



2010

inforMS

The Quarterly Newsletter of Ayrshire & Arran Branch of the MS Society Scotland

CHAIRMAN'S SPRING MESSAGE 2010

The last few weeks has seen the untimely demise of some really good Branch supporters. Jim Hambrook, our health and safety stalwart, lost his wife Janet under very sad circumstances, and Lilian Quigg, a loyal attendee of the Cunninghame group, recently passed away. Our sympathies and condolences go out to Jim and Ian and their families.

As I write this in the really cold weather it is hard to believe Spring is just around the corner (incidentally what ever happened to global warming?!), but believe it or not the snowdrops, crocuses and daffodils will soon be emerging from their winter slumber and very welcome they will be. The Branch has been very busy over the past few months. We are now established in our new premises at 84 Main St, Kilwinning (we have kept the same telephone number 01294 558866) although we seek more volunteers for both the office and the charity shop which is proving a bit difficult to get up and running. If you can help, please contact us.

Before our secretary, Harry Travers, left on a well deserved 4 weeks break with his family in South Africa, he masterminded the notification our Branch AGM – no small task as we have 400 members all of whom are required by our rules to receive individual notification. **It will be held on Saturday 24 April at the popular Gailes Lodge Hotel in Irvine for both the lunch and the AGM.** Remember this is your chance to review the Branch's activities, see our financial accounts and generally question your elected committee. Please support us and return your attendance slips to Susan Fitt as indicated in your paperwork.

As we try to stimulate more involvement with our Social Section, it will be interesting to see if any new ideas are forthcoming at its AGM at 7pm on Monday 29 March at our new Resource Centre. At present we meet on the first Thursday of the month in the evening at Menzies Hotel in Irvine – a good night out, nice meal and professional entertainment - BUT we could do with more coming along. Why not see our new Branch premises and put in your tuppenceworth !!!

A number of high profile donations to the Branch will feature in the local press in the run up to the national MS Awareness Week which runs from 24 April and indeed coincides with our AGM. As we will celebrate our 40th Anniversary as of one of the oldest and certainly the biggest Branch in Scotland we still look for ideas to commemorate this milestone. Any ideas?

On a broader front, the Scottish Government has now published its final standards on clinical services for both neurology as a whole and MS in particular. The task of your Committee is now to ensure these improved standards are met in Ayrshire and Arran - we are all up for it. Similarly, we continue to press the Health Board for the much needed improvements to Pavilions 10 and 11 which will ensure both disability compliance in access and toilets and better heating etc.

I have referred previously to the dissatisfaction we and other Branches have had with both London and Edinburgh HQ. Following meetings in Clydebank and Stirling, I am cautiously optimistic we are putting these difficulties behind us. Proof should be forthcoming at an Open General Meeting in Perth on Saturday 19 June. We will be represented. All in all, a busy few months just passed and ahead.

If you wish to contact us for any reason ring 01294 558866

Best wishes, take care and hope to see you soon
Donald McNeill OBE
Chairman

Mrs Lilian Quigg of Saltcoats

Many friends and members of the Branch were deeply saddened to hear of the death on 13 February of Lilian at age 59.



Her husband, Ian, has lost a loving wife and Jacqueline, John Paul and Gareth, a wonderful mum. She will be badly missed by her colleagues at the Cunninghame Group where for many years and until very recently she and Ian were loyal supporters.

Lilian loved meeting people and her unfailing good humour made her welcome company in the many local activities in Saltcoats and Ardrossan which she and Ian enjoyed. Although diagnosed with MS in the late 1970s, she resolutely and courageously battled it for 32 fulfilling years. Lilian lived her life to the full with never a complaint and always a ready smile. Faithfully supported by her husband, Lilian was a great example to us all of how to meet the challenges of MS and yet enjoy yourself and have fun. Both Ian and Lilian loved getting out and about and really enjoyed their holidays to Spain with their many friends. She leaves behind lovely shared experiences and fond memories.

It was very fitting that the Commemorative Service for Lilian on 19 February was held at Saltcoats North Parish Church as Ian and Lilian were married there in 1973. The Rev. Alex Noble conducted a touching service of celebration and thanksgiving for Lilian's life. Many members of the Branch attended to pay their respects. The handsome retiring collection was dedicated to the Branch and an appeal for further donations has been set up on the charity Just Giving Website – www.justgiving.com/Lilian-Quigg.

The affection and respect towards Lilian is reflected in the over £1,000 currently donated. These typically thoughtful gestures of continuing support by the family are greatly appreciated by the Branch in our efforts to support people affected MS.

Our deepest condolences and sympathies are extended to Ian and the family.

Donald McNeill OBE
Chairman

WHAT'S ON WHERE

Branch AGM

Saturday 24th April 2010 at the Gailles Lodge Hotel, AGM begins at 2pm prompt. Lunch is available beforehand at 12 noon (if required) at a cost of £5 per head. Please contact Susan Fitt on 01292 282377, or our office on 01294 558866 if you wish to attend.

Cake Break

As part of the National MS Week, Ayrshire & Arran are holding a Cake Break event at our new Branch premises at 84 Main Street, Kilwinning on Tuesday 27th April. Please feel free to call in between 11am and 2pm to view our new home and join us for a coffee or tea and a piece of cake too. Any donations of baking would be welcomed. Call 01294 558866 for details.

Social Section AGM

Monday 29th March 2010 at the Branch Office, 84 Main Street, Kilwinning, begins 7pm prompt.

Cunninghame Drop-In Group

Every Thursday 12 noon—3pm in St John's Church Hall, Stevenston. Contact Iris on 01294 471066

Henderson Centre Group

Meet on the 1st and 3rd Tuesday of each month from 1 – 4pm in the Scout Hall behind Henderson Church, Kilmarnock. Call Catherine: 01563 539537

Kyle Coffee Club

Meet on the last Wednesday of each month at 10.30am Dobbies Garden Centre, near Ayr. Contact Irene McLean on 01292 478962

New Cumnock Group

Last Tuesday of each month from 6.30 pm at the Lochside House Hotel in New Cumnock.

Girvan/Maybole Group

Royal Hotel, Girvan. Contact Margaret Armour on 01465 710302 for details.

Yoga Class

Each Monday at 7.15pm at the Biggart Hospital, Prestwick. Call Jean Howie on 01292 268434

Branch Social Evening

Next Social Evening is on Thursday 3rd September at 6.30pm for 7pm prompt at the Menzies Hotel, Irvine. Call us on 01294 558866 for details.

Branch Committee

Meets on the second Thursday of the month at 7.30 pm at Biggart Hospital, Prestwick. All **MEMBERS** are welcome to attend. Contact Harry Travers on 01294 558866.

Physiotherapist Yvonne Learmonth is organising a study in the Kilmarnock and Irvine areas looking at the benefits of group exercise classes for those moderately affected by MS. The recently qualified physiotherapist also works as a fitness instructor, helping people to improve their fitness and achieve realistic goals.

Yvonne says, "Whilst completing my degree I was inspired by the novel approaches clinicians and researchers use to treat their patients, although simple exercise routines can be just as effective. It is important that patients are given the opportunity to exercise in a safe group environment. Research into MS is an ever-growing area, and it is important to find different methods to help treat the symptoms, and to give people living with the disease the best quality of life possible. As a young-woman living in Scotland, where MS is particularly prevalent, I think it is an interesting and important area of work, and strong research is required to provide the evidence to improve services for those with the disease. I hope this study will be the start of ongoing exercises classes specifically designed for people with MS living in Ayrshire, and perhaps act as a model to be developed elsewhere".

The research is a joint project between NHS Ayrshire and Arran and Glasgow University, with additional support from East Ayrshire and North Ayrshire Leisure services. It will take place between the Douglas Grant Rehabilitation Unit, where Yvonne is supervised by Dr Paul Mattison, lead clinician, and Linda Miller, consultant physiotherapist, and leisure sites in Kilmarnock and Irvine. During the PhD studentship, which is funded by the Bevan scholarship provided by NHS Ayrshire and Arran, Yvonne will work between these sites and Glasgow University, where she is supervised by Dr Lorna Paul, Division of Nursing and Healthcare. Yvonne adds "More and more people are becoming aware of the many benefits of exercise, and there are already specific classes for cardiac and stroke rehabilitation taking place in community leisure facilities; however for people with MS there are not the same opportunities. The research suggests that exercise can help people with MS at many stages of their diseases, as it can help strengthen muscles, improve mobility and manage fatigue. However we need more evidence in all these areas, to learn how to provide optimum management."

The study, which has gained ethical approval, is planned to start in March, 2010 with participants either taking part in twice-weekly exercise classes for three months or being involved, initially, as part of the control group. Yvonne points out that "to make research as robust as possible it is necessary to compare at least two groups of similar people, one receiving treatment and one not, that way you can really see if the treatment is making a true difference". However all participants in the exercise study will be invited by their respective local authority leisure staff to be involved in the exercise referral schemes, which offer expert advice on fitness and discounts to some leisure facilities. On completion of the study, the work will form part of Yvonne's PhD thesis and it is hoped that parts of the study will be published, with those participating remaining anonymous.

Suitable patients known to the Douglas Grant Rehabilitation Unit DGRU will be contacted in the near future. It is hoped as many people as possible will take part in the study as this will strengthen the findings. Yvonne adds that "it's a great opportunity for those with MS to join a class, get some exercise and meet other people, and hopefully we will find many benefits for those taking part".

Please note this is a press release for information only, and does not form an invitation to take part in the study. However if you would like further details please contact Yvonne Learmonth on 0141 330 4053 or y.learmonth.1@research.gla.ac.uk

InforMS is published by the Ayrshire and Arran Branch of the M.S. Society (Registered Charity No SCO 16433). All the views in this publication are individual and are not necessarily the view or policy of the charity and its supporters.

CUNNINGHAME MS DROP-IN CENTRE STEVENSTON

After a long Christmas break we resumed at St John's Church Hall, Stevenston with our meetings. Most of our meetings have been concerned with trying to organise our next group holiday which hopefully will take place later this year or fairly early next. Trying to raise the funds in today's financial climate is a thankless task but I'm sure that we will get there.

Unfortunately we had bad news recently with the loss of Jan Hambrook, Jim's wife, and our long standing member Lilian Quigg.

Both were well known in the group as Jan always accompanied us on holidays and of course Lilian and Ian were (as far as I am aware) founder members of the group. We must thank Ian for his generosity in donating the collection from the funeral to the group.

We have our usual Easter collection at B & Q and are trying to complete our team of volunteers to rattle the cans and give out the eggs.

We still meet Thursdays from 12noon until the last person leaves which is approx 3 p.m. Lunch is served plus as much tea or coffee as you wish. All for £2 so that it does not break the bank.

Look forward to seeing you.

Margaret Shuttleworth
Treasurer

KYLE COFFEE CLUB AYR

The subject on everyone's mind has been the winter weather. The frost and snow; the bitter winds and the cost of keeping our homes heated!! We have little choice over any of that except to wrap up and try to stay as warm as we can!

One choice we do have is to get out and meet up with friends at Dobbies on the last Wednesday of the month at 10.30am for tea or coffee and a scone. It has been really nice to see so many of us turning up each month. Plans are being made for holidays to come and a few have been on holiday already - a welcome change to enjoy some sunshine while the winter weather continues at home.

The subjects for discussion are many and varied - family, friends, holidays, clothes, outings etc. come along and join us if you can.

We had a very interesting talk in February from Yvonne Learmonth, a physiotherapist, on her study on the benefits of exercise for people affected by MS. We are sure you will be hearing more of this as the project is rolled out.

We look forward to seeing you on Wednesday, 31st March if you can make it.

Best wishes from

Irene MacLean & Carolyn MacIsaac

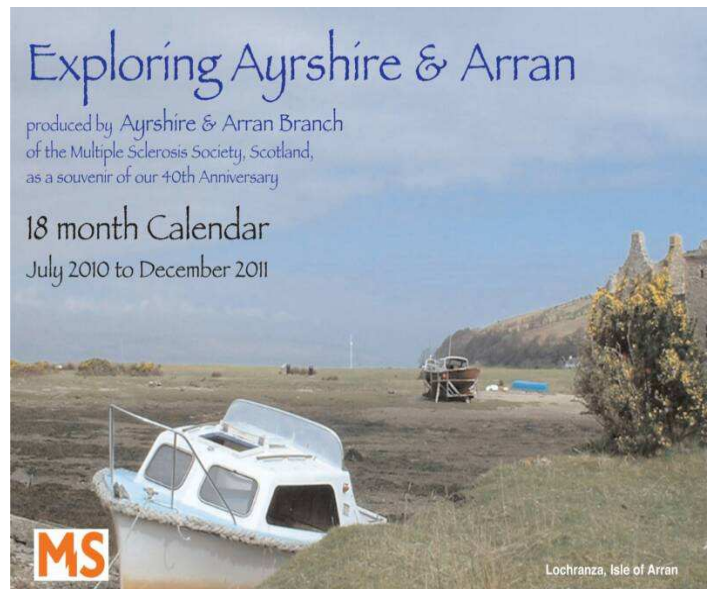
Commemorate our 40th anniversary with our souvenir calendar.

As part of our 40th Anniversary Year, the branch is producing an 18 month wall calendar which will start on 1st July 2010 and will run right through to 31st December 2011.

Featuring some stunning landscape photos from all over Ayrshire and Arran, many of which are previously unseen, this large format calendar makes the ideal focal point in homes and offices.

The calendars cost just £9.95 (£8.95 + £1 p&p) and only a limited number are being produced, and all monies raised will be used to benefit local people with MS.

To ensure that you get a copy, please either phone our office on 01294 558866 or write to: CALENDAR, MS Ayrshire & Arran Branch, 84 Main Street, Kilwinning, KA13 6AG.





IMPORTANT - NEWSLETTER EDITORIAL FOR 2010

The next edition of this newsletter is the Summer issue which will be published on 1st June. All submissions and articles for inclusion must be with the editor by **FRIDAY 21st MAY**.

Thereafter, the deadlines for material to be included in the remaining editions this year will be 21st July for the Autumn issue and 21st October for the Winter issue.

Articles and news items are welcomed from any of our readers, so please send your material (where possible by email to nicksmalley@btopenworld.com) or by post/personal visit to 'NEWSLETTER', MS Ayrshire & Arran Branch, 84 Main Street, Kilwinning KA13 6AG.

MS Ayrshire & Arran
Branch invite you to our

CAKE BREAK



To be held in our premises at
84 Main Street,
Kilwinning
on Tuesday,
27 April 2009

ALL WELCOME!

Drop in anytime between
11 am and 2 pm and join us
for a coffee (or tea) and cake.

Donations of baking
would be welcome.
Please call 01294 558866
for further information.

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MS Ayrshire and Arran Branch Office is located at 84 Main Street, Kilwinning (Tel: 01294 558866) Open weekdays from 11am—3pm. **Website www.msayrshire.com**