

Salt intake may play a role in MS



New research published on 7th March in the journal *Nature* has suggested that salt intake may be related to MS.

The early stage studies looked at the impact that salt has on the immune cells thought to be involved in MS. They found that high salt levels drove the production of a type of immune cell, called a TH-17 cell, in laboratory models of MS.

Vital clues

TH-17 cells are thought to play a role in attacking the myelin sheath that lines cells of the brain and spinal cord. Finding out more about how they are formed in the immune

system may give researchers vital clues on the factors involved in causing MS.

Researchers fed a high salt diet to mice with EAE (a laboratory model of MS) and found those with a high salt diet were more likely to develop more severe forms of EAE.

More work is needed

Research has shown that EAE is not a perfect model of MS and much more work is needed in order to confirm these early laboratory findings in people with MS.

Dr Susan Kohlhaas, Head of Biomedical Research at the MS Society said:

"This is a really interesting study and it's positive to see new avenues of MS research being explored in this way. It's still too early, however, to draw firm conclusions on what these findings mean for people with MS but we look forward to seeing the results of further research.

"In the meantime, we recommend that people follow government advice on maintaining a healthy, balanced diet, which includes guidelines on salt intake."

First results from key NMSS-funded CCSVI studies

The first of seven CCSVI studies funded by the National MS Society (NMSS) and the MS Society of Canada (MSSC) has published its results, which showed no increase in prevalence of CCSVI in people with MS.

Researchers from the University of Texas Health Science Centre at Houston used sonography techniques to measure blood outflow from the brain to establish whether any of the participants in the study fulfilled the criteria for CCSVI.

276 people were assessed for CCSVI (206 with MS and 70 without). The researchers found that CCSVI was present in 3.88 per cent of people with MS and 14 per cent of people without MS.

These results showed no significant differences in blood flow rates between people with MS and people without. The results were published in the journal *Annals of Neurology*.

The NMSS began to collaborate with the MSSC in 2009 to fund seven research projects.

From the chair..

Hi everyone,

Despite it still being cold wet and windy, we had a good turnout at our first monthly meeting of the year and it was great to see those of you that were able to attend and catch up after so long.

As we have regular members attend each month, I hope to make two teams and have a monthly competition run throughout the year.

If you would like to join the Team Turkey (Michael) or Team Parsnips (Lyn) come along and sign up for a bit of fun. The team at the end of the year will win a small prize to be presented at our Christmas meeting.

Cake Bake is coming up in May, last year Liz Abrams held a successful cake bake and has kindly offered to help out again this year. Please could we spread the load this year and have a few yummy homemade cake donations. We will be holding the Cake Bake at the 'Community Hub' Westwood Cross Saturday 4th May from 11am till 5pm or until the cakes have gone!

At our meeting in April I shall be giving out posters for members to put in their windows or local shops. If you would like a poster, but can't make it the meeting, please call Sarah Abrams on 07449326416 to request a poster to be sent to you.

Also, if you would like to make a cake but can't get it there I am arranging a cake collection day a few days before, for more information please call me on 01843 209522. We also need some volunteers to man the stall and promote MS Awareness week too, so please spare an hour and help out.

MS Awareness week is in April and Philip Shearsby is going to do a sponsored 'ORANGE' by dying his beard orange for a week. Phil will be at Costa Coffee on Tuesday 30th April and at the Community Hub from 11am please come along and support him. To make a pledge please fill in the form (back page), making cheques/postal orders payable to MS Society Thanet Branch.

Tom Price of Landsite securities Westwood Cross has kindly offered to do a small talk on 5th June about the partnership of Westwood

Contact Details

Chairman	Lorraine Hudson 01843 209522
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Asst Treasurer	Maggie Lincoln 01843 294872
Secretary	Sarah Abrams 07449 326416
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Cross and the MS Society and some of the forthcoming events we have planned at the Community hub, he will also be presenting a cheque for £588. Please come along and give him a warm welcome.

One of the events planned is for Christmas; I am looking for a few creative people to get together and make saleable items, creating a stall with all items made by people with MS. This will not work unless I get plenty of volunteers.

Are you creative, can you sew-cook-paint-make decorations? If you can't you may know someone who can... If so please contact myself or Lyn Parsbey. We need to get a team together and start making - it will be Christmas before we know it!

Finally I look forward to seeing you at our next meeting on 3rd April 7-9pm Randolph House, Zion Place, Margate, CT9 1RP ... Don't forget it's the AM this month and committee will be nominated.

Best wishes, *Lorraine*



Who are you going to nominate as an MS community star?

- Carer
- Digital media
- Employer
- Fundraiser
- Media
- Professional
- Researcher
- Volunteer
- Young person

The MS Society Awards highlight the amazing achievements of people with MS, their families and carers, and the professionals who make a difference to people living with MS.

There are nine categories, each one recognising and rewarding the remarkable dedication and hard work of groups and individuals who do so much to improve the lives of people living with MS

- ★ Anyone can nominate, so get your nominations in now!
- ★ Nominations for all categories will close on 19 April 2013.
- ★ The award ceremony will happen on 17 Oct 2013 12:00PM - 4:00PM

To get a nomination form or to find out more go to www.mssociety.org.uk/awards or email us at mssocietyawards@mssociety.org.uk or call Amanda on 01494 671332

With thanks to our sponsors;



Are you worried about your energy bills?

Thanet District Citizens Advice Bureau is offering

FREE 'ENERGY BEST DEAL' GROUP SESSIONS, which will include:

- Ways to reduce your Energy Bills
- How to switch supplier and choose the right deal for you.
- How to get help with Energy bills through grants and schemes.
- How to be more Energy Efficient.

This course is FREE!!! Available for groups in the Thanet area – parent groups- frontline workers - community groups etc.

To book a session and for more information contact – Thanet District Citizens Advice Bureau: enquiries@thanetcitizensadvice.co.uk or call Angela on 07579965461 and leave a message.



If you know someone who would like to join our branch or would like to know more about us please contact Lorraine Hudson 01843 209522.

Branch support helpline: 07968 123059, Branch support email: mshelplinethanet@gmail.com

Follow MSS news on Facebook and Twitter:

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MS Newsletter is published by the Thanet Branch of the MS Society. We give regular updates about what is happening in the MS community. All views expressed in this publication are individual and not necessarily the views or the policy of the charity and its supporters.

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Events

Date Tuesday 2 April
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Wednesday 3 April
Time 7pm-9pm
Event MSS Thanet Annul Meeting
Venue Randolph House, Zion Place, Margate
Cost Free

Date Tuesday 9 April
Time 12-2pm
Event Thanet Disability Forum
Venue St Mark's Church, Ramsgate
Cost Free

Date Tuesday 9 April
Time 2pm-4pm
Event The daytime meet-up/drop-in
Venue Costa Coffee, Deal
Cost Free

Date Thursday 11 April
Time 7pm-9pm
Event Evening meet-up with volunteer
Michael Irlacendos
Venue The Promenade, Station Rd,
Marine Terrace, Margate, CT9 5AF
Cost Free

Date Tuesday 16 April
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Tuesday 23 April
Time 2pm-4pm
Event The daytime meet-up/drop-in
Venue Costa Coffee, Deal
Cost Free

Date Sunday 28 April
Time 4pm-6pm
Event Wheelchair tennis
Venue Canterbury Indoor Tennis Centre

Date Tuesday 30 April
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Saturday 4 May
Time 11am-5pm
Event Cake Bake
Venue Community Hub, Westwood Cross
Cost Free

Date Tuesday 7 May
Time 2pm-4pm
Event The daytime meet-up/drop-in
Venue Costa Coffee, Deal
Cost Free

Date Thursday 9 May
Time 7pm-9pm
Event Evening meet-up with volunteer
Michael Irlacendos
Venue The Promenade, Station Rd,
Marine Terrace, Margate, CT9 5AF
Cost Free

Date Saturday 11 May
Time From 8am
Event Just Walk - sponsored walk
Venue South Downs

Date Tuesday 14 May
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Tuesday 14 May
Time 12-2pm
Event Thanet Disability Forum
Venue St Mark's Church, Ramsgate
Cost Free

Date Tuesday 21 May
Time 2pm-4pm
Event The daytime meet-up/drop-in
Venue Costa Coffee, Deal
Cost Free

Date Tuesday 28 May
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Transport

Please ensure you ring Sarah in good time if you need transport.

Thanet Disability Forum

Join us every 2nd Tuesday, every month at St Mark's Church, Pysons Road, Ramsgate from 12-2pm

For further information please visit our website at www.thanetdisabilityforum.weebly.com

or contact Judith on 07784 913444 or Liz/Graham on 07858 426084

Wheelchair Tennis Sessions

If you live anywhere in the East Kent area, why not come and join us. Two indoor tennis courts will be available. Friends and family also welcome. Tennis wheelchairs available. Tennis equipment provided

Canterbury Indoor Tennis Centre, Polo Farm Sports Club, Littlebourne Road, Canterbury

All sessions are on Sundays 4:00-6:00 pm, 28th April, 26th May, 30th June

Please contact Michael Bishop if you plan to attend:
Tel: 01732 525389
Email: mike.bishop@kent.gov.uk

Physio

Tuesdays at 4.30pm ...
Physio at the Q.E.Q.M.
Please call Philip on the day to make sure it is still on. If you would like to request transportation please call Philip by 6pm Monday.



Cake Bake

Saturday 4th May

11am till 5pm
(or until the cakes have gone!)

at the Community Hub
Westwood Cross

Please spread the load this year and donate a few yummy homemade cakes

For more information please call Lorraine on 01843 209522

Just Walk May 2013

11 May starting at 8am

Just Walk is an exciting sponsored charity walk for anyone wanting to fundraise for the MS Society.

This walk is open to anyone who is keen to get their walking boots on and hike over the picturesque South Downs in West Sussex.

You can choose either 10, 20, 40 or 60km – there is something for everybody!

<http://www.acrossthedivide.com/index.php/products/events/-/pt-0010/psc-0027/-/0/9/index.html>

Ride London August 2013

4 August 2013

RideLondon 100 is an exciting new cycle, which will take place on 4 August 2013.

Starting at the Queen Elizabeth Olympic Park, it follows the route of the London 2012 Olympic road race and finishes on the Mall.

Official places will be allocated by a ballot, which you can enter on the RideLondon website.

The MS Society will also have places.

More details on their website.

Feature - the short breaks and activity fund

Vicci Chittenden - a case study

Background

Vicci celebrated her 60th birthday last year and lives in Kent. She was diagnosed with secondary progressive MS when she was about 18.

Vicci's grandfather also had MS, so she was fully aware of the condition from a young age. Her family has supported the MS Society for many years and her late father was a Trustee of the charity's Board.

Traditional respite care has never really appealed to Vicci but she appreciates it is some people's preferred choice. However, when she heard about the Short Breaks and Activity Fund through the MS Society she was keen to find out if she could qualify for a grant. Vicci wanted to go to Ibiza to surprise an old school friend also celebrating her 60th birthday and who she hadn't seen in twenty years.

Condition and Symptoms

Vicci is dependent on full time support. She has needed to use an electric wheelchair for some considerable time as she is unable to walk and is only able to use her right arm. She also experiences extreme fatigue, but despite her symptoms remains as upbeat and positive as possible.

Vicci said: "I have MS, but I don't have to be that condition. It's important to enjoy life as best you can and not be limited by conformity because you are ill. Life does go on, in a different way perhaps, but it does go on."

Planning the trip to Ibiza

Vicci volunteers at the MS Society and through her work heard about the new Short Breaks and Activity Fund. She comments "I thought it was a great idea to provide people with the freedom to choose how they would like to take their respite.

"I was delighted when I received a grant which meant I could fund my personal assistant's travel, as I couldn't afford to pay for us both and I couldn't have travelled on my own.

"I was so keen to go to Ibiza and surprise my school friend as we were both turning 60." Vicci worked out the logistics with her friend's

husband and, with her personal assistant's help, researched accessible travel companies. She found a suitable hotel and booked it through a travel agent.

Vicci said "I can't actually remember when I had my last holiday abroad, so to make it to Ibiza for such a special occasion was fantastic and it was amazing to see each other after all that time."

Vicci found Ibiza's coastal promenade flat and so easily accessible with her wheelchair. They were faced with some challenges with steps around the resort but Vicci said "It was a learning curve for us both, but if you don't take the opportunity, you never know what's possible."

Financing the trip

Vicci had never applied for a grant before and so wasn't sure what to expect. She comments, "to say that the MS Society staff who supported me with my application couldn't have been more helpful is an understatement. They also worked with other charities to see if there was any other financial support available.

"My trip to Ibiza has inspired me to go away again. It really did have the wow factor, being in a different place with warm weather was just so healing, rewarding, positively challenging and very refreshing. It gave me the confidence to consider other places."

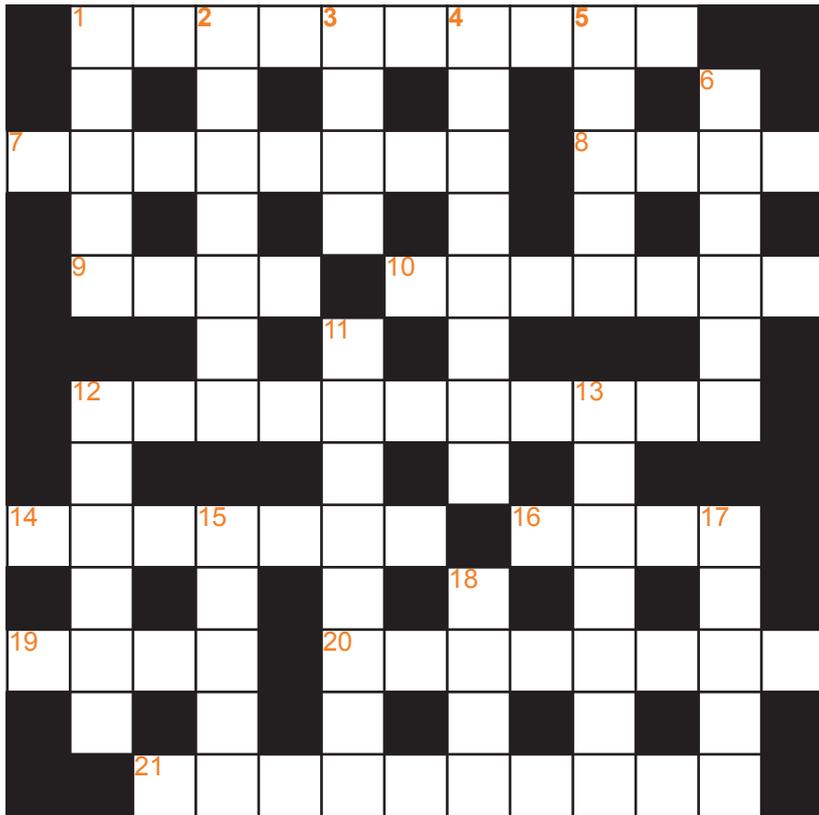
Vicci feels the MS Society has made a difference to her life and said "The MS Society plays an amazing role in being there to support people with MS and I hope to make more people aware of the different services they can provide."

Short Breaks and Activities Fund

The Short Breaks and Activities Fund considers grants for people with MS or their carers who want to take a break. Contact the Grants team on 020 8438 0700 if you live in England, Wales or Northern Ireland, or call 0131 335 4050 if you live in Scotland.

For further support, contact our Short Breaks Information Officer on 020 8438 0799 or email respitecare@mssociety.org.uk.

April crossword from Fidelio



Across

- 1 Western (10)
- 7 Issue (8)
- 8 Group of roedeer (4)
- 9 A public exhibition (*abbrev*) (4)
- 10 Making a declaration (7)
- 12 Likely; expected (11)
- 14 Small wager (7)
- 16 Existing circumstances (2,2)
- 19 Jacob's twin brother (4)
- 20 Set of bells (8)
- 21 As is a 20p coin (7)

Down

- 1 Yellow-orange shade (5)
- 2 W Indian ballad (7)
- 3 Highland dagger (4)
- 4 Type of frying pan (3-5)
- 5 Scope (5)
- 6 Tree-lined way (6)
- 11 Rising boxing blow (5-3)
- 12 Marie Curie nationality (6)
- 13 Diabetics take it (7)
- 15 Break in hostilities (5)
- 17 Foot/ - / pigeon (5)
- 18 Naval prison (4)

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Answers next month

Answers to March crossword

Across: 1 Affliction, 7 hairworm, 8 snob, 9 tool, 10 shyster, 12 swallow-tail, 14 meander, 16 Ohio, 19 lens, 20 Illinois, 21 kidnapping

Down: 1 apart, 2 Formosa, 3 idol, 4 tomahawk, 5 oasis, 6 boreal, 11 Algerian, 12 skewer, 13 Ashanti, 15 Nisei, 17 owing, 18 slip

Solution for the March Sudoku

6	3	4	2	9	7	1	5	8
7	9	2	1	8	5	4	3	6
8	5	1	4	3	6	9	2	7
2	1	8	5	7	4	3	6	9
3	4	7	9	6	1	2	8	5
9	6	5	3	2	8	7	4	1
4	7	6	8	1	2	5	9	3
5	8	3	7	4	9	6	1	2
1	2	9	6	5	3	8	7	4

April Sudoku

Fill the grids so that each row, column and 3X3 box contains the numbers 1 to 9.

Answers next month

				6	7	9		
5		6		3	2		4	7
						1		3
								1
2	9			1			3	5
3								
1		3						
6	5		7	4		3		8
		7	5	9				

