

# The Shane Project



## News

# Welcome...!

Spring 2006

Once again we would like to thank everyone who has contributed to the prolongation of this Project. We are planning with purpose and proceeding positively in persistent pursuit of our goals

### MISSION STATEMENT

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

The group is anti-racist and is open to everyone, regardless of race, gender, sexuality, age, disability or creed.

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.

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

## ANCEL MCFARLANE ON MS



I'm still struggling to come to terms with my condition, but I intend to be the winner. Many times I look back into my life and see how active I was, compared to how I've slowed down, gets to me, but then I'm just another ordinary human being. I am naturally a happy person so I do not accommodate sadness for very long.

There are several adjustments I had to make since I became ill, but they have all worked out for the best.

I have had one relapse since my diagnosis in 2003 for which I had steroid treatment and I am now back to how I was. You see:

*Life with MS can sometimes be a stress  
Life with MS is always a test  
Life with MS you always have to guess  
Life with MS is sometimes a pest  
Life with MS you never get a rest  
But with good family, partner & friends.  
Step forward & Peace out till next time.*



## JUANITA DOWNER ON MS

Everything has it's advantages and disadvantages and MS is no exception.

When you are diagnosed with a condition such as mine, you really start to know yourself, it is as if your inner senses take over.

My key thinking point is that there are always people worse off than I am.

I miss my independence "who wouldn't" but by being around people with positive minds, I feel uplifted.



When I meet new people they see me, and accept me as I am, they've never seen the other me.

My niece who is eleven years old once said to me, "you are not disabled because your characteristics have not changed".



I would like to encourage others in the community to get involved with the project by supporting and attending events.

Norma McFarlane has known Juanita for several years and said, she never ceases to impress her with her strength, determination and kindness.

# THE SHANE PROJECT (TSP) NETWORK CLUB

Launched on Friday the 28<sup>th</sup> April 2006 at  
Edmonton Baptist Church-Monmouth Road-  
The Green-London N9 0LS.

We had a successful turn out, and was joined  
by Sharon Heffenden from the MS Society,  
Tony Seagroatt from Age Concern (Enfield),  
Julie Keogh from Parkinsons Disease Society  
(Vauxhall), local community groups and  
friends.



**DON'T MISS THIS OPPORTUNITY**  
JOIN US AT THE SHANE PROJECT NETWORK CLUB



Dates for 2006

April 28th June 9th  
July 21st Sept 1st  
Oct 13th Nov 24th

Dates for 2007

Jan 5th Feb 16th  
Mar 30th

Time:

9.30 AM - 11.30 AM

The service will provide support, in a  
comforting environment, and works  
towards encouraging carers, families  
and people living with  
Multiple Sclerosis (MS) to develop  
social and living skills, through health  
awareness and social support. Also  
receive news and advice from health  
professionals.

People with other conditions are  
encouraged to attend.

Light Breakfast will be provided

Sessions will be held at:  
Edmonton Baptist Church  
Monmouth Road  
The Green  
London N9 0LS

For more information and  
to book a place  
please call:

Tel: 020 8884 6330

E-mail: [enquiries@shaneproject.org.uk](mailto:enquiries@shaneproject.org.uk)



Supported by Co-operative Group

## OUR AGM

Our AGM was held on the 29<sup>th</sup> of January 2006. Our Annual Report for 2004/2005 was presented at the AGM. Copies of the annual report are available on request.

**Almondo Parry** was elected as the new treasurer. We would like to take this opportunity to welcome him aboard.

### **Advice and Information -**

for the newly diagnosed, carers families and friends, please feel free to ring and talk through any concerns you might be having.

## VOLUNTEERS AND JOB VACANCIES

### **FEMALE PERSONAL ASSISTANT/ CARER NEEDED**

Active disabled lady requires support and assistance with leisure activities and domestic work. If you are a people person with initiative, knowledge of West Indian cuisine, holds a valid UK drivers Licence and is a Non-smoker.

Please apply

9hrs per week flexible shifts £8.50 ph

For further information Please contact:  
**07968177282**

## USEFUL TELEPHONE NUMBERS

MS Society Helpline 0808 800 8000  
Ability Net: Adapting Technology &  
Changing Lives Tel: 0800 269 545  
Travel Insurance: Heath Lambert  
Tel: 01603 828 387  
Royal Hospital for Neuro Disability  
Tel: 020 8780 4513

## THANK YOU

Jenny Budden (E.V.A) For assisting with our Charity Registration, we were successful in obtaining Charitable status.

### **Projects Contact:**

**Norma McFarlane**  
**Edmonton Baptist Church**  
**Monmouth Road The Green**  
**London N9 0LS**

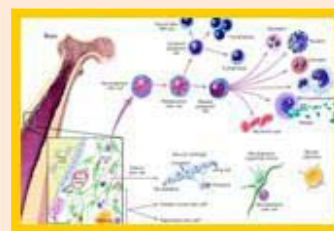
Tel: 020 8884 6330 Fax: 020 8884 6331  
Charity Registration No: 1114230

## OUR HEALTH AWARENESS EVENT

Our Health Awareness event was held on the 28<sup>th</sup> of October 2005 at Community House, Fore St. Also in attendance were: Macmillan Research, Lupus, Sickle Cell and (Sherry Nutritionist).



### **MS AFFECTS THE CENTRAL NERVOUS SYSTEM (CNS) THERE ARE MODIFYING DRUGS BUT NO KNOWN CURE STEM CELLS**



Following further media coverage of people with MS receiving stem cell treatment outside the UK, the MS Society has again issued the following statement: “ The potential for stem cell therapy to repair the damage caused in Multiple Sclerosis is well recognised.

The MS Society is already funding research in Bristol and has recently committed more than £1 million to establish a centre for myelin repair in Cambridge. Research into stem cells and MS however, is still at an early stage.

### **Why are Stem cells important?**

They are “unspecialised” cells which can develop into almost any cell in the body. They are found in early embryos, foetuses, umbilical cords and also in small amounts in adults.

What makes them so important is that research in MS (and other diseases affecting the nervous system) has shown that they have the potential to grow into new nerve cells, and cells which make myelin (oligodendrocytes).

(Taken from the MS Society's Website)

Become a member, or Volunteer and help us by sending in suggestions on issues you think we should highlight 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)