

# The Shane Project News



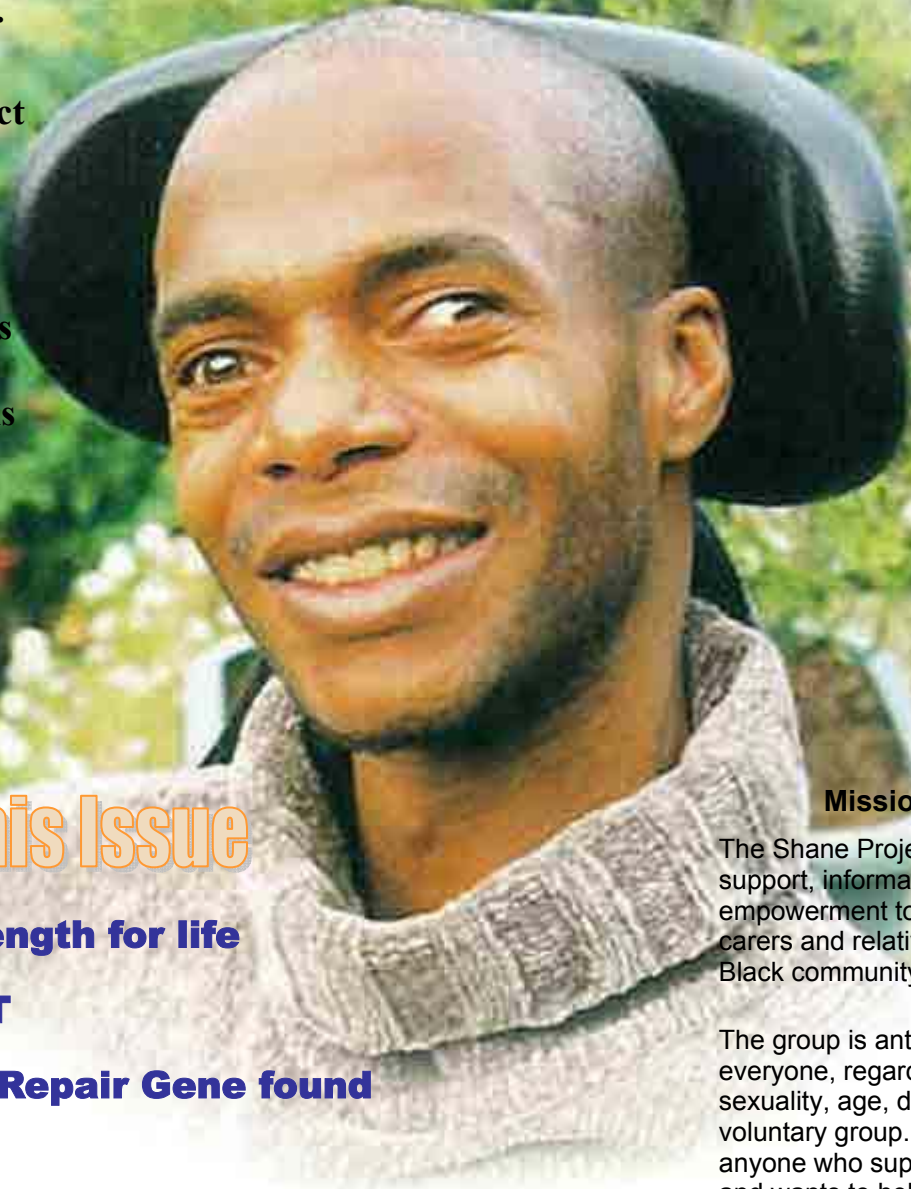
## Welcome...!

Summer 2005

**A** warm welcome to readers of this issue.

Thanks to everyone who has helped us to keep this project alive. Our labour is prompted by love and our endurance inspired by hope.

The Shane Project is a charitable organisation for African/ Caribbean and Ethnic Minorities living with Multiple Sclerosis (MS)



## Inside This Issue

- \* **Multiple Strength for life**
- \* **DRUG ALERT**
- \* **MS Damage Repair Gene found**
- \* **New office**
- \* **Who's who**

### Mission Statement

The Shane Project exists to provide support, information, advocacy and empowerment to people with MS, their carers and relatives, particularly in the Black community.

The group is anti-racist and is open to everyone, regardless of race, gender, sexuality, age, disability or creed. It is a voluntary group. Membership is open to anyone who supports the objectives and wants to help raise awareness and campaign to improve the quality of life for people living with MS.

**“Miss me but let me go”. (Happy Memories).**

# Multiple Strength for life – in memory” of Shane

**HIS** youngest brother Ancel McFarlane (right) has also been diagnosed with Relapsing Remitting MS. Although this is not known to be hereditary, there are certain families that are more susceptible to the condition.



Ancel McFarlane

**MS** affects the Central Nervous System (CNS). As yet there are no known cures.

As a dynamic, caring and forward thinking organisation with a desire to support and raise awareness among our community, we carry on in the hope that we will help as many people living with MS, also their families and carers. Although we targeted this specific group, our doors are open to everyone.

We have been fortunate in securing funding for three years from the Big Lottery Fund (BLF) which has gone towards running our project.

The Shane Project played an important role in organising the health awareness event at Enfield Civic centre in aid of Black History Month. Other health authorities were invited to take part, this includes Lupus UK, Sickle Cell and Diabetes.

This event was well attended. Karlene Rickard from BIS Publications was also on the bill. She has MS and was able to empathise with the audience drawn on her experiences of how important it is to include Caribbean food in our diet. Her books should be welcomed in all communities. Elite Arts provided the entertainments.

Our meetings are held monthly, anyone interested in attending can contact the office for forthcoming dates.

## A BIG THANKS!

The Voice newspaper for featuring the project in October 2004

Ben Television for inviting the chair of the organisation on their breakfast show to talk about the project. This has helped us tremendously in raising the project's profile.

Dave Martin (right) from ECRA for securing our office space.



All our Members

**We thank you for all your help and support!**



Our new office

## Who's Who!



Maxeen Project Manager



Welcome to Simone Dahlia who has joined us for voluntary work experience.



Norma McFarlane: Chair



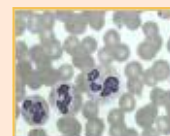
Linda Small: Fund Raiser

**DRUG ALERT** Goat serum may be an effective treatment for MS. A small group of MS patients with optic neuritis was treated at the Royal Free hospital & National hospital in Queen square. All said their vision had been improved or restored to near normal.

Dr Youl said "they will have to see how the trial goes before we can pass judgement as to whether it will be adopted as a main treatment for the disease". (Taken from

This treatment uses antibodies from the serum (the fluid portion of blood) of goats that have been inoculated with a variety of vaccines, to generate neutralising antibodies.

Antibodies are proteins produced by white blood cells in response to an antigen (foreign protein), to destroy/neutralise the antigen.



The strong anti-inflammatory component of the serum is thought by researchers to be 'potentially useful' in the treatment of MS.

## MS DAMAGE REPAIR GENE

**FOUND:** Scientists have identified a genetic repair process in the brain which can re-coat nerves with myelin, the insulation which is damaged by Multiple Sclerosis. Myelin is a fatty substance that forms a protective coating around the nerves fibres.

One in ten of 85,000 people estimated to have MS in the UK never experience the relapses and remissions which typify the condition in the majority of cases. They have Primary Progressive MS where the symptoms steadily gets worse. The first national information day for people affected by this type of MS was held in Birmingham in September 2004.

The Shane project has been successful in raising awareness within the targeted communities, signposting people to other statutory bodies for various help, giving emotional support, advocate on people's behalf and connecting people to other MS sufferers.

## Projects Contact:

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## How can I get involved in The Shane Project?

By becoming a member.  
Or Volunteer and by sending in suggestions to the project on issues you think should be highlighted and how.

**Visit our new web site on:**

**[www.shaneproject.org.uk](http://www.shaneproject.org.uk)**

**Or email us on:**

**[enquiries@shaneproject.org.uk](mailto:enquiries@shaneproject.org.uk)**