPEN 10.30 - 3.30

LADIES GROUP 10.30 - 1.30. Auction. Bring along an item that can be auctioned off for a bit of fun.

SEAFORD YOGA CLASS with experienced teacher, St Peter's Church Hall, Belgrave Road, Blatchington. Details from Annifer, 01323 651364.

**FRIDAY 15th** CENTRE OPEN 10.30 - 3.30.

Craft Group meeting 11am - 1pm. Everyone welcome.

**MONDAY 18th** CENTRE OPEN 10.30 - 3.30

YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

**TUESDAY 19th** CENTRE OPEN 10.30 - 3.30

**WEDNESDAY 20th** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Ploughman's Lunch at the Centre.  
Please ring Linda on 438447 to book.

**THURSDAY 21st** CENTRE OPEN 10.30 - 3.30

LADIES GROUP- Oh I do like to be beside the Seaside.  
Meet at the Pier at 11 for a stroll on the Prom followed by fish and chips.

SEAFORD YOGA CLASS with experienced teacher, St Peter's Church Hall, Belgrave Road, Blatchington. Details from Annifer, 01323 651364.

**FRIDAY 22nd** CENTRE OPEN 10.30 - 3.30.

Craft Group meeting 11am - 1pm. Everyone welcome.

**MONDAY 25th** CENTRE OPEN 10.30 - 3.30

YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

**TUESDAY 26th** CENTRE OPEN 10.30 - 3.30

**WEDNESDAY 27th** CENTRE OPEN 10.30 - 3.30

LUNCHEON CLUB. Fish and Chips.  
Please ring Linda on 438447 to book.

**THURSDAY 28th** CENTRE OPEN 10.30 - 3.30

Ladies Group visit to Sovereign Harbour and Simply Italian.

SEAFORD YOGA CLASS with experienced teacher, St Peter's Church Hall, Belgrave Road, Blatchington. Details from Annifer, 01323 651364.

**FRIDAY 29th** CENTRE OPEN 10.30 - 3.30.

Craft Group meeting 11am - 1pm. Everyone welcome.

## AUGUST EVENTS

**MONDAY 1st** CENTRE OPEN 10.30 - 3.30

YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

MEET TO SHARE GROUP lunch at Hikers' Rest, East Dean. Details from Sue on 736359.

**TUESDAY 2nd** CENTRE OPEN 10.30 - 3.30

**WEDNESDAY 3rd** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Chapters Lunch at the Centre.  
Please ring Linda on 438447 to book.

**THURSDAY 4th** CENTRE OPEN 10.30 - 3.30

LADIES GROUP 10.30 - 1.30. Coffee and chat. Everyone welcome.

SEAFORD YOGA CLASS with experienced teacher, St Peter's Church Hall, Belgrave Road, Blatchington. Details from Annifer, 01323 651364.

MAINSTREAM is edited and published by the Eastbourne and South Wealden branch of the Multiple Sclerosis Society. The views expressed, unless clearly shown to be those of the Multiple Sclerosis Society, will be those of the author.

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# Back to work after Canary sun

Although it seems an eternity since our Annual Meeting, I must just take a moment to thank everyone for the cards, calls and emails I received thanking the Committee for a successful and happy event.

It was gratifying to hear how much you enjoyed the occasion and I should like to encourage everyone to communicate with us, be it praise, criticism or ideas. Our Branch is run for you, our members, and we love it when we hear from you or see you at a branch event. We have a growing number of volunteers and visitors to the Centre, so make a resolution now to get involved in branch activities – not everything involves raising money; the various group events at the Centre are a lot of fun and a good way to make friends and mix with others. Of course, fundraising is an essential part of our work and we will not cease to encourage (or nag) you to help us when asked. Raffle prizes are also something we can never have enough of, and smaller items are always needed for tombolas. Please make a special effort to become an active branch member – if it wasn't for you we wouldn't be here!

## My Holiday!

There was never any chance that you'd get away without hearing about my holiday, so here I go: I had a wonderfully relaxing three weeks on the Canary Island of Gran Canaria. Although the Canaries belong to Spain, they are much nearer to

Africa than they are to Europe, which makes for a year-long warm climate.

I went on a Saga holiday and I would recommend this holiday to anyone over 50. My hotel was ideal for anyone with mobility problems with slopes everywhere, meaning no steps to negotiate and all rooms are reached by lifts.

I was also allowed to inspect the rooms for the disabled. These are found away from the main hotel building in the beautiful gardens and very close to the beach. These rooms are ideal for a wheelchair, and my inspection (more a risk assessment really), was carried out with Jackie, our lovely Saga rep and Kate who is a full-time carer for her husband Peter.

Peter has MS and uses a wheelchair, so I was in good company. We were very impressed with what we saw and I wouldn't hesitate to recommend the rooms to anyone.

Kate and Peter are members of Nottingham Branch, and are quite envious of all the facilities and activities we offer our members in Eastbourne . . .

Peter said he knew I had MS the minute he saw me, which I admit came as a big surprise! Kate found

it quite a relief to meet someone who understood the life of a carer and knew just how hard she has to work, even on holiday.

That said, I liked them both immensely and we had a lot of fun together (I have to say that, because I promised to send them this issue of MainStream) – only joking of course! Seriously though, we all had a great time and there were a variety of activities to

take part in if one chose – ranging from aqua aerobics in the pool to archery. There was no pressure to join in, but the choice was there.

It was really good to meet someone from another branch of the MS Society, even though it forced me to talk about MS more than I would have chosen to on holiday.

That said, I always tell people what is wrong with me if they ask, and the conversation invariably has to include a lesson on exactly what MS is.

I'm sure you all experience similar things when on holiday, and as members of the MS Society I suppose we have a certain

**Continued on page four**

## From the Chair

by  
Joyce  
Milton



Joyce with Nottingham branch members Peter and Kate.

## Fund-raising update

# Keep up the good work!

As you will read in Treasurer Andy's report and elsewhere in this Mainstream, we have enjoyed a successful period of fund-raising recently.

The **Cake Breaks** (pictures on back page) brought a fantastic result this year, and thanks and congratulations must go to all who made the events possible, and, of course, all who went along to pay



Joyce gratefully accepting cheques worth more than £1,300 from Nicola King and Vicky Maidens in respect of the hugely enjoyable MS charity showing of the film *Chalet Girl*. Special thanks must go to Hailsham Pavilion for allowing the free use this beautifully restored 1920's cinema.

## From the Chair

From page three

obligation to raise awareness of the condition – it always surprises me how little people know about this cruel disease and it is good to feel that every discussion helps our cause – you never know, it may lead to a few shillings extra in the collecting boxes.

I'll just finish by wishing you all a warm and healthy summer. Will Andy Murray win Wimbledon for us this year? Well, we can always hope I suppose . . .

their money and enjoy the cakes!

We probably surprised ourselves with the outcome from the **Garden Fair** (report and pictures on centre pages), but it showed to us the potential of such events. With plenty of things to sell, plenty of helpers and good publicity – and good luck with the weather – there's money to be made.

So what is next on the fund-raising agenda?

We are considering a **Wheel and Walk** event along the promenade, probably from the Bandstand to Holywell and back, some time in September. This is a well-tried MS Society event which other branches have successfully staged. Participants on wheels or on foot are encouraged to gain sponsorship for the challenge, which is also a valuable opportunity to raise awareness with the public at large.

Does this sound like a good idea? Let us have your views.

We shall certainly be holding another **Quiz Night** in the autumn, probably in October and again at the Langney Sports Club, which seemed to prove popular last time.

We are also looking at the possibility of a **Grand Christmas Raffle**, with printed books of tickets. The key to success will, of course, be plenty of good quality prizes.

We would also like to stage a **Christmas Fair**, possibly using Our Lady of Ransom Hall. In addition to the type of stalls provided at the Garden Fair, we would have the opportunity for seasonal stalls.

How can you help us with fund-raising?

Firstly, by helping at events. The more people able to lend a hand, the easier the task becomes.

Tombola and raffle prizes are always useful, so spotting useful donors is very helpful.

Also, please be on the lookout for people who may be able to support us by taking part in local or national sporting events.

Lastly, let us know if you have a fund-raising idea. All suggestions will be gratefully received.

**Your branch committee**

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# News from Linda, our Day Services Manager



Recently The Ladies Group held an event which we called 'All Our Yesterdays'. The idea was to give everyone an opportunity to share a memory, for example: first day at school, first holiday, first outing in a car.

We had lots of interesting stories which included: life in the war, Sundays at home, first day at work. We spent several hours discussing our special memories.

For my part I found an admission ticket to Sea-world in Florida in a scrapbook which I had kept since 1979 when I first travelled to the USA.

It made interesting reading some 32 years later - for on that particular day back in 1979 my ticket read: HAVE A WHALE OF A DAY AND HELP FIGHT MS. "For each ticket sold until the end of 1979, 75 cents was to be donated to MS".

My ticket went on to highlight that in 1979 there were "over 500,000 Americans who already suffer from MS and at the time there was no known cure and the cause was yet to be found". That was certainly a trip down memory lane for me and what a strange coincidence that I should find in my old scrapbook a fundraising ticket for MS!

The MS Eastbourne and South Wealden Branch was very busy with this year's Cake Break, with several events in May where amazing cakes were

available for purchase. These events together raised nearly £1,000, which raises the question, 'Don't we just enjoy cakes in Eastbourne?'

And didn't we do well! A huge thanks to everyone for making such fantastic donations of cakes, and to all those who bought them, your support is really appreciated.

We also recently enjoyed our fantastic Garden Fair where we again raised more than £800 pounds by selling cakes, plants, books, bric a brac, jewellery, crafts, raffle prizes, guessing the weight of a cup cake, guessing how many lollipops in the jar, fishing the ducks out of the pond and a tombola.

There are so many people to thank for all their contributions, giving up spare time to work on the day and attending. We could not have achieved this without your support.

It was so kind of Nigel and Barbara to allow us to use their beautiful home and garden for the Fair and even the weather was on our side! On a personal reflection, it has been a long time since I was involved with a fete - in fact it was back when my own daughters were at school, but whilst it was hard work, I had a lot of fun on the day and I hope you all did too!

Linda

## Garage appeal brings a welcome response

Following our appeal in last month's Mainstream for help with storage space, we are delighted to report that a kind branch member has provided us with space in her garage.

We are very grateful to Laura Randolph for her response, which means that we can vacate the garage which we have rented for the past few years. This will result in an annual saving for the

branch of £600 - money which we can put to use to benefit members.

Laura's help comes just at the right time, as we have boxes of books and other items left over from the Garden Fair, which need to be stored away until they can be put on sale at a future event - hopefully a Christmas Fair.

### glams

For lesbians, gay men, bisexuals and transgender people affected by MS  
A group supported by the MS Society  
c/o London Friend  
86 Caledonian Road, London N1 9DN  
020 8509 8581 (answerphone)  
glams\_ukgroup@hotmail.com

### EASTBOURNE ACCESS GROUP

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Contact: Ian Westgate (Chairman)  
Tel: 01323 763226  
Mobile: 07835 888 019  
Email: ian.westgate@uwclub.net

## News from our Branch Groups

### Ladies Support Group

Since last month when I gave you our programme up to the end of September, some changes have been made. The changes will affect us in September, but also a couple of extra outings are scheduled, as our Centre Coordinator feels that we need more fresh air. Thank you Linda. Yes, certainly we do, and we do appreciate your kind consideration. So our revised programme is now as follows : -

Thursday 7th July: Picnic in the park. Meet in Hampden Park at 11am, Linda will be providing a picnic, bring along £1 to help with the cost. (Thank you Linda.)

Thursday 14th July: Auction (Thank you Val). Bring along an item that can be auctioned off for a bit of fun. (As well as raising funds!)

Thursday 21st July: 'Oh, I do like to be beside the seaside'. Meet at the pier on the seafront at 11am, to wander along the seafront, and enjoy a fish and chip lunch, and plenty of fresh air!

Thursday 28th July: Visit to Sovereign Harbour – to go shopping, or to have a coffee, but to ultimately have a meal at 'Simply Italian'.

Thursday 11th August: Airbourne – Join our friends at Chaseley, to watch Eastbourne's most famous spectacle.

Thursday 25th August: 'My first ever job' – come along and share your first ever working experience.

Thursday 8th September: 'Call my Bluff.' (Thank you Margaret-Clare.)

Thursday 22nd September: Bingo. (Thank you Sue)

Thursday 29th September: Trip to Hillier's garden centre.

The extra outings scheduled for 7th and 21st July are very much dependant on the weather. But don't worry, if the weather is not good, we'll still be meeting at Map House. If unsure, just call Linda to check.

Again, dependant on the weather, we might be booking some extra outings for August too, so watch this space!!!

As always, all ladies welcome, every Thursday 10.30 - 1.30pm, and if there is nothing on the programme, we will still be at the centre for an unmissable cuppa and some stimulating conversation.

And here is a thought for the day : -

Never Explain Yourself to Anybody  
Becoz the person who likes you doesn't need it,  
And the person who dislikes you wont believe it.

Janet

### Young MS Supporters

Clare, our co-ordinator, has recently moved, and is currently a very busy young lady. Regrettably she is unable to submit a report this month. However she assures me that she has prepared a letter for our youngsters which will be on its way shortly.

### Seaford Social Group

Our Cake Break was A huge success. It was held at my house in Seaford on a Saturday, and it turned out to be awful weather that day. But it didn't seem to put anybody off.

We had a raffle and also a clothes exchange sale, plus handbags for sale and, of course, a huge supply of home made cakes. All this kept the Seaford members very busy and on our feet for many hours.

And it was all worth the hard work put in by everybody as we raised the grand total of £480.00.

Well done to all the workers !

Our next outing is a special treat: We are splashing out and going to the Grand at Eastbourne for afternoon tea on the 4th July at 2.45.

Annifer

### Meet to Share Group

It was one of the hottest days of the year for our June lunch, held at the Royal Golf Club, one of our favourite venues.

Many of us had, of course, met on June 3rd for our Cake Break, held at the home of Jill Warrender. Jill and daughters Julie and Sally produced a fantastic array of cakes - the spectacular cup cakes attracting special compliments - and everyone enjoyed the sun in the garden. We had some books and cards on sale, and a raffle added to the fun. We were delighted with the final amount raised - £315. Thanks to Jill and family for their hospitality. Our next get-together is on August 1st at the Hikers' Rest, East Dean.

Sue

#### SOMETHING TO GET RID OF?

By using our ebay page you can find a home for your unwanted goods - and the proceeds will come straight to the branch. You can also bid for items being sold for our funds.

Visit:

[http://donations.ebay.co.uk/charity/charity.jsp?NP\\_ID=42839](http://donations.ebay.co.uk/charity/charity.jsp?NP_ID=42839)

# Finance update

from Branch Treasurer, Andrew Dixon



Having gone through a fairly quiet period with fundraising in the past six months or so I am pleased to be able to report that our finances are starting to look a lot healthier. A lot of that has to go down to the policy of the branch committee which now has fundraising as a regular agenda item ensuring that plans are discussed fully at our meetings and, most importantly, are being put into practice. The highlights for May included

- £1,177 donation from a premiere of Chalet Girl at the Hailsham Pavilion
- £203 from collection tins in Eastbourne and surrounding area
- £499 Monthly standing order donations
- £243 Membership subs plus £164 donations via National MS centre
- £193 Just Giving site ( see below)

I would like to just go into a little more detail re the Just Giving site, where we raise a lot of money through supporters, some we know and others who choose us as their charity as they do mad things like skydiving, running the London or Brighton

marathon and collect considerable sums of money for us.

The more recent fundraisers have included the Willis family with Liam and Adam running the 21st Hastings half marathon and raising £319 including Gift Aid – well done to them.

Also, Anne Canby who recently completed the Salzburg Marathon raising to date £140 including Gift Aid. Finally, Peter Boddy who ran the Brighton Marathon and has raised a staggering £971.78 including Gift Aid.

So, on behalf of everyone – many thanks for all your fantastic efforts.

If you know someone who would like to raise funds and get fit at the same time then the Just Giving site takes care of all the paperwork and is a very efficient way of fundraising.

If Eddie Kidd can complete the Marathon...what an effort and example to all of us that was. Perhaps I shall enter the committee next year, any other volunteers?

## Anne's run in memory of Julia

As mentioned in Andy's report, above, Anne Canby, ran the Salzburg Marathon to raise money for the branch.

She tells us: "I chose to raise money for the local MS Society branch because, as a local physiotherapist specialising in NeuroRehabilitation, I am very aware of the important work carried out by the Eastbourne branch.

"The support that you offer to local people with MS and their families is invaluable and I wanted to contribute.

"I was unfortunately unable to attend the funeral of Julia Dexter, who very sadly died recently, and knowing that any donations were for the Eastbourne MS Society I ran my marathon with Julia in mind.

"The actual run went very well and my brother and I actually enjoyed it!

"I also have some further money coming from people who sponsored me directly and I will pass this to the branch once it is all collected."

## Minibus drivers wanted

Peter Briggs, one of our valued volunteer drivers, is having to reduce his commitment.

Therefore the branch needs to recruit an additional driver. - or, better still, drivers

If you know someone who may be able to spare a few hours a week, please put them in touch with Linda at the Centre.

Meanwhile our thanks to Peter for his terrific support.

## Helping with the rising cost of transport

The branch is delighted to be able to provide transport for those members who need it, and it is a service we plan to continue without charge.

However, fuel costs have increased dramatically over the past year adding considerably to our transport bill.

If, therefore, users feel able to make a small con-

tribution occasionally, it will be gratefully received. A special collection tin is available at the Centre for this purpose.

This should in no way be viewed as a fare appeal. Our main aim is to ensure that transport is provided where needed without obligation on the members using it.

# The sun stayed out for our successful Garden Fair



The book and plant stalls attracted plenty of custom.



Above and below: the busy scene at the bric-a-brac stall - and all smiles from the team behind the 'counter'.



After a week of downpours, we kept our fingers crossed as the Garden Fair drew closer. But on the day we were blessed with a fine day - and a terrific result, with more than £800 being raised for branch funds. Nigel and Barbara Waterson's delightful garden at Wannock proved the perfect setting, and stalls were kept busy as a steady stream of visitors came through the gate during the three hours of the event.

So many people helped ensure the Fair's success, from those who donated plants, books, bric-a-brac, cakes and tombola and raffle prizes, to those who provided practical help by running stalls, setting up and dismantling. Special thanks go to Dave Tubbs who provided us with his marquees as insurance against bad weather, and, of course, to Nigel and Barbara for letting us take over their garden for a day.



Above and below: Queues at the refreshments stall kept helpers busy, and the cake stall also did brisk trade. Thanks to all who made the goodies.



Produce and plants a plenty - but there was little left over at the end.



Nigel draws the raffle, supervised by Linda.

**H**i Everyone. I would like to congratulate Claire Ysabel this month on the birth of Elsie Rose to her daughter, Nikola on 28th May. I hope everything is going well with mum and baby!

**A**s I am writing this it is raining outside and the sky is very grey. I am going to Eastbourne Tennis week starting Monday. I know, we need the rain or we will be in a drought, but if it could hold off until Wimbledon I would be very grateful. Anyway, it's tradition now, isn't it, wet and soggy Wimbledon!

We haven't had much rain this summer so far, but I seem to have caught the little that we have had! I took a trip to Chelsea Flower Show in May. There were not many wet days there, but on the day I went it rained and how it rained!

It was quite dry when I set off, a bit overcast, but then again, there is nothing worse than sweltering under hot sun. I didn't go on my own, Andy and his mum came with me. We travelled up on the train, which is a good way to get into London. No traffic jams or parking hassles.

At Victoria we jumped on a shuttle bus to The Royal Hospital, so far, so good. We are dry and, although not warm we are comfortable. We found somewhere to eat, a 'burger bar', which was a bit of a new experience for my mum-in-law, she prefers to eat with a plate and cutlery, but there were thousands of people all thinking of 'finding something to eat' at the same time.

By now, black clouds were looming in the distance, all planning a 'rain raid' on nearby flowers and spectators. There are marquees scattered

## Strictly Sue



around the show ground and, as the first fat plops of rain begin to fall naturally everyone dashes for those sheltering spots! Even if people have seen all the displays within, they decide to 'have another look' until the shower passes. Can you imagine the scene, hundreds of people pressing up against each other, wet against wet, umbrellas dripping into shoes and precious plant souvenirs spreading seeds into each other. I don't want to think about the mutant species that might result from the cross breeding!

Despite the wet weather we had a great day, and my mum-in-law has told anyone that she can that 'she has never seen that much rain before'. She might be slightly exaggerating, considering that she is 80!

**I** try to keep this column free from MS, I think you probably have enough of it all day, every day. However, someone recently asked me if I ever 'felt guilty' about what my MS is doing to my family. I haven't ever thought about it before, but it made me think.

As you know, I have two daughters. Without my condition they would have never encountered disability and understood it. I would have been working, missing out on important events in their lives. Andy has definitely had to learn patience when I drop things and understand when I am too tired to do anything but just sleep! My mum and dad were understandably shocked and worried at my initial diagnosis, but they have realised over 30 years that I will not be bowed by MS and so they aren't either.

None of us ask for this s\*\*\*\*y disease, and there is never a reason why we should ever feel guilty for it. This is the last time you will find me writing about MS in MainStream.

Take care and we'll talk soon.

THE new MS Society web-based library catalogue is now online. The library database provides easy access to the titles of hundreds of articles and publications from the MS Society, as well as links to key publications and articles on MS produced by other organisations. Search the library database at [www.mssociety.org.uk/library](http://www.mssociety.org.uk/library). Everyone can browse the catalogue and you can reserve items and monitor your loans by setting up your own membership account. For details phone 020 8438 9000 or at [librarian@mssociety.org.uk](mailto:librarian@mssociety.org.uk).

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# In the end, it was a piece of cake!

The daughter of branch member Josie Little was among those who raised funds with a Cake Break.

Josie tells us all about it: "Philippa my daughter wanted to do the Cake Break. Four weeks before the event she started preparing, six dozen eggs, pounds of butter, peanut butter, large jars, all types of sprinkles.

"It all began: freezer full, cookery books everywhere, not forgetting the week of cutting, machining and ironing the double sided bunting.

"More and more tired, she spent her time worrying that no one would come. The day arrived!

"The table was out, chairs borrowed, bunting on the line, panic with cakes everywhere.

" 'What if no one comes?' But they did - family, friends and neighbours. The total raised was £235.61. Everyone left with cakes. All enjoyed it in the garden and the sun shone.

Thanks to everyone who came



and helped.

ps The bluetits nesting in the centre of the garden stopped feeding their babies while we were out there but carried on once the garden was quiet. The babies were chattering nearly as loudly as the guests!"

**Philippa's guests enjoy a chat in the garden.**

**More pictures on the back page.**

## When the sea lapped at Castle's walls

The fort stands on land locked on a tongue one kilometre long from the East Sussex coast overlooking the Pevensey Levels.

At the time of construction this was different.. The Levels have a complex history of advancement and retreat, the environment varying from marine to one of freshwater.

During post-Roman times, longshore drift of chalk from the cliffs west of Eastbourne created a bank between Eastbourne and Bexhill. The date when this happened can not be found from any scientific

### Further notes on the history of Pevensey Castle from PAUL WILCOX

techniques but can be shown from historical records. It was well advanced by the thirteenth century when many East Sussex harbours were blocked by drifting gravel.

Thus Pevensey Castle is seen at the end of a narrow peninsular surrounded by a coastal marsh. Navigation was only possible along a number of

deep water channels. Some of these would have been blind ended creeks. Freshwater would have come from the hills surrounding the Levels. The fort must have been accessible from a creek that ran close to the fort and emptied into the sea. Access may have been restricted to high tide. The Domesday survey recorded much salt working on the Levels. This working had declined by the thirteenth century. Much drainage from then until modern times has seen the reclamation of the Levels for farmland.

From our MS Information monitor, **Ian Westgate**

# How taking to the pool can help provide the perfect exercise

**H**ydrotherapy, or pool therapy, consists of an exercise programme that is performed in the water. It is a beneficial form of therapy that is useful for a variety of medical conditions.

Hydrotherapy uses the physical properties of water to assist in patient healing and exercise performance.

One benefit of hydrotherapy is the buoyancy provided by the water. While submerged in water, buoyancy assists in supporting the weight of the patient. This decreases the amount of weight bearing which reduces the force of stress placed on the joints. This aspect of hydrotherapy is especially useful for patients with arthritis, healing fractured bones, or who are overweight. By decreasing the amount of joint stress it is easier and less painful to perform exercises.

The viscosity of water provides an excellent source of resistance that can be easily incorporated into a hydrotherapy exercise programme. This resistance allows for muscle strengthening without the need of weights. Using resistance coupled with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress that cannot be experienced on land.

Hydrotherapy also utilises hydrostatic pressure to decrease swelling and improve joint position awareness. The hydrostatic pressure produces forces perpendicular to the body's surface. This pressure provides joint positional awareness to the

patient. As a result, patient proprioception is improved. This is important for patients who have experienced joint sprains, as when ligaments are torn, our proprioception becomes decreased. The hydrostatic pressure also assists in decreasing joint and soft tissue swelling that results after injury and with arthritic disorders.

Lastly, the warmth of the water experience during hydrotherapy assists in relaxing muscles and dilates blood vessels, increasing blood flow to injured areas. Patients with muscle spasms, back pain, and fibromyalgia find this aspect of hydrotherapy especially therapeutic.

It is important to know, however, that aquatic therapy is not for everyone. People with cardiac disease should not participate in aquatic therapy. Those who have fevers, infections, or bowel/bladder incontinence are also not candidates for aquatic therapy. Always discuss this with your physician before beginning an aquatic therapy program

*Notes:*

*Proprioception is the function of sensory nerve endings in muscles, tendons, and joints that provides a sense of the body's position by responding to stimuli from within the body.*

*Fibromyalgia is a disorder causing aching muscles, sleep disorders, and fatigue, associated with raised levels of the brain chemicals that transmit nerve signals from the body's neurotransmitters.*

**The branch has been offered regular weekly sessions for members in the hydrotherapy pool at the DGH, should sufficient people be interested. Here, Ian Westgate explains the general benefits of taking to the water for people with medical conditions. If you are interested in signing up for the pool sessions, contact Linda Warner at the Centre on 439447.**

## Cinnamon research in battle against MS

A neurological scientist at America's Rush University Medical Center has received a grant from the National Institutes of Health (NIH) to evaluate whether cinnamon, the common food spice and flavoring material, may stop the destructive process of multiple sclerosis. The two-year, \$750,000 NIH grant will fund research that will analyze the effects of

cinnamon on the disease process in mice. "Since medieval times, physicians have used cinnamon to treat a variety of disorders including arthritis, coughing and sore throats," said Kalipada Pahan, the Floyd A. Davis professor of neurology at Rush and principal investigator of the study. "Our initial findings in mice indicate that cinnamon may also help those suffering from MS."

# MP's support for report on MS and work difficulties

Eastbourne's MP, Stephen Lloyd, has spoken in support of a new report which highlights problems faced by people of working age who have MS and what can be done to support them.

The report, entitled *Ready to Work: Meeting the Employment and Career Aspirations of People with Multiple Sclerosis*, has been published by the Work Foundation, the independent authority on work and its future.

It found that 37 per cent of people with MS are employed, but that many have to change or quit their jobs due to fluctuating capability.

Seventy five per cent of people with MS say the condition impacted on their career opportunities, and 80 per cent stop working within 15 years of its onset. On average, people with MS lose 18 working years.

The cost to the nation of MS in lost tax revenue and welfare is enormous.

The report says many people with MS want to work and with the right support could live productive working lives for much longer.

Action is needed by individuals, employers, health professionals and policy makers.

Individuals with MS need to be more assertive while, employers need to provide flexible working hours, rest breaks and improve awareness among

colleagues.

Health professionals, says the report, should think about work as a key part of an individual's well being, and policy-makers should ensure programmes like access to work are better adapted to the fluctuating nature of MS.



Stephen Lloyd pictured in the House of Commons.

Stephen Lloyd, who is a member of the All Party Parliamentary Group on MS, and a member of the Work and Pensions Select Committee, attended the launch of the report in the House of Commons.

He said: "I welcome The Work Foundation report on MS and work. Employment is a hugely important life factor and for many people it is a crucial part of their identity.

"It is essential that a complex condition such as MS is properly understood by employers and policy makers in the UK to allow the many people with MS who want to work to do so.

"As the report demonstrates, allowing people to stay in work longer will also bring wider economic benefits. I look forward to working with The Work Foundation and MS community to implement the calls to action highlighted in 'Ready to Work', encouraging more people with long term conditions to live more satisfying and rewarding lives."

## Regulators' concerns end hope for Cladribine tablets

Merck Serono has announced it will no longer pursue a license for Cladribine tablets, a potential treatment for relapsing remitting MS, following concerns from US and European regulators about the drug.

The tablets will now be withdrawn from Australia and Russia, where they are already approved and available.

Jayne Spink, Director of Policy and Research at the MS Society, said: "We are profoundly disappointed that, after years of work, these clinical trials will not lead to a new therapy option for people with MS."

## NEWLY DIAGNOSED WITH MS?

If you are newly diagnosed with MS and feeling a bit low and would like someone to talk to, please pick up the phone and give me a call.

**Sue on 01323 736359, or  
SueAustin50@aol.com**

Calls are treated in strict confidence

## NICE to update its MS guidelines

After extensive lobbying from the MS Society and others, and after a recent consultation, NICE (the National Institute for Health and Clinical Excellence) has announced that it will update the clinical guideline for MS.

The guideline is currently eight years old, and the MS Society has been pushing for some time for it to be updated to take account of new research and advances in treatments in recent years.

The MS Society welcomes the news but is concerned that no date has been set for the guideline to be updated, and that the scope of the update will be too narrow.

The guideline is important because it advises healthcare professionals about the treatment and care of people with MS – and sets out what sort of treatments should be considered and in what order.

Jayne Spink, Director of Policy and Research at the MS Society, said: "We are pleased that NICE have now recognised the urgent need to update the guideline, and we are happy that some key areas,

such as the benefits of exercise on fatigue, will be included.

"However, the fact they have failed to say when they will update the guideline is a worry. This needs to be considered a priority, as it is already well overdue."

The Society is also concerned that disease-modifying drugs have been ruled out of the scope of the new guideline, and that Sativex may not be included in the update, pending a decision by the Department of Health.

Jayne Spink added: "This is good news overall, but feels like a half-measure. A more holistic guideline would be of far more use to people with MS, and to healthcare professionals making decisions about their care and treatment."

NICE are also yet to confirm whether a quality standard will be developed, which would provide a benchmark for quality of care and services for people with MS..

From our Branch Chaplain, the Rev Gerald Munro

## Confidence is the key

Greetings to you all!, The American writer Mark Twain's wit can prove quite amusing, but it is difficult to agree with his conclusion that, 'All you need is ignorance and confidence and success is sure.'

All those suffering the consequences of the banking crisis fuelled by such a toxic combination of ignorance and confidence would prefer their assurance to be more firmly grounded.

We frequently hear reports about a 'decline in consumer confidence' and meet people who have

lost faith in those they formerly trusted, such as bankers, politicians and priests.

Psychologists tell us that confidence is the key to positive living. They are certainly not the first to recognise this. Writing in the latter half of the first century, the author of the Book of Hebrews said, 'do not throw away your confidence: it will be richly rewarded.'

The word itself derives from the Latin and suggests full trust or reliance in something or someone. It can also be translated as 'boldness'. The disciple Peter displayed this kind of certainty or boldness on the day of Pentecost when he announced to the gathering crowds... 'Brothers I can tell you confidently that the Patriarch David died and was buried in his tomb is here to this day.' And he continued, 'Seeing what was ahead, he spoke of the resurrection of Jesus: that he was not abandoned to the grave. God has raised Jesus to life and we are witnesses to this fact.'

Peter's confident demeanor cannot be fully explained without reference to the gift of the Holy Spirit which came down upon the disciples at Whitsun – Pentecost, and later become the empowering presence within the Christian Church.

It was the combination of these events that allowed the Church to begin its mission with an explosion of Joy. The story of the first Pentecost is to be found in the Book of Acts, Chapter 2, verses 22-36.

Best wishes  
Gerald

### YOGA CLASSES FOR PEOPLE WITH MS...

...now take place in Seaford and Eastbourne. An experienced tutor takes classes every Monday at the Community Resource Centre in St Leonards Road from 11am-12.

And on Thursdays the class takes place at St Peter's Church Hall, Blatchington, Seaford.

The cost is £4 per session.

**Call 01323 439447 to book a place in the Eastbourne class, and call Annifer on 01323 651364 for more information about the Seaford classes.**

**EASTBOURNE & SOUTH WEALDEN MS SOCIETY DIRECTORY**

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**Our MS Centre** is independently funded and was established in February 2004 and officially opened in June 2005 by HRH The Duchess of Gloucester.  
Financially supported by: The Rotherwick Foundation



## A feast of cakes helps branch funds



Above: The Warrender ladies and, below, some of the yummy fare, and guests in the garden.



Cake Breaks held by Philippa Little, Jill Warrender and family, and Annifer Hatcher boosted branch funds by nearly £1,000. (See reports inside Mainstream). Here's a selection of pictures from the big days. Well done ladies, and all those who helped.



Above: The scene in the Little garden, and, below, some of the moutwatering cakes.



Left: Cupcakes on offer at Annifer's Seaford Cake Break, which also featured a Frock Swop (right)