



Multiple Sclerosis Society

Registered Charity Nos 1139257/SC041990
Registered as a limited company in England
and Wales 07451571

Dear Friends

The New Year has started with a flood of donations to our funds, two of them exceeding £1,000.

It began at the end of January when our Coordinator, John Chipperfield, joined a large group of retired NHS staff on a four-mile walk around Blenheim Park. The staff hold a monthly walk and are 'fined' for doing or not doing things during the walk or at a light-hearted lunch afterwards. The money is put to a good cause and this year, it was our turn, for the second time, to receive a donation of £110.

There was a flurry of donations at our February Open Day, with £100 from the Freemasons' charity, £538 from Waitrose, £700 from BMW, and £1,765 from our Open Day foot therapist, Neil Lambert.

The Waitrose donation was the result of shoppers at the Botley Road store putting green discs

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they collect at the checkouts into one of three charity bins.

The BMW donation is due to the continuing high regard workers there have for our member and their former colleague, Jeff Samways.

Neil took part in the Three Peaks Challenge, tackling the mountains of Snowdon, Scafell Pike and Ben Nevis in 24 hours, and raised £3,530, sharing the money between us and Sobell House hospice at Headington.

Our good fortune continued when fundraiser Alan Cusden and Coordinator John Chipperfield were invited to John Lewis to receive a cheque for £1,011. We were one of three charities to benefit from the charity initiative at the new Westgate store in Oxford. As at Waitrose, which is in the same group, customers were invited to put tokens in the tub of their choice.

Our thanks to all of our wonderful benefactors who have put our funds in excellent shape for 2018 and for the future.

OPEN DAYS

The Rebukes ukulele band gave another brilliant performance at our February Open Day. It was the second time they have visited us, and as well as entertaining us with foot-tapping music, they performed with a great sense of fun. Not surprisingly, everyone wanted to see them back soon.

Our March Open Day became a victim of the unseasonal weather. We felt the heavy snowstorm would create too many risks to members so we cancelled the day. It was to have been our annual review meeting, where we look back at the last year and plan for the future. Our Coordinator's report and the financial details, which would have been presented to the meeting, are included later in the newsletter.

We welcomed back Don Rouse at our April Open Day, with more of his amusing tales of country life. In May, we have a flower workshop led by Brenda Franklin, and in June, we have another visit from retired customs officer Malcolm Nelson.

We break new ground in July when we welcome Jeff Hales's Travelling Theatre. Based in Cambridge, he presents his one-man shows all over the country as well as abroad. The one he will entertain us with has an Alice

in Wonderland and Oxford theme, to coincide with Alice's Day.

NEWLY DIAGNOSED

The weather also put paid to the information day for those newly-diagnosed with MS. It was due to take place at Unipart at Cowley on Saturday, 3rd March but was called off because of the snow. The event, organised by the MS Society and the Oxfordshire MS nurse team with support from the three MS groups in the county, including ours, will now be held on Saturday, 23rd June.

If you know of anyone who would like to join the session, please call our Coordinator, John Chipperfield, and he will pass on the details.

NEW VOLUNTEERS

We would like to welcome Jamie Inshaw to our list of officers. He will be joining Paula Mallaghan as part of our support team.

Sadly, Stevan Heads has had to give up as our membership secretary and IT specialist. We haven't found a new membership secretary, but we have been fortunate to appoint Roy Peach, who will help us with compiling and distributing the newsletter. We are pleased to welcome him.



ABOVE
Julie Blake, store manager of John Lewis in the Westgate Centre, Oxford, presents a cheque for £1,011, our share of the John Lewis charity token scheme, to our group fundraiser Alan Cusden and coordinator John Chipperfield.

RIGHT
Dorothy and Michael Warner with their cake at their golden wedding celebration.



CENTRE SHOWCASE

The Northcourt Centre at Abingdon, where we hold our Open Days, is planning an open day of its own, on Sunday, 24th June from 2-4.30pm. It is inviting all groups that use the centre, to showcase what they have to offer and to help raise money for the centre. Previous fundraising has paid for refurbishment of the kitchen and entrance. The centre committee now wants to replace the storage heaters with a more efficient system. We will decide what we will offer on our stall, and hope our members will come along to support the afternoon.

WEEKLY DANCING

June Stephen is enjoying a weekly session of wheelchair dancing - and would like other members to join her. The dancing takes place at the Windrush Leisure Centre in Witan Way, Witney, every Wednesday from 1 to 2pm. The weekly cost is £5.

DATA PROTECTION

All members will receive a form from us soon in connection with new data protection laws coming into force on 25th May. The new laws say that we must have written permission to contact members by email, telephone or post. Please make sure that you

follow the instructions carefully and return the form to us promptly.

MS THERAPY CENTRE

We were pleased to welcome to our April Open Day Sue Doran and Alan Davies from the MS Therapy Centre at Milton Park, near Didcot. They gave us details of the varied services they offer at the centre for people with MS. They have handed over leaflets explaining what they offer, and they will be available at our future Open Days.

For more information

T: 01235 823023

W: www.omstc.org

LATEST RESEARCH

There has been encouraging news regarding treatment for MS. A study led by Barts Health NHS Trust in London has shown that a daily siponimod tablet slowed the advance of secondary progressive MS by a fifth and cut the rate of relapse by 55%. Experts say this could help people who have had MS for many years.

Meanwhile, scientists at Sheffield University say a trial in which a stem cell transplant reboots the damaged immune system in MS patients is showing encouraging results.



ABOVE, Neil Lambert, our foot therapist, presents his cheque for £1,765 to members after taking part in the Three Peaks Challenge.

BELOW, the Rebukes ukulele band which entertained us in February



BRIEFLY

Congratulations to Dorothy and Michael Warner, who celebrated their golden wedding anniversary with a thanksgiving service and tea with family and friends at Christ Church, Abingdon.

Jo and Brian Hawtin and John Chipperfield manned a stall at an information fair at County Hall in New Road, Oxford, to raise the profile of MS and our group.

We were sorry to hear of the death of group member Barbara Peach, mother of Marilyn Chipperfield. She was 92, lived with Marilyn at the Close Care Home at Burcot, near Abingdon, and had been a supporter of our group for many years.

Dorothy Warner sprang a surprise on our co-ordinator, secretary, treasurer and fundraiser at our April Open Day when she handed over cards and gift vouchers on behalf of members thanking them for the work they do for the group. A wonderful gesture – thank you.

We have two dates confirmed for collections at Millets Farm, Frilford Heath - Saturday, 5th May and Saturday, 15th December. If you wish to join our team for the first date, please contact our fundraiser, Alan Cusden, on 01865 723420.

We hope to have collections at Tesco and Sainsbury stores later in the year. Our thanks to the family and friends of the late Fred Mogridge for a donation of £165 in his memory.

Any spare books? Bring them to our Open Days. Other members can take them home for a small donation to our funds.

MS nurse advice line

01865 234461

(answer machine monitored 9am-5pm Mon- Fri) or email ms.advice@ouh.nhs.uk

MS specialist nurse

Sue Barnden

01865 737252 (direct line)

01865 737465 (main office)

Continence nurse

(bladder and bowel nurse)

01865 904303.

MS Society helpline

Freephone **0800 800 8000.**

Carers Oxfordshire

0845 050 7666.

NHS Direct - 111

Contributions to our quarterly newsletter are always welcome.

John Chipperfield

01865 374877

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All views expressed in this newsletter are individual and not necessarily the view or policy of the charity or its supporters.

DATES FOR YOUR DIARY

- Monday April 23 - Sunday April 29** **MS Week**
Kicking off the MS Society's spring campaign to highlight MS research.
- Friday May 4** **Craft workshop with Brenda Franklin**
Open Day, Northcourt Centre, Abingdon.
- Saturday May 5** **Collection at Millets Farm, Frilford Heath**
- Friday June 1** **Tales from retired customs officer Malcolm Nelson**
Open Day, Northcourt Centre, Abingdon.
10am-4pm.
- Saturday June 23** **Information day for those newly diagnosed with MS**
Unipart, Cowley, OX4 2PG.
- Sunday June 24** **Fundraiser for new heating system**
Open Day, Northcourt Centre, Abingdon.
2pm start.
- Friday July 6** **Geoff Hales' Travelling Theatre presents 'Off With His Head', featuring Lewis Carroll and Alice**
Open Day, Northcourt Centre, Abingdon.
10am-4pm.
- Friday August 3** ***Speaker/entertainer to be announced***
Open Day, Northcourt Centre, Abingdon.
- Friday September 7** ***Speaker/entertainer to be announced***
Open Day, Northcourt Centre, Abingdon.
- Friday October 5** **Wheatley Birds of Prey**
Open Day, Northcourt Centre, Abingdon.
10am-4pm.
- Friday November 2** **Christmas Craft with Pauline Allen & Brenda Franklin**
Open Day, Northcourt Centre, Abingdon.
10am-4pm.
- Friday December 7** **Christmas music from Diane and Ian Woods**
Open Day, Northcourt Centre, Abingdon.
10am-4pm.
- Sat. December 15** **Collection at Millets Farm, Frilford Heath**

Oxford and District Branch Officers – 2018-19

Group coordinator (Chairman)/Newsletter Editor

John Chipperfield
01865 374877
mjpchipperfield@yahoo.co.uk

Administration volunteer (Secretary)/Minutes volunteer

Jo Hawtin
01865 373907
jo.hawtin@ntlworld.com

Finance volunteer (Treasurer)

Brian Hawtin
01865 373907
brian.hawtin@ntlworld.com

MS Support Volunteers

Paula Mallaghan
01865 378519
pmallaghan@yahoo.co.uk

Jamie Inshaw

Membership Volunteer: Vacant

Transport Volunteer

Karen Bellingher
01235 534159
bellingerkaren@hotmail.com

Fundraising Volunteers

Alan Cusden
01865 723420
alancusden@yahoo.co.uk

Geoffrey Cowan
07930 542692
geoffrey.cowan@hotmail.co.uk

Call Alan or Geoff if you wish to help with fundraising or collections.

Committee volunteer

Dorothy Warner
01235 554448
dowarner@virginmedia.com

**Don't forget to look at the MS Society's
new website which will be launched shortly**

Group's co-ordinator's report 2017

Our Open Days have again been the main focus of our activities and we have tried as always to arrange a varied programme of talks, entertainment and craft workshops, hopefully with something of interest for everyone. We started our 2017 programme with a visit by Don Rouse, who told us more of his amusing tales of village life. After the annual meeting in March, we welcomed the Hazzaz belly dancers from Witney, who proved a big hit. The belly dancers said afterwards they had never had so many of their audience dancing with them on the floor!

A craft workshop organised by Brenda Franklin was followed by another visit by former customs officer Malcolm Nelson, with yet more amusing stories about smugglers. In July, we all became musicians for the day, playing handbells under the direction of Pat Mabbutt. This was followed by entertainment from electric guitarist Brian Staton, the young Irish dancers from the Maguire O'Shea Academy and the exotic animals from Amate Animalia. We completed the year with another craft workshop, led by Brenda and Pauline Allen, and Christmas music from Diane and Ian Woods.

Our thanks to our wonderful catering team of Sylvie, Elaine and Ann, and to our equally wonderful therapy team of Alison, Lisa, Helen, Neil and latterly Chrissie. We are very lucky to have such excellent volunteers.

As you will hear from the treasurer, we have had a good year financially and we would like to thank members, supporters, organisations, members of the public, families of the deceased and other well-wishers who have contributed to our funds in 2017.

We also thank everyone who has turned out, occasionally in bad weather, to help at our store collections. Thanks are also due to Brenda and her late husband, John, for all their work processing the used stamps we collect.

As we reported during the year, the MS Society took steps to bring itself up to date by changing language and procedures. For example, branches are now referred to as groups and committee roles have been renamed.

We were very sorry to lose two members from our committee. Paul Sargent had to retire as transport officer and Stevan Heads, a former chairman, has had to retire as membership secretary and website manager. We thank them both for their work over many years. We thank Karen Bellinger for filling the transport role and Roy Peach for taking over the newsletter. However, we still have vacancies on our committee and we would welcome anyone who would like to take on even a minor role.

Finally, my personal thanks to all members and to committee members for their wonderful support during the year.

John Chipperfield

Income & Expenditure Account for the year ended 31st October 2017

	Open Day	General	Total	Previous Year
	£	£	£	£
Fund Balance at 1st November	-135	19,191	19,056	18,410
Income				
Donations	6,781	1,100	7,881	5,930
Raffles	767		767	981
Travel Contributions	105		105	200
Cake Break Event		250	250	503
Subscriptions		765	765	851
Bank Interest		138	138	135
Total Income	7,653	2,253	9,906	8,600
Expenditure				
Grants Given		654	654	
Outings & Socials	6,250		6,250	5,916
Purchase of Equipment			0	130
Transport	1,190		1,190	1,180
Purchases for Resale			0	0
Fund Raising		136	136	140
Printing & Stationery		287	287	346
Postage		89	89	216
Telephone			0	0
Other			0	26
Adjustment			0	0
Total Expenditure	7,440	1,166	8,606	7,954
Fund Balance at 31st October	78	20,278	20,356	19,056
Represented By:-				
Cash in Hand				nil
Stock			100	100
Bank Balance			20,364	19,488
			20,464	19,588
Less				
Sundry Creditors			-108	-532
			20,356	19,056