

Lancaster, Morecambe & District

Winter Edition

Welcome to the Winter Edition of our Lancaster, Morecambe & District Local Support Newsletter.



In support of MS Society UK at Christmas © [MS Society UK]

Merry Christmas Everyone.

The magic of Christmas is once again in the air - the excitement, sparkles, and the gift of spending time with family and friends as we make our way into 2026 with renewed hope for the year ahead.

In this jam-packed newsletter, we'll be sharing advice on how to stay warm during the Winter months, a recap on our past events, along with upcoming news and events for 2026.

See you in the New Year &
with the warmest regards,

Claudia Mok

Chair & Group Coordinator Volunteer

**MS Society
Lancaster, Morecambe & District Branch**



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Christmas at Bethlehem

Church By The Bay



It wouldn't be Christmas without a nativity. At Church By The Bay, they are holding a Nativity Service on Sunday 14th December to celebrate the meaning of Jesus' birth and the significance He has brought to people across the world; for those who celebrate it. Crafts and Breakfast will also be served and provided.

Church By The Bay is a church that focuses on the Gospel (the good news) of Christ and holds services on Sundays from 10am for a 10.30am start at Westgate Primary School. They also hold social activities including Baby Grows (a group for parent/s and carers with babies aged 0-3 years and siblings), and Friday Night Pub

Quizzes at The Alhambra Bar on Morecambe Prom - the next one is 05.12.25 from 8pm.



For more information please contact:

info@churchbythebay.org.uk

Phone: 01524 406070

Sugar & Slice

...and all things nice! We hope you enjoyed our first two cake events which we held this year to raise money for our local MS Society support group.

Our first event was hosted by The Horticultural Society of Bolton-le-Sands where we raised an amazing £208.20. Being our first one, we were delighted that it went so well and can report that lemon drizzle and orange madeira were the most popular on the day! We want to say a

huge thank you to The Horticultural Society, along with Dementia UK for donating some of their proceeds to us.

We went onto hold a Coffee & Cake Morning, hosted by Friends of Heysham Library 22nd November. Many thanks to Rose, Maureen, Sue, and Karen for their wonderful support and baked goods!



Our Coffee & Cake Morning with The Friends of Heysham Library

Events to come in 2026

We wish you a Happy New Year as we step forward together into 2026. We're very excited to offer new activities that we've been planning with our MS Society LMB Events & Activities Team and local groups.

Weeknight Social: We'll be holding another Weeknight Social and this time it'll be at The Boot & Shoe, Lancaster. Our last one was at Brewers Fayre and worked really well for people who had commitments during the day or weekends. **TBC in February 2026.**

Local Nature Walk: This will be our first ever walk with our local group members. Our aim is to get people up and active down Morecambe Prom. **TBC in April/May 2026.**

Keeping Wrapped Up This Winter



Volunteer MS Society Writer
Claudia Mok

With temperatures becoming more frosty, the sudden change to temperature in Winter can cause difficulty for people with MS. Some people may find themselves experiencing issues with muscle stiffness, mobility, pain, and even low moods.

Recently, MS Society spoke with Associate Professor Davide Filingeri to help us understand how people with MS can be sensitive to colder temperatures. Although there isn't a lot of scientific evidence around cold temperatures and MS, Davide posits that this could be mechanical, in that when 'muscles, ligaments and joints get colder they don't work so well' - which can be worse for people with MS experiencing muscle stiffness or poor balance. Issues within the hypothalamus, the part of the brain which helps regulate temperature, can also cause sensitivity in people with MS. Keeping wrapped up and active this Winter could be the answer to the cold - though it's more about finding what works best for each person.

Here are some tips to keep warm this Winter by our MS Helpline Nurses:

- Wear layers - it's easier to regulate your temperature wearing several lighter layers than one very thick one.
- Extra heat - hot water bottles and electric blankets can help, but be careful on choosing and using these to avoid burns and injury.
- Keep active - doing exercise, even a little bit, can help improve your circulation and help you stay warm.
- Keep your home warm - check for drafts and make sure windows and doors are closed to keep the heat in. Having good home insulation can help save money on fuel costs as well as keep you warm.
- Food and drink - eating or drinking something hot can help you warm up on the inside, as well as warm your hands and fingers.

For more information, visit: <https://www.mssociety.org.uk/support-and-community/community-blog/ms-winter-vaccines-mobility-and-cold-weather-symptoms>

What is it like to volunteer for the MS Society?

Volunteer MS Society Writer
Rose Stanley

There are three main aspects to my role as a volunteer for the MS Society. First is the routine of running our Lancaster and Morecambe branch, which is all done from home on the computer and can be fitted around any other commitments. As the Group's Administrator, my work here is mainly focused on organisation. I arrange the monthly team meetings, which happen on Zoom, then afterwards write up the minutes from my handwritten notes.

I also add any tasks agreed on during the meeting to the Action Log: a spreadsheet where I keep track of actions and add any updates. I also regularly log onto my MS Society email to check for any further developments or other tasks that need doing.

Next are the events, which are in person and we aim for at least three spread out across the year. These are usually a social, promotional or fundraising event and are a great way to meet my fellow volunteers. I attend these to help with setting up, tidying away and whatever else is needed. This can be anything from speaking to members of the public and other stallholders at Bay Health Festivals, to being in charge of cash handling at a cake sale.

I also choose to contribute towards the Newsletter, as you see here. Issues come out quarterly, so we have a Zoom meeting about a month before it is due to discuss ideas. Once a topic has been decided for each of us, which has a connection to Multiple Sclerosis or volunteering, I write my article and send it to the Group Coordinator for final approval.

I really enjoy everything I do for the MS Society, as it's a chance to do something different and build up a variety of skills while supporting a good cause.

Our Partnership with CancerCare

As mentioned in our previous newsletter and on social media, we've launched our partnership with CancerCare .



MS Society Registered charity no.: 1139257 / SC041990

Through this partnership, we'll be funding 6 free sessions of a service provided by CancerCare to people affected by MS.

The services available include (but are not limited to): counselling, hypnotherapy, EMDR, massage, aromatherapy and reflexology.

Depending on the type of service, these sessions can be in person or online at CancerCare's Morecambe or Lancaster centres.

If you're affected by MS and would like to be in receipt of this service, you'll need to self refer to CancerCare where an assessment will take place to see which service is the most suitable.

Please contact CancerCare to self refer: 01524 381820
Alternatively, if you have any questions, please email us direct at:
lancastermorecambe@mssociety.org.uk
(Please note: to manage demand as a complementary service, spaces
for the year will be limited; please contact CancerCare for more info.).

What other services would you like to see? Visit the link below and let
us know: [https://forms.office.com/Pages/ResponsePage.aspx?
id=EZXw0P8H8kO2galYcKVmVtkUFI8tJxhLgRiiYpwKi85UQThKRUXBM
zFUTEMyNE8xUzU4MkE4MjQyRi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=EZXw0P8H8kO2galYcKVmVtkUFI8tJxhLgRiiYpwKi85UQThKRUXBMzFUTEMyNE8xUzU4MkE4MjQyRi4u)

Or alternatively, email us direct:
lancastermorecambe@mssociety.org.uk



Jack Osbourne - I'm A Celebrity...Get Me Out of Here!

**Volunteer MS Society Writer
Natasha**

Jack Osbourne has entered the jungle ready to take part in the latest series of I'm A Celebrity...Get Me Out of Here!

Jack was diagnosed with Relapsing Remitting MS in 2012 at the age of 26. Since then, Jack has spoken out about living with MS on a regular basis, commenting that being in the public eye, he thought it would be beneficial for people to be aware of his diagnosis. He has taken part in a range of reality tv shows including: Dancing With The Stars and SAS: Who Dares Wins. Of taking part in these shows, Jack commented "One of the first questions I was asked was 'How will having MS affect your ability to perform throughout the season?' The truthful answer is... I had no idea." A feeling many of us can relate to!

Jack has said that whilst he appreciates there will be aspects of the experience which he will find difficult, this is not because of his MS, and instead it will be leaving his family and friends behind - especially so soon after the passing of his father Ozzy Osbourne.

He is looking forward to continuing to use his time on reality television to raise awareness for MS and those affected by it.

We wish Jack the best of luck during his time in the jungle and will be cheering him on (from the comfort of our sofas. With not a single witchetty grub in sight!).

Directory



Did you know there's a directory for people in Lancaster?

This online resource has been developed to make it easier for people with MS to spot accessible places and venues.

It's also a handy tool for people looking for services in general for a fun social outing.

Head over to the website and take a look: <https://lancastercvs.org.uk/directory/>

Donations

As a local charity, we depend on local volunteers and funds to provide support to our communities and continue running.

You may have noticed some collection tins dotted about in local shops around Lancaster, Morecambe and District area.

Please help encourage people to pop some change in there - it could make a real difference to our group and the communities we support.

Donations can also be made via our Enthuse page. All proceeds go directly to our group account.

Click here to find out more: <https://msgroups.enthuse.com/lancastergroup/profile>

Useful contacts

MS Society Helpline Number: 0808 800 8000

CancerCare (Lancaster): 01524 381820

Citizens Advice North Lancashire: 01524 481508

Disability Equality North West: 01772 558863

Lancashire Carers Service: 0345 688 7113 (option 2)

Lancashire County Council: 0300 123 6701

Lancaster City Council: 01524 582000

Lancashire County Council Adult Social Care: 0300 123 6720

Church By The Bay: 01524 406070

Lancaster District CVS: 01524 555900

Lancashire Age UK: 0300 303 1234

Follow us on Social Media:

Facebook page: Lancaster and Morecambe MSS

Instagram: mssocietylmb

Updating your contact details:

If you change any of your contact details then please let us know so that we can update our records and ensure that we're able to keep in contact with you.

Please email lancastermorecambe@mssociety.org.uk with your change in: Address - Telephone number - Email address

We'll contact you as soon as possible.

With thanks from The MS Society Lancaster, Morecambe & District Volunteers Team:

Claudia - Chair & Group Coordinator

Rose - Group Administrator

Natasha - Digital and Communications

Helen - Finance - Accounts

Lauren - Activities & Events - Organiser

Paul - Activities & Events - Social

Multiple Sclerosis Society. Registered charity no 1139257 / SC041990