

# Happy 40th birthday to us!

The branch celebrated its ruby anniversary at the annual meeting and was provided with this splendid cake by Carol Curtis. Pictured with Joyce, and Nigel Waterson, are regional officers Allan Matthews and Jane Haines.



Thoughts of  
a Street  
Collector  
- page 11

Annual Meeting  
report and  
pictures  
- pages 8&9

How we  
celebrated  
that wedding  
- back page

**MAKE A NOTE: Branch Garden Fair,  
Saturday, June 11th at The Thatched Cottage, Wannock  
Full details on page 10**

WORKING IN PARTNERSHIP WITH



## JUNE EVENTS

**WEDNESDAY 1st** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Ploughman's Lunch. Do come and join us all.  
Please ring Linda on 439447 to book

**THURSDAY 2nd** CENTRE OPEN 10.30 - 3.30  
Ladies Group 10.30 - 1.30. Bingo with Sue.

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

**FRIDAY 3rd** CENTRE OPEN 10.30 - 3.30.  
Craft Group meeting 11am - 1pm. Everyone welcome.

CAKE BREAK at 8 Peppercombe Road, Old Town, from 11am - 3pm.

**MONDAY 6th** 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 Cream Tea at Exceat Farmhouse, 2pm.

**TUESDAY 7th** CENTRE OPEN 10.30 - 3.30

**WEDNESDAY 8th** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Dining out at Hillier's Garden Centre. Please ring Linda on 438447 to book.

**THURSDAY 9th** CENTRE OPEN 10.30 - 3.30  
Ladies Group 10.30 - 1.30. Cpffee and chat at the Centre.

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

**FRIDAY 10th** CENTRE OPEN 10.30 - 3.30.  
Craft Group meeting 11am - 1pm. Everyone welcome.

**SATURDAY 11th** GARDEN FAIR, The Thatched Cottage, Wannock 11am - 2pm

**MONDAY 13th** CENTRE OPEN 10.30 - 3.30  
YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

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

**WEDNESDAY 15th** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Lunch from Chapters. Please ring Linda on 438447 to book.

**THURSDAY 16th** CENTRE OPEN 10.30 - 3.30  
Ladies Group 10.30 - 1.30. Beetle Drive with Sue. Come and join in the fun.

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

**FRIDAY 17th** CENTRE OPEN 10.30 - 3.30.  
Craft Group meeting 11am - 1pm. Everyone welcome.

**SATURDAY 18th** MS Society Open Meeting, The Hilton, Maidstone, Kent. Further details from Linda, 439447..

**MONDAY 20th** CENTRE OPEN 10.30 - 3.30  
YOGA CLASS with experienced Yoga teacher 11.00 - 12.00. Everyone welcome to join the group.

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

**WEDNESDAY 22nd** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Fish and Chips. Please ring Linda on 438447 to book.

**THURSDAY 23rd** 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.

**FRIDAY 24th** CENTRE OPEN 10.30 - 3.30.  
Craft Group meeting 11am - 1pm. Everyone welcome.

**MONDAY 27th** 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 the Royal Golf Club, Paradise Drive, 12.30pm. Phone Sue on 736359.

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

**WEDNESDAY 29th** CENTRE OPEN 10.30 - 3.30  
LUNCHEON CLUB. Ploughman's Lunch. Please ring Linda on 438447 to book.

**THURSDAY 16th** CENTRE OPEN 10.30 - 3.30  
Ladies Group 10.30 - 1.30. Pampering morning with the Body Shop in the Centre.

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. The editor reserves the right to edit submitted material. Permission must be sought for the reproduction of original material. Printed by Weston Print Services 07745 245547

# Highlights of a busy month

This has been a busy and exhausting month with three major events in the space of 10 days – I'm now going on holiday for three weeks to recover, and no doubt I'll be boring you with my tales in the next issue!

The first event was our quiz. This was held in a new venue, Langney Sports Club, and was a great success. The Club had everything we need for a Branch event – accessible with plenty of room for wheelchairs, disabled toilet, and cheap drinks . . .

The atmosphere was very sociable and I believe everyone had a good evening. We had our usual mammoth raffle, and our Branch teams did well although they were unable to figure in the first three. I must tell you though that my team tied for third place, but lost out in a tie-break! Some of the winning teams donated part of their prize money back to the Branch, a thoughtful gesture which was really appreciated.

I'd like to thank all who took part; I hope you enjoyed it as much as I did. Our quizmaster was Peter Clegg, who has officiated at all our quizzes, and did his usual great job in finding questions which we can't answer, but we'll do better next time.

Thank you to all of you who donated prizes – we depend on you for so many events throughout the year and you never let us down – keep up the good work, we always need new prizes.

The street collection was another great success and raised a good sum for the Branch. Thank you to all who volunteered to collect on the day and to those who helped with the organisation before the event and those who counted the money afterwards.

This was a good example of teamwork, and I thank you all from the bottom of my heart. Although we raised more money than we expected, we would have done even better with more collectors – so I hope to see even more of you coming forward next year!

I am pleased to say that our Annual Meeting went very well, even though only about a quarter of the membership attended.

It was a very happy, positive event and a fitting way to celebrate our 40 years as a Branch of the MS Society.

The cake baked for the occasion by Carol Curtis

was a triumph and much enjoyed by those present. The whole celebration tea was provided by volunteers and the kitchen was run by Clive and Bridget Roberts, the volunteers who preside over luncheon club at the Centre.

My speech was well received, even though the sound of my knees knocking must have been heard as far away as Hailsham . . .

We were pleased to welcome Jane Haines as our guest speaker. Jane is our Area Manager and she hasn't been in position long; she enjoyed the opportunity to introduce herself to our members. Jane was accompanied by Allan Matthews our Local Support Development Officer, who has been a good friend to the Branch since he first came into office.

We were also pleased to welcome our regular supporters - Nigel Waterson our Patron, and Gerald, our Branch Minister. Their support means a lot to us and we thank them both for giving up their valuable time for us.

We said goodbye to Margaret Davis, who has left the Committee and welcomed Barbara Day and Linda Warner as new Committee

members. We also welcomed back Ian Westgate, who has had his 'gap year' from the Committee, although I don't think he went backpacking around Thailand for the year!

We thank Elisabeth for taking the minutes, and it was great to see her again since she stopped taking our Committee minutes to have her baby.

Once again this was a good example of team working, and I give my personal thanks to all of you who helped – it couldn't have been done without you.

**FOOTNOTE:** Seaford member Paul Wilcox is interested to know whether there would be support for restarting the Men's Group which used to meet for lunch and visits. He's happy to play a role. Feedback, please, to Linda on 439447.

## From the Chair

by  
Joyce  
Milton



## In Memoriam

**William (Bill) Bernard Catt**  
8th February 1928-6th May 2011  
Funeral Service took place at Hellingly  
Parish Church on Wednesday  
18th May

# 'What exactly is it that you do?'

**Our MS Nurse Specialist Vicky Lester tells us exactly what is involved in her important work**



Having been invited to write an article for Mainstream and initially thinking 'What a great idea!' I was then left with the task of deciding what to write about. Whilst going through all the options in my mind I decided a good starting point would be to answer the question around the role of the Multiple Sclerosis Nurse Specialist and what it aims to achieve.

Since starting the role/service in 2006 there are now 305 patients with MS on the caseload/known to me. The service covers people with MS registered with a GP in Seaford, Eastbourne, Hailsham, Herstmonceux, and Pevensy. We are now fortunate to have Gill Ferdinands who covers Uckfield, Lewes, Crowborough and the Havens and Sue Stutely who covers the Hastings and Rother region.

I work Wednesday, Thursday and Friday 9am to 5pm and visit people in their own homes, in hospital, residential care, and in clinics around the area. I can be contacted by telephone on (01323) 514809 or email: Victoria.Lester@nhs.net. People with MS can either refer themselves or can be referred by another professional (the only criteria being a confirmed diagnosis of MS and being over the age of 18).

I see people from being newly diagnosed and throughout the course of their lives aiming to provide timely and accurate information regarding the condition itself, current treatments/therapies and on research. The ultimate aim of this provision of information is to equip people with MS with the tools to self manage and minimise the impact of MS upon their lives and those of their families as much as possible.

I help to manage patient's symptoms by advising on medication and strategies to manage symptoms such as fatigue. Talking of which I am meeting with

Joyce and others this week to discuss the starting of a fatigue management course, something which Kate Paget (Occupational Therapist, Firwood House) and I have been wanting to do for sometime. I will give out further information regarding this as soon as we have dates/venue details available.

The monitoring of patients on specialist therapies is also a key part of our role especially as a more local clinic has been started at Hurstwood Park to improve access and choice for patients who have previously had to travel to London to access highly specialist treatments.

Psychological support is extremely important and plays a large part in the role and patients often say to me that they find reassurance in the knowledge that they have access to somebody with specialist knowledge of MS if they should require it.

Working with others from the health, social and voluntary sectors who also provide a wealth of specialist knowledge and experience is also a great honour. Locally we are very fortunate to have access to therapies via the Community Rehabilitation Service based at Firwood House providing occupational therapy services, physiotherapy, podiatry, dietetics, and speech and language therapy as well as the neurophysiotherapists based at the Eastbourne DGH within the outpatient and inpatient departments. Working together we aim to prevent people with MS from being admitted to hospital if possible and reduce their length of stay in hospital if they are.

I feel very lucky and privileged to be in this role which can be so very rewarding and gives me the opportunity to meet with a wide range of individuals who manage to live with such a variety of challenges. Thank you for inviting me to write this article.

## ***The Handyman Company***

\*All internal and external domestic jobs undertaken

\*From a fuse to a new socket

Carpentry Plumbing Decorating Gardening

\*For a fast, friendly service with free quotations

No job too small

Call David on:

**01323 768566 Mobile: 07722 648 182**

25 years in the building and construction industry  
Recommended by Eastbourne & South Wealden MS Society

## **South East Accessible Transport**

> Wheelchair Specialist

> Rear access - Lift Operated Vehicles

> Friendly professional service

> Escorts available

> For enquiries or booking ring S.E.A.T.

**01323 722447 Mobile: 07813 800948**

**Email: info@seat4u.co.uk**

# News from Linda, our Day Services Manager



It has been full steam ahead with a variety of activities and events since my last Mainstream article.

The Ladies Group enjoyed a day out at Hilliers Garden Centre, accompanied by our volunteers Joyce and Doreen. We were able to enjoy the arts, crafts, plants and finished with a lunchtime coffee, cake and chat in the new restaurant.

The facilities at Hilliers were very good for not only getting around the main garden centre but also the new shops which are situated around the entrance. I could not have managed the day without Joyce and Doreen, but I would also like to thank Bob and Roy, our driver and escort for the day, as they both worked so hard with the transporting of our group and getting them home safely.

Easter seems such a long time ago now, but our Ladies Group enjoyed a fun morning which included an Easter Bonnet Parade. All the hats were made by the group and the displays were amazing, so much hard work had gone in to the creations, we even had judges at the end of the parade!

The Royal Wedding could not go without a mention and in true Eastbourne MS Community style we celebrated in the Centre. Special thanks go out to Joyce Bashford, Sue and Keith Metcalfe who worked so hard decorating the Centre for the celebrations. Sue even found time to make jelly, trifle and a lemon pie. We toasted William and Kate with buck's fizz and wine, sang songs and Sue taught us a song she had written especially for the

couple.

We even found time to attend a quiz night and I personally found out how little I know about most things!! However we all enjoyed a great evening, with snacks, sandwiches, great company and at times some pretty challenging questions.

All this going on and we still had two important events to come, with the street collection and Annual Meeting. I would like to thank Claire White as she worked so hard with the logistics of these events, phoning people, chasing responses, photocopying minutes / agendas, and still found time to bake those fabulous butterfly cakes for the Annual Meeting.

I would like to thank everyone who supported these events as it isn't always easy to spare the time, but what fantastic teamwork. I would like to acknowledge those who gave so much of their time for the Annual Meeting, our driver Peter, escort Dennis, Hospitality team Bridget and Clive, the overwhelming contribution of cakes and scones from Annifer, Caroline, Claire White and Claire Westgate. We must also thank Sue Austin for all the fabulous sandwiches and the amazing 40th Anniversary cake made by Carol Curtis, which everyone thoroughly enjoyed.

So with a short breather now for a couple of weeks, we can look forward to the Garden Party at Nigel Waterston's home on Saturday 11th June.

**Linda Warner**

## Turning old stamps into money for research

John Dawson, a supporter of the MS Society, has been recycling stamps to benefit the MS Society for many years.

All money obtained from the sale of the recycled stamps is donated to MS Research and not to the local branches. Last year John raised £1,000 towards research with the help of 20 large post bags

of recycled stamps!

To recycle your stamps send them to: 5 Campkin Road, Arbury, CB4 2NL (leave a 1/2cm border around the stamps). Please do not send stamps to the Community Centre

You can also contact John by telephone on 01223 423382, if you require any further information.

### 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

Making places, spaces and information  
Accessible to disabled people  
Contact: Ian Westgate (Chairman)  
Tel: 01323 763226  
Mobile: 07835 888 019  
Email: ian.westgate@uwclub.net

## News from our Branch Groups

### Young MS Supporters

This month, we had our meeting at the Centre. Unfortunately, only a very small number of our Young Supporters turned up. However, those who did enjoyed making chocolate nests, and a lovely Pizza dinner. Thank you very much to Joyce and the Branch for funding transport and our evening!

I would also like to thank Pat Butcher for the donation of a very much appreciated Easter Egg!

For our next meeting, I hope to organise a fund-raiser. I have had only a couple of ideas from the group as to what could be arranged for this, and again only a couple of our Young Supporters have volunteered to help. I now ask anyone for any more suggestions for a fund-raiser that could be organised in aid of our Young Supporters group.

We currently have no funds in our name, and though the Branch is agreeing to fund various items so far, I do not feel we should be relying on them forever. I am still looking for grant providers, but would also like the Young Supporters to get involved. I am sorry to say that so far, not many of them have appeared too concerned as to what happens with their group. Maybe this is so, but there are a small number who still appreciate the group and the meetings, and I will keep on for their sake.

I would also like to mention that I will not ring families to remind them about up-coming meetings, it is entirely down to you to let me know if you wish to come, as soon as possible after you hear about them.

Our FaceBook page is now up and running, and as with everything else, has had little interest so far. If you would like to see what's going, search 'Young Supporter's' on FaceBook.

If anyone has any suggestions for the group, or would like to help out, please get in touch. My phone number is now 01323 487173, alternatively you could e-mail me on our new e-mail address, youngMSSupporters@hotmail.co.uk.

**Clare Forshaw**

### Ladies Support Group

The auction at the beginning of May was a success yet again. Thanks to our Val for a fun and inspiring fund raiser. Regrettably I had to miss it, as my vehicle is off the road, but it won't happen again!

We have one of our ever popular bingo sessions planned for June, and a Beetle drive, which must not be missed. Then, to cap it all, a 'Body Shop' morning. So come along on 30th June and pamper yourself.

Our programme for the Ladies from June to the end of September is as follows : -

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 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: Bingo (Thank you Sue)

Thursday 22nd September: 'Call my Bluff.' (Thank you Margaret-Clare.)

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 verse written just for our chair.

*Many thanks Joyce - For being our 'chair',  
We had our 40th AGM and we're glad you were there.*

*To take the lead, which you did so well,  
Supervising us all, and in control.*

*We've had chairs in the past, all brilliant and good,  
But right at this time, you're the best, it is true.  
Since taking on the role you have made it your own,  
Giving us inspiration, as we continue to grow.*

*As a Society and team we continue to gel,  
It is all thanks to you, you have really been swell.  
So a big THANK YOU JOYCE, what more could we wish,  
But carry on in your way, and we'll continue to flourish.*

**Janet Forshaw**

#### 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



I must firstly thank Peter Austin for reading out my Treasurer's Report at our AGM. By all accounts the AGM was well received and I am sure that Joyce can now breathe a huge sigh of relief.

My team, Southampton, who I have supported now for far too many years also came up trumps on the day and secured promotion. So I will be still able to have some good natured rivalry with Joyce who follows Brighton!

It's certainly been a busy month and our account is now looking a lot healthier. I am pleased to report that we have now received our final cheque from the Rotherwick Foundation for £10,000. They have now in total contributed £60,000 over the last six years towards the running of the Centre. We must give them a very sincere thank you as without this support we would not be able to continue to run the Centre and employ our Centre Manager.

The fundraising team have also been very busy organising the quiz night at Langney Sports Club which raised £504 and also the street collection in Eastbourne which raised £1,136.08. A big thank you to all those who turned out and supported us. Having taken part in the street collection it brought home to me how soul destroying it is to rattle a tin

and have most people just walk past without a glance. However, it did exceed my expectations and we did really well in the end. My wife, Sue has been constantly reminding me that she collected a lot more than me! I think she threatened to run them over in her wheelchair if they ignored her.

A special mention should go to Peter Boddy for completing the Brighton Marathon and raising the bulk of the donations via the Just Giving Site for. Well done Peter!

I must also mention the following donations received during April.

Jodi Truss - Eastbourne Half Marathon £117

Peter Lock - Eastbourne Half Marathon £125

Peter Boddy - Raffles & Cakes £135.60

Peter Trevor Jewellers £31.85

Donation re the Late Mrs Dexter £700

Monthly Standing Order Donations £489

Just Giving Site £455.61

If you have any ideas for fundraising please let me know.

So once again thanks to all for their continued support and apologies if I have missed anyone out.

See you at the Summer Garden Fete on the 11th June.

## News from our Branch Groups, contd.

### Meet to Share Group

We enjoyed a pleasant lunch at the Toby Carvery last month, and our next group get-together will be at the Royal Golf Club, Paradise Drive on Monday, June 27th at 12.30pm. Hope to see you all there for lunch.

Meanwhile, the group will be holding a Cake Break on Friday, June 3rd at 8 Peppercombe Road, Old Town, hosted by Jill Warrender - who is kindly making her home available - and me. Do come along at any time between 11am and 3pm to enjoy tea, coffee and one of a selection of home-made cakes. We'll also be holding a raffle, and having some excellent hand-made cards on sale.

**Sue**

### Seaford Social Group

It was a lovely sunny day for our lunch last month at the Golden Galleon. We sat outside for coffee after our lunch looking at the breathtaking views of the Seven Sisters.

Our next outing is for cream teas at the Exceat Farmhouse at 2pm on Monday 6th June. It is with great sadness that I have to inform you all of the loss of Terry Scott, who passed away on

Thursday 19th May.

Terry and his wife, Lyn, were founder members of the Seaford group, and Terry had been a member of the branch for many years. He was a lovely man, always smiling and never complaining. He will be sadly missed by his family and friends. May he rest in peace.

**Annifer**

### Rising transport costs

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 contribution 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.

# 2011 Annual Meeting marks 40th anniversary of our Branch

Our Annual Meeting, held on May 7th at Our Lady of Ransom Parish Centre, Grange Road, was more than usually a special occasion this year, as it marked the 40th anniversary of the Branch.

And it was a 'first', both for Chairman Joyce and our Secretary, Caroline. Though both confessed to nerves, they carried out their duties confidently and professionally.

Joyce presented a summary of our progress through the year and thanked those who had helped everything run smoothly. She welcomed Jane Haines, Area Manager for the MS Society, Support Development Officer Allan Matthews, our Patron, Nigel Waterson, Chaplain, the Rev Gerald Munro, and MS Nurse Vicky Lester.

Our Treasurer, Andy Dixon, tendered apologies for absence - as a committed Southampton fan he needed to be at a promotion decider! - and his report was read to the meeting.

He underlined the fact that 2010 had been a difficult year, with something of a vacuum being left after the success of the Mayor's Charity Year in 2009-10. The £21,000 raised by the Mayor's Fund had been incorporated into general funds to ensure the future running of the Centre.

Although general income had dropped over the previous year, fundraising was now back on track and we looked forward to an improving picture.

He thanked all who helped with raffles and other fundraising activities, and also Keith, Sue, Heather

and Ted who looked after the collection of tins and counting the contents.

The branch had been open to requests for financial support for help with respite or special equipment and remained committed to trying to make life easier for members.

Jane Haines introduced herself to the meeting and praised the Branch for its hard work, the service it provides and its strong links with the community.

She said the success of the Eastbourne and South Wealden Branch had been noted in a paper presented to national trustees of the Society.

Jane read a message from the Society's Chief Executive Simon Gillespie passing on his best wishes on our 40th anniversary.

Nigel Waterson paid tribute to Joyce's leadership during a year of change and said that it was good to see an excellent relationship with the national MS Society.

He reminded everyone about our Garden Fair at his home on June 11.

Before the meeting concluded, bouquets were presented to retiring committee member Margaret Davis, our minute taker, Elisabeth Dobson, and to Joyce, in appreciation of her efforts.

A tea party followed, the centrepiece of which was the superb anniversary cake made especially by Carol Curtis, to whom thanks were recorded.



Above and below: Members enjoy the fare at the anniversary tea party.



Above and below: Flowers for Margaret, Elisabeth and Joyce, presented by Caroline and Linda.



# Help us make a blooming success of our summer Garden Fair

Our summer Garden Fair on June 11th will be a pleasant social occasion in a delightful setting and, hopefully, an important fund-raising event.

Plans are well in hand, and we expect to have around 10 stalls. These will include books, plants, good quality bric-a-brac, cakes, crafts and tombola.

As with all such events we are appealing for items to sell, or as prizes.

Do you have books that you want to part with?

Have you grown more seedlings than you know what to do with?

Could you donate a tombola prize?

Are you a top class cake baker and can offer us one for sale or on the refreshments table?

Any contributions will be very gratefully received. You can drop items in to the Centre, or if you would prefer to have them collected, give Peter or

Date: **SATURDAY, JUNE 11TH**

Time: **11am - 2pm**

Place: **THE THATCHED COTTAGE,  
JEVINGTON ROAD, WANNOCK.**

(From Eastbourne, turn left at the 'Horse and Groom traffic lights' and follow the road towards Jevington for about a mile. The garden is on the left, about 200 yards past the village hall).

Sue a call on 736359.

Also, if you can find a site to display a poster, Linda our Centre Manager has a supply.

Tell your family and friends to join us for an hour or so. The location is the lovely garden at the home of our Patron, Nigel Waterson, and his wife Barbara, whose support is much appreciated.

Hi Everyone. Isn't it funny how we can live somewhere ages, for me it's 17 years, and not know the treasures on our doorstep?

I asked my mum and dad for membership to The National Trust last Christmas. I think they were pleased that I was finally growing up and not asking for obscure CDs that they had never heard of or MORE vouchers for clothes shopping!

Anyway, they gave me the membership and asked if we could meet up for a day out together. We all agreed and arranged to meet up at Wakehurst Place a couple of weeks ago. Why have I never been there? It is only 45 minutes away and it is beautiful! It was a bit further for the old folk to travel than for Andy and me, but they were happy to do the journey from Alton.

We met at noon on a gloriously sunny day and proudly showed off our National Trust passes which gained us free entry. I felt quite important jumping past the queue! We picked up a map and tried to get our bearings. The obvious place to start was the Millennium Seed Bank. This is where a collection of seeds from the flora around the Globe are being held in conjunction with Kew, in safe-keeping for future generations. I hope that tomorrow's generation appreciate that, but I'm not really sure if they will! We were just in time as a school trip was just finishing as we arrived so we were able to see a lot of seeds which had been put out for the pupils to pick up and, in the case of the coconut, throw to each other.

It was quite warm in the glass houses, so we headed off to get a drink and something to eat at a café. The good thing about going out with parents

## Strictly Sue



is that, as they are getting on there are many stops for sit-downs and cups of tea! There is always a very leisurely feeling to the day.

After lunch it was decided that the best way to see the grounds was to follow a guide around and, just as we rounded a corner, there was one setting off, so we gate-crashed her tour. She was a very informative lady from Australia who showed us all the wonderful shrubs and bushes and could tell us all the Latin names and history of each one!

Some of the ground was 'challenging' for a wheelchair, but I didn't get up-turned so that was good and before long we were back to the entrance and the gift Shop. I always like the gift Shop, anywhere!

We all wandered around for a while, picking up things and putting them down when we saw the price, and it was time for a cup of tea again. Then we thought it was time to call it a day and set off home in different directions.

It was a good day out, and one which we should have discovered years ago. We might get to the English Wine Centre next time. I'll keep you posted! Look after yourselves.

**Sue**

## Members Miscellany

# Thoughts of a street collector...

When I had my MS confirmed three years ago, after many previous years of classic symptoms, I was given details of the Eastbourne branch of the MS Society. I contacted them and they gave me excellent help, legal guidance, information and, above all extremely sympathetic understanding of what I was going through.

Since that initial period, I have found I have not required such regular contact (apart from the excellent Mainstream mag) but I have the strong reassurance and knowledge that they will be there when I do need them (funds permitting). With this in mind I volunteered my help for the street collection on Saturday April 30th.

This was a total eye opener, as you do feel totally invisible at first. However, the money started to drop into the box. What was so positive though, was that there were many people who wanted to

**Branch member Jo Fifer was among those who helped with our street collection in Eastbourne town centre. As she reports here, the experience was an eye-opener**

find out what MS was, how we get it, is there a cure, what did I want the money for and what was it going to be used for, what the symptoms are and the impact it has on daily life and the effect on the family.

Many said I looked 'to well' to have MS. How could I stand up for that time, etc. I felt very privileged to talk too many and explain about one of the main issues surrounding MS which is we all have such a variety of symptoms, and that how we look on the outside does not often show what is going on in the inside. I feel and hope I made a few people more aware of MS and how it affects us.

After speaking to Joyce and hearing the excellent news of the money we raised it was worth even more than the few hours I gave up on that Saturday and I would gladly do it again. Maybe even more will do it next year to raise even more valuable funds to help keep the centre a vibrant and effective one.

One thing I shall do in future though is smile and engage with other street collectors, even if I do not contribute to their cause. Eye contact is free!

A final note: My favourite comment of the day has to be "..... but your hair is SO shiny". I did say I had washed it especially for the occasion.

## Diverse delights at the Ladies Group

IT WAS an Easter Bonnet day. There were five entries, all displaying a variety of skills. The artificial flowers used were beautiful and almost had a fragrance.

One bonnet had chickens hatching from real egg shells and another was surrounded by two bars of chocolate which, thankfully, didn't melt in the excessive heat!

Very creative contributions from all and yet another successful morning.

The Thursday Ladies' Group is worth a visit if you haven't been before - the itinerary for the next few weeks is brilliant and it's also perfect for meeting, talking and drinking tea or coffee.

THE Thursday ladies group went to Hilliers garden centre recently and enjoyed a wonderful trip out with the opportunity to meet up, enjoy shopping for garden produce and have lunch.

Well supported and MS transport provided by brilliant and friendly drivers. We all enjoyed the outing -

especially me who hadn't been to the Thursday group for some time. The friendliness was still apparent and it was so special to be back again. Hilliers was very busy and there is a variety of things to buy - highly recommended and disabled friendly .

**Judy Parker**

### **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

## From our MS Information monitor, Ian Westgate

### POSITIVE ABOUT MS

A NEW website for people with MS has been created by Kaz Laljee, a 32 year old guy with Primary Progressive MS and as well as covering issues such as Chronic Cerebro-Spinal Venous Insufficiency (CCSVI) and types of medication he gives account of his feelings towards MS portraying a very relaxed and positive attitude to the disease. Like all unofficial websites one has to be careful about the authenticity of views and suggestions put forward in them but this site does provide a 'good read', is interesting as an insight into another MS patients views and how he copes with the diagnosis and everyday life with increasing disability. His messages are all upbeat and could almost be called inspirational so have a look if you can. [www.positiveaboutms.com](http://www.positiveaboutms.com)

**Source; [www. positiveaboutms.com](http://www.positiveaboutms.com)**

### MESSAGE IN A BOTTLE EMERGENCY INFORMATION SCHEME

ONCE there was the First Alert Scheme that was poorly publicised but now THE LIONS CLUB OF EASTBOURNE has relaunched a scheme that could literally save a life - YOURS!

- Simply pick up a bottle at your Doctor's Surgery, Chemist, Neighbourhood Watch Co-ordinators or Social Services Department
- Complete the form inside
- Put the bottle in your fridge
- Place one green sticker on the inside of your front door
- Place the other green sticker on the outside of your fridge door

All emergency services are aware of the scheme and will use the information written on the form in an emergency. For further information contact

**DAVID SMEDLEY – 01323 833083**

### SKIN PATCH STOPS INCONTINENCE

A SKIN patch has been developed to treat overactive bladders. The device is applied twice weekly to the stomach, hips or buttocks and reduces the symptoms of having to go to the loo urgently and frequently. In a trial of 520 patients it significantly reduced symptoms compared to placebo.

Called a Kentera patch, it delivers the drug Oxybutynin through the skin. This relaxes the muscles in the wall of the bladder, both increasing fluid capacity and reducing frequency of contractions. Although Oxybutynin has been available as a pill for almost 30 years, the tablet form has side effects such as constipation. However the patch delivers the compound steadily into the bloodstream, bypassing the gut.

**Source; MSRC April 2011**

### Sustained disease-activity-free status in patients with relapsing-remitting multiple sclerosis treated with Cladribine tablets

Treatment with Cladribine\* tablets significantly increased the proportion of patients with sustained freedom from disease activity over 96 weeks compared with placebo. Sustained freedom from disease activity could become an important measure of therapeutic response in Relapsing Remitting MS.

\*Cladribine an anti cancer drug that suppresses the immune system with few side effects – an effective drug for MS. .

**Source; The Lancet-on-line March 2011**

### New disability test will cause anguish, says expert

THE rushed roll-out of the Work Capability Assessment (WCA) which test people for the new Employment Support Allowance (ESA) will cause anguish for claimants, says welfare reform expert Professor Paul Gregg.

Gregg, one of the architects of the new sickness benefit system, has warned there are ongoing problems with the WCA test. During its preliminary roll-out people with terminal cancer, MS and serious mental illness have been fit to work. Since early 2009, more than 240,000 cases contesting the result of assessment have been accepted for tribunal hearings and, of the cases

they hear, judges overturn about 40% of test findings.

An independent review of the WCA in November last year found serious flaws in the way it was functioning and called for major improvements. Although the government have promised to implement these recommendations before people begin to be retested at a rate of 11,000 a week, some politicians, charity workers and academics think the roll-out is going ahead too fast

**Source:**

**[www.guardian.co.uk/politics/2011/feb/22/new-disability-test-is-a-complete-mess](http://www.guardian.co.uk/politics/2011/feb/22/new-disability-test-is-a-complete-mess)**

Snippets from  
near and far

**M**embers of the world's first mobility scooter display team, the Red Wheelies, set a new world 24-hour distance record on May 14th, covering 154 miles. The 10 members of the Kent-based team, all with MS, used two Quingo Sport scooters and smashed the previous record of 88 miles.

**S**ocialite Paris Hilton, who lost her grandmother to multiple sclerosis, threw her support behind the Race to Erase MS benefit in Century City, California. She and her designer sister Nicky helped raise money at a silent auction with an invitation to join them on a shopping trip.

**S**panish scientists want to conduct clinical tests on humans after they discovered that mice with MS which were fed Viagra saw a strong reduction in symptoms. The scientists at the Universitat Autònoma de Barcelona detected full recovery from multiple sclerosis symptoms took place in 50% of the mice after just eight days.

# New approach to respite under way

**T**he grants team at MS National Centre has announced that the Short Breaks and Activities (SBA) Fund is now available UK-wide.

The SBA Fund was developed to support the Society's new approach to funding short breaks, respite care and holidays and was piloted in Wales, Northern Ireland and Scotland. The fund is now also available to people affected by MS in England.

The fund is so far proving to be successful in its aim to provide greater individual support to people affected by MS, wherever they live and whatever their needs are for short breaks.

Grants can be considered for:

- Respite care, either in the home or at a care centre or similar,
- An activity (or series of activities), experience, short break or holiday for someone with MS and/or their carer,
- Salary costs for a professional carer needed to help someone with MS, or their carer, have a break either in their home or elsewhere
- Travel, accommodation and

disability equipment hire costs linked to having a break

● Some alternative or complementary therapies

Grants have been awarded so far from the fund for a variety of short breaks. The first awarded was for a family holiday to Egypt for a lady with MS in her 40s, her husband and their son.

Another application for a family holiday came from a 32-year-old woman with two young children. She wrote that: "for myself and my husband it would be a chance to relax and reconnect with each other as a couple. We have both lost so much independence as a result of my MS. I rely on him, and he never gets a break from looking after me and the children".

Both of these women are wheelchair users and have used their SBA Fund grants to pay for accessible accommodation with their partners and families. If you would like more information about the SBA Fund or an application form, please contact the grants team on: 020 8438 0700 or [grants@mssociety.org.uk](mailto:grants@mssociety.org.uk)

## Castle that spans eras in our history

PEVENSEY has a medieval castle, it is true, but what is not so well known is the Roman Shore Fort which lies beneath. It is often known as a Saxon Shore Fort which might give a hint as to why it was built.

It dates back to approximately 293AD a time when the Roman Empire was beset by attacks from outside the Empire, and Britain being on the far Northern edge of the Empire, was suffering more than most. It was a time when the Empire was falling, albeit slowly. The site at Pevensey is unusually

**After providing us with an insight to Seaford's history last month, Paul Wilcox turns his attention to Pevensey Castle.**

large (10 acres) and is unlike sites such as Portchester, failing to meet the usual playing card regular shape, probably due to its site above the Pevensey Levels. The South-East corner is occupied by the medieval castle built in the Norman period, sometime in the twelfth or thirteenth centuries.

The original wall measured 760

metres, and two-thirds survive. Fifty metres of the north section were probably destroyed due to sieges in the twelfth or thirteenth centuries. The wall remains up to eight metres high and 4.2 metres wide. Thirteen solid bastions survive as do gates on the north, east and west. One on the south was probably lost with the southern section of the wall.

Much stone was used to build the medieval castle but the remaining walls are still impressive and give a very good idea of the site in antiquity.

# Generous donation in memory of Julia

It was sad to hear of the death of Julia Dexter, a longstanding Branch member, who had fought her MS for many years. Julia's husband William is grateful for all the help they received from the Branch, and asked their friends and family for donations to us following Julia's funeral.

It was a real pleasure when William and his son Jonathan visited our Centre and presented Chairman Joyce with cheques totalling £700 – a very generous donation in memory of Julia, a much-loved wife and mother.

We are very grateful to William for thinking of us at such a sad time for him and his family, and assure him that the money will be used to help local people affected by MS. Thank you William, it was a delight to meet you and Jonathan.

**Joyce**



From our Branch Chaplain, the Rev Gerald Munro

## A duty to nurture the young

**D**ear friends - Greetings to you all. As parents, grandparents, aunts, uncles or whatever, our lives are sure to be bound up with children in some way.

There are times when we ask ourselves the question, 'What is the most important thing we can do for our children?' The answer might be to buy them something useful they would like...a mobile phone, perhaps, or a computer.

Maybe we think we have better things to offer; setting a good example, for instance, or sharing our

insights and wisdom about life; teaching respect for and care of other people.

We might even add, 'to help our young people to gain self-esteem and discover who they really are and what they want to do with their lives – their goals and ambitions. These are very worthy ideals which can enable young folk to develop a sense of worth and direction and confidence.

When we think about Jesus's disciples we can see that Jesus does ask the kinds of things for them that we might want to do for our children. But when it comes to the crunch, he knows that there is one thing more he can and must do. Facing his final separation from the disciples, Jesus's priority is to hold them in prayer. He prays for their commitment to each other, for their safety, well-being and fulfilment.

Jesus prayed for them because he loved them. It is a wonderful gift we can give our children, costing us nothing but a lifetime of experience. As always the life of Jesus is our benchmark. And whether we have children or grandchildren of our own or not, what about those we share the responsibility of children with – in the life of the community, the church, friends, neighbours and loved ones?

Pray for whatever family you may belong to, and the best thing is, they will pray for you!  
With every good wish

**Gerald**

*The MS Society is an inclusive organisation and we welcome contributions to Mainstream from people of all beliefs.*

### 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 492788 for more information about the Seaford classes.**

**EASTBOURNE & SOUTH WEALDEN MS SOCIETY DIRECTORY**

Telephone: 01323 439447 email: info@mssesw.org.uk Website: www.mssesw.org.uk

**CHAIRMAN** Joyce Milton 01323 431593 JyMltn@aol.com  
**SECRETARY** Caroline Holdcroft 07866 66 14 39 caroline.holdcroft@btopenworld.com  
**TREASURER** Andrew Dixon 01323 441172 andrew.dixon1@homecall.co.uk  
**COMMUNITY SUPPORT OFFICER** Gladys Simmons 01323 482252 gladyssimmons@tiscali.co.uk  
**YOGA** Anita Keall 01323 648303

**NEWLY DIAGNOSED SUPPORT** Sue Austin 01323 736359 SueAustin50@aol.com  
**LADIES SUPPORT GROUP** Janet Forshaw 01323 487950  
**LADIES SOCIAL GROUP** 'Meet to Share' Sue Austin 01323 736359 SueAustin50@aol.com  
**SEAFORD SOCIAL GROUP** Annifer Hatcher 01323 651364 anniferhatcher@googlemail.com  
**MEMBERSHIP SECRETARY** Barbara Day 01323 727892 barbara36@talktalk.net

**HEALTH & SAFETY** Contact the Day Services Manager or Chairman  
**FUNDRAISING OFFICER** Tanja Woodgate 07977 965605 tanjawoodgate@hotmail.com  
**MS NATIONAL HELPLINE** 0808 800 8000

**ADULT CARERS** Contact the Day Services Manager or Chairman  
**YOUNG SUPPORTERS** Clare Forshaw 01323 487950 forshaw685@hotmail.com  
**MS INFORMATION** Ian Westgate 01323 763226 ian.westgate@uwclub.net

**TRANSPORT** Contact the Chairman  
**PRESS & PUBLIC RELATIONS** Peter Austin 01323 736359 Peteroz48@aol.com  
**PHYSIOTHERAPY** Ian Westgate 01323 763226 ian.westgate@uwclub.net

**MS COLLECTION TINS** Ted Scott 01323 500351  
**PATRON** Nigel Waterson 07850 377274 nigel@nigelwaterson.com  
**MS MINISTER** Rev. Dr Gerald Munro BA MA Dphil 01323 892538 (All religions and none)  
**MS AMBULANCE MOBILE** 0752 805 3365 (Mercedes)

.....  
**DAY SERVICES MANAGER** Linda Warner 01323 439447 info@mssesw.org.uk  
**MS NURSE SPECIALIST** Vicky Lester 01323 514809 Mobile: 077 66 99 80 37  
vicky.lester2@esdwpct.nhs.uk  
.....

**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  
.....

## Ladies Group celebrates the Royal Wedding in style



OH what a way to celebrate the Royal Couple!

It was the Ladies' Group party on Thursday, April 28th, at the Centre. There were sandwiches, cheese and pineapple, sausage rolls and more, followed by trifle, jelly and lemon meringue.

We toasted the couple with Bucks Fizz or orange juice, and sang a special version of Frere Jacques adapted for the ceremony. Many thanks to Linda, Doreen and Joyce for all their help with the decorations and food.

**Sue Metcalfe**

### Storage wanted

FOR several years the Branch has rented a garage to store various items, including removable seats from the minibus.

However, a survey of the contents has suggested that we are using only a relatively small part of the total area - and it's costing us £600 a year.

The committee believes that we can put that money to far better use on members' behalf and is considering vacating the garage.

Some of the essential items will have to be found a new home, and while we believe that some storage space can be created at the Centre, we will still need additional storage.

Does any member have space in a garage, shed or outhouse?

If you can help, please call Linda on 439447.

