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## Fred Carpenter MBE

Fred is the last remaining founder trustee of our charity. Having served tirelessly on our trustee board for 21 years Fred has stood down from this position and assumed a new role as President of the Charity.

The reason for this change in his role is twofold. Fred now resides in France and felt that he would now be too out of touch with the day to day running of the organisation. However, with his significant experience in MS charity work, notably his major role in the original Warminster MS therapy centre and in rebuilding it he will continue to be of immense benefit to MSRTTE as an advisor. Fred also has MS and this is his opportunity to enjoy his painting and olive harvests with his wife.

The motion to appoint Fred in as President was unanimously passed at our recent trustee meeting.

Fred has a long history of public service to MS which has been recognised in the award of an MBE. He remains an active member of the MSRTTE team despite the distance and advises the charity on strategy and development.

If you are interested in Trusteeship or volunteering your time with MS Research please contact Abi Wiltshire [abi.wiltshire@ms-research.org.uk](mailto:abi.wiltshire@ms-research.org.uk)

## Welcome to the MS Research Treatment and Education Newsletter

MS Research Treatment and Education is a charity dedicated to furthering our understanding of MS and developing better treatments through research and education. With your help we aim to:

**Listen** to people with MS and those who share their lives.

**Learn** more about the problems they face every day.

**Act** to address and alleviate those problems.

### The Brain Centre is Now Open!

After many years of seeking to create an NHS Centre of Excellence for Multiple Sclerosis in Bristol the clinical team and the researchers that MSRTTE supports have moved to newly refurbished and well appointed premises on the site of Southmead Hospital. The Brain Centre occupies part of Elgar House and sits alongside the new Bristol super hospital (the Brunel Building) so that people coming to the hospital will find most of the resources that they need close by.



BrAMS (Bristol and Avon MS clinical centre) shares the Brain Centre with the movement disorders team and BRACE who support patients with dementia. Much of the research into MS tremor that MSRTTE supports at BrAMS is linked to and supported by both the MS team and the movement disorders team. One example of this is the provision of deep brain stimulation for people with MS and Parkinson's Disease. The new arrangement enables us to work more closely with our movement disorder colleagues who manage deep brain stimulation patients as a supra regional centre. We hope that this will enable further and faster research efforts into this difficult area of MS symptoms. In addition, we believe that the new working arrangements will enable closer contact between researchers and the MS clinical team to enhance studies into symptom management research for people with MS.

Dr Rosie Jones

For more information regarding the Brain Centre please contact Dr Rosie Jones at [research@ms-research.org.uk](mailto:research@ms-research.org.uk)



## Fundraising is a Family Affair

Josephine Alexander, a student from Eastbourne, has chosen to climb Mount Elbrus this June after completing her GCSE exams. Josephine is just 15 years old and will be taking on the 11 day trek along with her father James. Regular readers of this newsletter may recall that Josephine's sister, Lara, climbed Mt Kilimanjaro two years ago raising over £3,000 for MS Research.

"This is a very special cause for me as my uncle suffers from MS and I have seen how it has affected him and his family over the last 14 years. At present there is no cure for MS but MS research is working hard to change that. I have set myself a target of £4,000.

I have always loved climbing and have been on family trekking holidays to the Alps and Himalayas many times. This Summer I am determined to conquer the summit of Elbrus, Europe's highest peak at 5,642m. I know that this will be a challenging and exhausting trip but I am very much looking forward to it, to exploring a little bit of Russia and to raising money for such a good cause."

The ascent will be both physically and mentally challenging so Josephine and James are looking forward to breath-taking views and sense of achievement upon reaching the summit.

If you would like to support Josephine and James' amazing undertaking please visit their JustGiving Page at:

<https://www.justgiving.com/Josephine-Alexander1>

You have received this newsletter as you have previously provided MS Research Treatment & Education with your contact details. To unsubscribe or for further information please contact MS Research at The Vassall Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ, 0117 958 6986.



## MSRTE Golf Day

Following the success of our previous golf days MSRTE are holding our 3rd charity event on Friday 24th July 2015. All proceeds will go towards research to support our aim of "seeing the back of MS".

There are several ways you can be involved:

We are also asking local businesses to sponsor a hole on the course at a cost of £100 per hole, this sponsorship will be a printed sign showing you company's logo as per your specifications along with thanks from MS Research.

We would love for you to join us by entering the Golf Day in teams four for a highly enjoyable guilt free (because it's for charity) day! We sincerely hope you can find the time to support us.

For further information, to book your place or to sponsor a hole please call or E-mail Abi Wiltshire on 0117 958 6986 [abi.wiltshire@ms-research.org.uk](mailto:abi.wiltshire@ms-research.org.uk)

### MS Research Would Like To Thank

All of our wonderful fundraisers, friends, trustees and volunteers for their continued support and commitment.

Alongside our generous fundraisers and donors MS Research would like to extend special appreciation to student of Corpus Christi College, University of Oxford for their "Rag Week" donation.

We would also like to thank the group of wonderful volunteers who agreed to be interviewed by Bristol University medical students during MS Awareness Week as part of our joint community outreach programme (alongside Bristol University) designed to help the "doctors of tomorrow" understand the people behind the condition.



## From John O'Groats to Lands End

Paul Pipkin (Pip) is taking on the huge challenge of walking from John O'Groats to Land's End this summer to raise funds and awareness for MS Research.

"My wife was diagnosed 9 years ago with MS. We, like many other couples, have had to acknowledge, accept (albeit reluctantly) and adapt to the illness.

Four years ago I was in the position to give time to do a yearly charity walk. My chosen Charity goes without saying. I have trekked Wainwright's C2C, Offa's Dyke and last year Ravensglass to Robin Hood's bay. All trips were over 12 days and about 200 miles each. This year I am doing the "End to End", John O'Groats to Land's End and not only that I want to do it in 46 days! My trek will begin on 10 August 2015 and finish on 23 September 2015.

I am planning to blog as I go and will be launching a YouTube page, so you can follow the pain and suffering and the daily highlight's that will be encountered along the way. The pages will be live soon so watch this space for the details. Please tell your friend's family and strangers in the street about this event, why watch an idiot abroad on TV, when there is one in the UK doing a trek for charity. There will be fun, laughter and tears. I hope that you will join me on my trek throughout the United Kingdom and find it in your hearts to donate to M.S Research, my chosen charity, follow my trek online if you can."

If you would like to support Paul please visit his Virgin Money Giving Page at: <http://uk.virginmoneygiving.com/paulpipkin>

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