

Local Group



Your Local News Title

April 2024

INSIDE:
Group social events
Meet our Regional Development Officer
MS Awareness Week
Easy fundraising

EXAMPLE



Welcome to this edition of your local newsletter

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MS Society

Group Name

Contact

Telephone:
01234 567890

Email:
groupname@mssociety.org.uk

Website:
www.mssociety.org.uk/groupname



UPCOMING EVENTS AND MEETINGS

We are on hand to provide friendship, support, and information about MS in the local community.

Coffee and Chat

Saturday 6 April 10.30-12pm

Saturday 25 May 10.30-12pm

Saturday 29 June 10.30-12pm

We welcome all to our monthly Coffee and Chat. These are held at Chapter Arts Centre in Cardiff, CF5 1QE, where we meet in the Cinema Foyer area.

It is a great chance to come along and have a chat with our Society group, with tea, coffee, juice, and of course cake.

Contact: info@mssociety.org.uk and info@groups.mssociety.org.uk

Yoga taster session for MS Awareness week

Come along for a relaxed seated yoga session on 23 April, 10.30am – 11:30am.

The Power House Hub, Round Wood, Llandeyrn, Cardiff, CF23 9PN.

Contact: volunteername@mssociety.org.uk

SEE MORE EVENTS AT

[www.mssociety.org.uk/
groupname](http://www.mssociety.org.uk/groupname)



The benefits of seated yoga



MINDFULNESS

Yoga brings us into the present moment, building a connection between the breath, the body, and the mind. With this connection, we build the tools needed to find calm through stressful situations. As we find gentle challenges in the physical body, our mind remains clear and relaxed.

PHYSICAL

Finding movement, however small, is an important part of maintaining a healthy body connection. Taking the time once a week (or more, if you can) to observe the sensations that rise as we take subtle movements, means we build not only strength and mobility through the joints but also a stronger connection to observe the changes that naturally occur, giving us more time and space to adapt on the days that are more physically challenging.

MEDITATION

During our seated yoga session, it's not all about movement, we also use a combination of pranayama (Breath work), Mudra (Hand gestures or seals) and meditation. We like to include meditation as a reminder that yoga is so much more than the benefits to the physical body, in fact, meditation can be the most powerful tool of all.



As we find gentle challenges in the physical body, our mind remains clear and relaxed.

EXAMPLE



Useful numbers

MS Advice and Support

MS Welfare Line **07522 774604**

MS Helpline (freephone) **0808 800 8000**

MS Therapy Centre **0116 2557104**

MS Nurse **0116 2584700**

Neurology outpatients **0300 303 1573**

Disability Advice and Support

City Council Health and Social care **0116 4545600**

County Council Social Care **0116 3050004**

City Council Blue Badge **0116 4545600**

County Council Blue Badge **0116 3057584**

Citizens Advice Service **0300 456 8400**

Specialist Mobility Centre (wheelchairs orthotics) **0116 2823500**

Transport

Dial a Ride

City Council **0116 4540902**

District **0116 2607888**

District **0116 2866116**

District **01530 512456**

Shopmobility

City Centre **0116 2537125**



RESEARCH

The power of microglia in smouldering MS

.....
Researchers have found why certain cells stay activated during the immune attacks in MS. This suggests a new approach to finding future treatments for people with MS.
.....

In MS, immune cells from the body mistakenly attack myelin, the protective covering around nerve fibres. This causes damage in the brain and spinal cord, called lesions.

In some brain lesions often found in progressive MS, there are lots of cells around the edge of the lesion which stay active after the attack. You may have heard this process of ongoing damage being called “smouldering MS”.

Some of these cells around the lesion are called microglia. They're the brain's special immune cells with lots of helpful roles. For example, they can tidy up broken-up myelin in areas of damage. And the body should switch off the microglia once they've finished their role in the process.

But in MS, microglia seem to be persistently activated at the edges

of lesions. So the cells actually cause damage. Scientists have now identified a potential reason why they aren't switched off in MS.

Researchers at the University of Cambridge used mice with an MS-like condition and looked closely at their microglia. Specifically at the mitochondria inside, which are the energy powerhouse of a cell. The team found microglia remain active because of how they use their mitochondria.

This research shows a new approach for finding

treatments for MS. Researchers could identify drugs which switch microglia off in MS lesions, protecting nerves.

There's lots more research needed first, but it offers insight into new ways to slow or stop the progression of MS.



Health Disability Activity Pathway

The Health Disability Activity Pathway is a Wales-wide initiative to support disabled people to become more physically active.

It is a simple pathway which is easy to access and is easy for health care professionals to signpost disabled people to sporting opportunities and physical activities in the local community.

The aims of the HDAP are:

- **Transform the relationship between health and disability sport in Wales to create a strong and sustainable partnership.**
- **Improve the health and well-being of people through increase physical activity.**

To access this service, it is possible for your clinician to directly signpost you to the HDAP.

You can sign yourself up through [this link](#)

Have your say!

Llais are getting together to have a conversation around shaping future services.

They would love to hear from MS society members on the 24 April 2024, 10am-3pm at the Principality Stadium, Cardiff.

If you are interested, [click here](#) to book your place.



FUNDRAISING

The May 50k

Take on The May 50k and walk, run, or roll to stop MS.

Join our global movement to raise money for life-changing MS research and improved access to treatments for all.

You can do it by yourself, or as part of a team with friends, family, or colleagues.

If you have any questions, please contact events@mssociety.org.uk

Sign up here:

<https://www.themay50k.co.uk/>



RECENT EVENTS



Christmas Lunch

9th December 2023, The Golf Club

Once again, our Christmas Lunch was held at The Golf Club. This is a perfect venue with great parking, full accessibility for everyone and lovely staff.

We were met on arrival by our lovely Silke who ticked us off on the register. Then we were shown to our assigned table by Julie and Kathryn. We grabbed a drink from the bar and headed to our table.

Everything was set up beautifully, with an ever-helpful reminder of what we had pre-ordered because we can never remember by the time the day comes around! We also had a little bag of Lindt chocolates each which were kindly donated by Asda and the obligatory Christmas crackers and party poppers for us to enjoy.

Once seated, Paul did his rounds to hand out the famous quiz (it gets harder and harder every year - good job it's multiple choice!) and we got to work.

When everyone had arrived, Paul did his welcoming speech and introduced us to the new finance volunteer for the group, Tim Whitfield. We were also introduced to our special guests, Vicki, John, and Anthony. Vicki has held Hafla's for several years now raising valuable funds for our group.

Local Events Calendar

September

Sun 3rd	Newport Yoga	4pm - 5pm
Mon 4th	Coffee & Chat Zoom	10am - 11am
Thurs 7th	Bulwark Chepstow Yoga	10am - 12noon
Sun 10th	Newport Yoga	4pm - 5pm
Mon 11th	Coffee & Chat Chepstow Garden Centre	2pm - 4pm
Thurs 14th	Bulwark Chepstow Yoga	10am - 12noon
Sun 17th	Newport Yoga	4pm - 5pm
Mon 18th	Newport Coffee & Chat	11am - 12.30pm
Thurs 21st	Bulwark Chepstow Yoga	10am - 12noon
Sun 24th	Newport Yoga	4pm - 5pm
Mon 25th	Bridges Coffee & Chat	10.30am - 1pm
Thurs 28th	Bulwark Chepstow Yoga	10am - 12noon

October

Sun 1st	Newport Yoga	4pm - 5pm
Thurs 5th	Bulwark Chepstow Yoga	10am - 12noon
Sun 8th	Newport Yoga	4pm - 5pm
Mon 9th	Coffee & Chat Chepstow Garden Centre	2pm - 4pm
Thurs 12th	Bulwark Chepstow Yoga	10am - 12noon
Sun 15th	Newport Yoga	4pm - 5pm
Mon 16th	Newport Coffee & Chat	11am - 12.30pm
Thurs 19th	Bulwark Chepstow Yoga	10am - 12noon
Sun 22nd	Newport Yoga	4pm - 5pm
Mon 23rd	Bridges Coffee & Chat	10.30am - 1pm
Thurs 26th	Bulwark Chepstow Yoga	10am - 12noon
Sun 29th	Newport Yoga	4pm - 5pm
Mon 30th	Coffee & Chat Zoom	10am - 11am

November

Thurs 2nd	Bulwark Chepstow Yoga	10am - 12noon
Sun 5th	Newport Yoga	4pm - 5pm
Mon 6th	Cwmbran Coffee & Chat	11am - 12.30pm
Thurs 9th	Bulwark Chepstow Yoga	10am - 12noon
Sun 12th	Newport Yoga	4pm - 5pm
Mon 13th	Coffee & Chat Chepstow Garden Centre	2pm - 4pm
Thurs 16th	Bulwark Chepstow Yoga	10am - 12noon
Sun 19th	Newport Yoga	4pm - 5pm
Mon 20th	Newport Coffee & Chat	11am - 12.30pm
Thurs 23rd	Bulwark Chepstow Yoga	10am - 12noon
Sun 26th	Newport Yoga	4pm - 5pm
Mon 27th	Bridges Coffee & Chat	10.30am - 1pm
Thurs 30th	Bulwark Chepstow Yoga	10am - 12noon

Altered sensations

Altered sensations, such as tingling, burning, numbness, pins and needles, are some of the most common symptoms in MS. They may affect any parts of the body and may be the first symptoms for many people who are eventually diagnosed with MS.

These sensations can be unpleasant or even painful, and they can be constant or come and go. They are caused by damage to the myelin sheath (demyelination), the protective barrier around the nerves. Unfortunately, demyelination cannot be fixed, however there are a number of options (medications and non-drug treatments) to manage the symptoms.

Medications usually prescribed for nerve pain include anticonvulsants and antidepressants that have originally been manufactured for other purposes. General painkillers, such as paracetamol and ibuprofen, tend not to be effective in this case.

Some people find complementary therapies, such as massage, aromatherapy, acupuncture, beneficial. In addition, gentle exercises like stretching, yoga and Pilates can also be useful.

Sometimes simple changes in behaviour can be helpful. For this, we need to identify what might trigger these altered sensations:

- Lack of sleep
- Fatigue
- Excessive heat or cold
- Poor posture
- Cough and colds

It might be a good idea to start a diary to try and find your triggers and identify a pattern.

If you would like to know more about altered sensations, why they happen and how they are treated, please follow the link below and read the article with Dr Amanda Howarth, a senior lecturer in Nursing. She has a clinical background in pain management, especially in people with MS.

<https://mstrust.org.uk/news/expert/ask-expert-tingling-burning-and-numb-sensations>



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EMOTIONAL SUPPORT AND INFORMATION

All incoming calls come through to our 5 Helpline Support Officers and 23 Helpline Volunteers and 2 Information Officers. Providing emotional support and information via phone, email, Facebook, letter and face to face.

Enquiries can be varied for example around:

- Symptoms management
- Family
- Work
- Dealing with diagnosis,
- Questions about MS

Helpline staff respond with empathy and non-judgemental support.

Helpline Specialist services:

Enquirers to the Helpline can be transferred to any of our specialist services:

- MS Nurse Service (UK wide)
- MS Legal service (England, Scotland and Wales currently)
- MS Welfare benefits service (UK wide)
- Moving More with MS service (UK wide)
- Befriending service (UK wide)

Moving More with MS service:

Our Physical Activity Specialist can help you explore ways to move more and eat more healthily using different approaches, like:

- Working with you to make an individual action plan to help you make the changes you want to see
- Providing information, and telling you where you can go for help to stay active
- Helping you find things to do in your local area that are easy for you to get to and use.

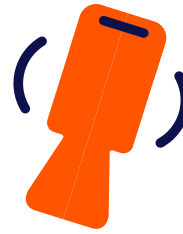
What are the benefits?

No matter what kind of MS you have, a healthier lifestyle can help.

- Help you enjoy better balance.
- Help you stay as mobile and active as possible.
- Lower your risk of heart disease.
- Keep your body working at its best.
- Help you manage your weight.

You can find out more by calling 0808 800 8000 or emailing helpline@mssociety.org.uk

FUNDRAISE FOR YOUR GROUP



Easyfundraising – shop online and raise cash for your local group

LWK Group are signed up to Easyfundraising, a way to raise a little cash for your local group every time you shop online, at no cost to you. Over 7,000 brands are part of Easyfundraising, including Tesco, Amazon and more. Just register an online account with Easyfundraising and choose our group as your cause. Then every time you place an order with any of their brands you can agree that they make a donation. We will then be paid a percentage of your order value. At no cost to you!

To register and find out more visit:

<https://www.easyfundraising.org.uk/causes/msls/>

FOR DONATIONS:

- Go to msgroups.enthuse.com
- In the search field find our Group
- To make a donation click on Donate
- Enter your donation by following a few simple steps

OR

- Scan the QR code to go straight to our page.



Getting to know you...

In this issue we profile our Regional Development Officer (RDO), **LOREM IPSUM**. We asked them about her work at the MS Society and what it is like being an RDO.

TELL US MORE ABOUT YOUR ROLE AND HOW LONG HAVE YOU BEEN WITH THE SOCIETY?

I have been working for the MS Society for 9 years this year. I originally started as a Local Network Officer and became a Regional Development Officer in 2020.

WHAT WOULD A 'TYPICAL' DAY BE, IF THERE IS SUCH A THING!?

One of the things I love about this job is the variety and no two days are the same, I cover 6 counties across the West Midlands so am kept quite busy with travelling too!

However in a 'typical' day I can be working with volunteers in our local groups to plan and deliver new services in their area. I also work with local health professionals and local MS communities in identifying local needs and then finding ways to meet those needs. I am also often planning events – these can be events for people who are affected by MS and have been newly diagnosed or more 'general' information events. My favourite part of the job is working with people, which I get to do a lot – especially our volunteers.

WHAT NEW THINGS ARE YOU WORKING ON WHICH OUR

MEMBERS WOULD BE INTERESTED IN KNOWING MORE ABOUT?

At the moment I am beginning plans for a new wellbeing activity that I would love to roll out across Warwickshire. This is in the very early stages but very soon I would love to reach out to anyone affected by MS and living in the County to find out what kind of wellbeing activity is important to you.



WHAT DO YOU LIKE DOING IN YOUR SPARE TIME?

I have a dog, so am often trying to persuade her to come on walks with me! I also have a teenage daughter who likes to keep me on my toes! I run, attend a local yoga class and most importantly I love baking (and eating!!) cakes.

JOIN OUR FACEBOOK PAGE

Many users find it a wonderful way of communicating, keeping up to date, and finding out about activities within the local area. It is our most used platform. We share links, videos and images only related to our organisation and post only information that we think you would enjoy.

Our Facebook page is private to members only and only the members can see who is in the group. It is your choice about how you use it and what sort of user you become. You can be sure that you will stay safe whilst

using our Facebook page. The benefit of becoming a member helps you to reach out to like-minded people in our community.

<https://www.facebook.com/groups/592839752238322/>



MS Awareness Week #MSWeek

MS Awareness Week 2024 will run from 22-28 April. It's a chance for us to raise awareness and speak up together about the realities of life with MS.

The MS Society are teaming up with MS Together, the MS Trust, MS-UK, the Neuro Therapy Network, Shift.ms, and Overcoming MS to launch MS Unfiltered.

This campaign will shine a light on the MS topics that can be difficult to talk about. We hope to raise awareness about the huge range of symptoms and challenges people with MS face and encourage people to speak out together.

Join the conversation during MS Awareness Week on social media by using #MSUnfiltered.

Please remember, if you are affected by any of the topics raised during this week, you can contact our free and confidential MS Helpline. Call **0808 800 8000** or email helpline@mssociety.org.uk



Local Group MS Society Group

Your local team

Lorem Ipsum
Group Coordinator volunteer

Lorem Ipsum
Finance volunteer

Lorem Ipsum
Communications Volunteer

Lorem Ipsum
Communications Volunteer

Contact details

Telephone:
01234 567890

Email:
yourgroup@mssociety.org.uk

Webiste:
[www.mssociety.org.uk/
groupname](http://www.mssociety.org.uk/groupname)

EXAMPLE

MS National Centre

020 8438 0700
info@mssociety.org.uk

MS Helpline Freephone

0808 800 8000 (weekdays 9am-7pm)
helpline@mssociety.org.uk

Online

mssociety.org.uk

 /MSSociety

 @mssocietyuk

 /mssocietyuk

 mssocietyuk

 /mssociety

MS Society Scotland

0131 335 4050
msscotland@mssociety.org.uk

MS Society Northern Ireland

028 9080 2802
nireception@mssociety.org.uk

MS Society Cymru

0208 438 0700
mscymru@mssociety.org.uk



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