

Multiple Sclerosis Society of Jersey
May 2021



Multiple Sclerosis Society

Change of Chairperson

Jackie Brien is taking over from Helena Eeles as Chairperson of the society as Helena is moving to London. On behalf of the committee and the members of the society we wish to thank Helena very much for all her work for the society over the years and wish her the very best of luck for the future. We also thank Jackie very much for taking over as Chairperson.

Jackie's contact details are:

Address: Oakleigh, Le Clos Du Pont Marquet, St Brelade, JE3 8DQ

Email: jackiebrien@hotmail.co.uk

mobile: 07797 742522

New Committee Members

We are happy to welcome Christen Richards and Susie Collinson, who have kindly agreed to join the committee. We will shortly add their information and photographs to the society website.

AGM

This year we will combine the AGM with an afternoon tea, free for members and one guest. This will be at Greenhills at 2pm on 24th July 2021. Please let us know if you will be attending and pop the date in your diary.

It is very worthwhile attending this event as we make decisions about the Society which may have an impact on you and you can enjoy a chat with other members and the committee over tea and cakes.

Fundraising Events

Bingo nights are planned to resume later in the year, once it is safe to do so.

If you have any suggestions for other events please email the committee at the address below:

multiplesclerosisjersey@gmail.com

Christmas Lunch

The Christmas Lunch has been booked at 1pm on Saturday 4th December 2021 so please pop it in your diaries.

Complementary Therapies

Members can now claim £150.00 per quarter towards their alternative therapies (this has been increased from £90.00 per quarter). All receipts must be sent to the Treasurer accompanied by a completed therapies form (the forms is available online or upon request).

Scooter For Sale

£100 including 2 new batteries. Immaculate and fully foldable - will fit in car boot. If you are interested, please contact Dave on 861788 or 07797778664.



Wim Hof Method

Russ Allchin, the only certified and licensed instructor of the Wim Hof method in the Channel Islands, has been in contact with the society. He said the method had a huge impact on his friend Lisa that suffers from MS and he believes it can help local sufferers of MS. If you would like to know more you can contact Russ on 07797 717920 for a chat.

Information on upcoming workshops is available online in the following location: <https://www.wimhofmethod.com/instructors/russallchin>

Please note, the committee is passing on this information as it may be of interest to members, but it is not a recommendation. If you are interested, we suggest discussing it with your doctor before proceeding.

Communications

We are always trying to reduce our administration costs and where possible would like to send you information via email. If you have not already opted in to receive correspondence by email and wish to do so, please let us know by emailing the committee at the address below:

multiplesclerosisjersey@gmail.com