

Newsletter

LDN Research Trust

This Month's News

This has been an exciting month; we have applied for funding from the MS Society to carry out clinical trials for LDN as a treatment for MS. We should know whether we have been successful by the end of April: we will keep you posted.

Funding has also been granted to enable me, Linda, to attend to the first LDN conference in New York. The flight has been paid (see page 6), thanks to a private donor, the hotel has been paid. This means no monies will come out of the charity whatsoever. I will gain tremendous knowledge from attending the conference, although as all of you with MS will appreciate, it will be exhausting, and the "energy" price will have to be paid on my return.

The network of private GP's that are open minded regarding LDN is growing. We are now having GPs contacting us, and several have already been using LDN for some time with good results.

Anyone in the UK who would like to try LDN and find they are not able to get it via their own GP, call us on 01603 279508 and we will be able to point you in the right direction.

We need more people taking part in the LDN Survey. At least 400

participants are required to give a clear picture. Do you know anyone

who has been on LDN for about four months who has not taken part? Or anyone who has stopped taking LDN?

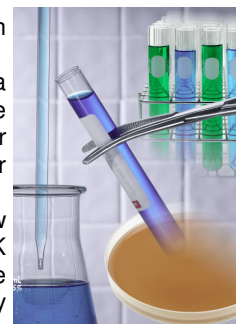
We also need to try and find out how many people are taking LDN in the UK and abroad. Since several people are

getting LDN from their GPs, we really have no idea exactly how many people are taking LDN. Do you have any

ideas how we can learn the actual numbers? Any thoughts, please email,

contact@ldnresearchtrust.org

Hoping to hear from you soon, as we need everyone's help, support and input to achieve our mutual goal.



Working towards getting LDN into clinical trials.

New reasons for giving From January 2005, a [Home Office](#)-funded initiative, the **Payroll Giving Grants** programme will reward small and medium-sized enterprises (SMEs) that set up Payroll Giving schemes, with a grant of up to £500. What's more, the first £10 of each employee's monthly donations will be matched, £ for £, for a period of six months.

What is Payroll Giving? Payroll Giving enables you to give to any UK charity straight from your gross salary (before



Payroll Giving

We'll all be better off

tax is deducted), giving immediate tax relief on those donations. This means that if you donate £10 each month, it would cost you only £7.80 (if you are a standard rate taxpayer or £6 for higher rate taxpayers) and, yet, it will be worth as much as £20 to the charity.

Will my employer be eligible for a grant? If you work for an organisation with fewer than 500 employees,

whether it be a business or a charity, and your employer signs up to Payroll Giving before the end of December 2006, your organisation will be eligible to receive a one-off grant of up to £500.

Organisation size

1 - 199 employees - **£300**

200 - 249 employees - **£400**

250 - 499 employees - **£500**

Further details on page 2

Congratulations & Best Wishes Edwina and Kieran

Ava Kate Murphy made her way into the world on the 20th January 2005, five weeks premature weighing only 5lbs 10oz.

Edwina is coping extremely well, managing her MS with diet, vitamins and supplements, sleeping as much as possible when Ava allows.

Kieran is very supportive and helping all he can.



Ava 7 weeks

Factory Outlet Scooters

"Factory Outlet Scooters www.factoryoutletscooters.co.uk have been supplying brand new mobility scooters at low cost prices for several years now", said Matthew Parkinson. "We purchase mobility scooters in bulk from the manufacturer to take advantage of their discounts and then advertise mainly via the internet so that our overheads are at a minimum. We do not employ commission driven sales people as we do not want our customers to feel pressurized and all our staff are always happy to take time to discuss your requirements. Our range of scooters starts from as little as £499.00 including delivery and 12 months on-site warranty (we come to your home in the event of a malfunction – you do not need to return it to us!). There are over 40 models available from all the established manufacturers such as Shoprider (RMA), Pride, Electric Mobility Euro, Wheeltech (Mercury) and DMA (Days Medical). We can deliver most scooters within 3 working days via a courier service, if the scooter is in stock, or if you are happy to wait a little longer we can arrange a Personal Delivery by one of our specialised drivers who will give you a full demonstration of how the scooter works and how to assemble and dismantle your new scooter. Delivery times can often be confirmed the same day to ensure you are not kept waiting for your new scooter to arrive. A courier service can also be used for those

who need mobility scooters shipping abroad – we have already shipped to many areas of Europe and we receive a large amount of enquiries from Ex-Pats around mainland Spain. For many years now, mobility stores have been enjoying inflated profits from the sale of mobility products to elderly or disabled people. They can often be managed by pushy salespeople who will try to sell you the most expensive scooter they can.

To ensure we are one of the cheapest retailers, we regularly monitor other mobility scooter websites and amend our prices regularly.

For further help and information please contact us on 0800 587 0759 or email us at help@factoryoutletscooters.co.uk".

I purchased a scooter from FDS about two years ago. It was the best thing I have done. I can go on long walks and still feel independent. I have recommended FDS to over 30 people, Everyone who has bought a scooter from them can't believe the savings they have made. I saved over £900, making it an affordable purchase. My scooter is like the one opposite only blue. It is lightweight, folds up and goes in the car easily.

Linda



Factory Outlet Scooters will donate £5 to the LDN Research Trust for every scooter purchased, make sure to tell them you heard about them from us when ordering.



Continued

Your employer can choose to keep this grant or to donate all (or part) of it to charity.

Grants will be backdated to those employers that have signed up since 06 April 2004 and before the launch of this programme.

Why give through the payroll? Payroll Giving is an easy, tax-effective way to give. What's more, if you are working for an SME that signs up between April 2004 and the end of 2006, the first six months of your donations will be doubled, up to a value of £10. So, in short,

it costs you less to give more. Payroll donations are great for the good causes you care about, providing charities with the regular, reliable income stream that enables them to plan and budget for the future. And, with grants of up to £500 on offer for your employer - everybody wins!

What will my employer need to do? All employers have to do is to sign a contract with a **Payroll Giving Agency (PGA)** who will transmit donations on their behalf. **Professional**

Fundraising Organisations (PFO) are available to help them promote the scheme to employees. It is a very low cost, low administration scheme and the grants should cover any set up costs that you may incur.

For full details how you, a family member or friend can take part in the scheme check out this web site:

www.payrollgivinggrants.org.uk

Or email

contact@ldnresearchtrust.org

"I'm a Patient... Get me out of Here..." Self-help for Common Illnesses by Dr Diana Samways MBBS

This is a "how to" guide book for those wishing to avoid the drug driven "pill fairy" approach to illness and gives detailed information on what we can do for ourselves. "Get me out of Here..." covers many common conditions which are difficult to treat, with a light touch and is written in a contemporary fast-moving style with simple, readable explanations of complex processes.

Dr Samways writes both as a doctor and as a sufferer from mould allergy, giving her a unique insight and offering real hope of recovery to those suffering from many chronic health problems.

"Get me Out of Here..." is a DIY manual for common health problems, including:

—The surgeon, the "pill fairy," dirty hospitals and industrialised food... how to avoid them

problems are connected.

—Irritable Bowel Syndrome (IBS) and the maintenance of a healthy digestive system.

—Unrecognised chronic allergies, including a uniquely researched and detailed account of mould allergy (inhaled from air) which causes mood swings, fatigue, depression, anxiety and much else. It is unrecognised and missed by Conventional Medicine.

—How treating mould allergy improves the symptoms of IBS, chronic food allergies and Candida problems

—Food allergy causing cravings and how allergies and addictions are related.

—Effective solutions for these and many chronic problems including inhalant allergies that mimic psychiatric and heart symptoms

—An alternative treatment for colds and virus infections

—Addiction problems and the associated family issues, with

gentle humour to cut through the denial.

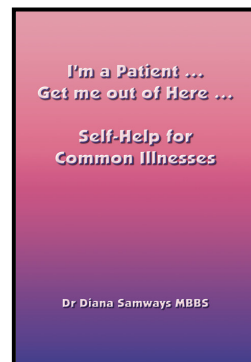
—How family alcoholism affects the lives of the children, many years later.

—Using ones GP's expertise to best advantage, while keeping control over one's destiny

—Dr Samways also tackles health and purpose in later life, dying with dignity at home, how our house energies may affect our health; recurrent nightmares, mobile phones, electricity and much more.

This unique book should be read by anyone who cares about their health, the breath-taking inefficiency of Western Conventional Medicine, the adulteration of their food and the environment and the environmental legacy we are leaving our grandchildren.

Dr Diana Samways is a conventionally trained doctor,. In 1984 she changed track, from general practice to Alternative and Holistic Medicine. She has a particular interest in bowel and allergy problems and why many allergies mimic other conditions and some masquerade as addictions. Dr Samways is a public speaker, broadcaster and writer on health matters. She has an interest in dowsing, houses, earth energies and other ancient mysteries which may affect health. Her other pursuits include personal growth and the journey of life, classical music, friends and bridge. She runs a practice in Haslemere, Surrey.



"Get me Out of Here..." is a DIY manual for common health problems.

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Order Form

Please send _____ copies of "I'm a Patient... Get me out of Here..." Self-help for Common Illnesses by Dr Diana Samways MBBS, 136pp paperback, @ £7.99 + p&p (UK: £2.50)

Name: _____

Address: _____

Postcode: _____ Tel: _____

I enclose cheque/PO for £ _____ payable to Dr Diana Samways

Please return form with remittance to: Dr Diana Samways MBBS. PO Box 52, Haslemere, Surrey GU27 1JA England. Tel: 01428 654850.

Available now!

Only available directly from Dr Diana Samways.

Leonard Cheshire — Operates in 57 Countries

Leonard Cheshire is the UK's largest voluntary sector provider of support to disabled people, supporting over 21,000 disabled people (85% in their own homes, 15% in care homes) through over 140 services across the UK. The charity also has an international arm which for the last 50 years has supported disabled people in 57 countries.

The services provided in the UK are varied in the type of support they offer to disabled people and broadly fall into one of six categories: care at home; residential care; independent and supported living; respite care; day services and specialist centres for acquired brain injury.

Our care at home services offer a wide range of support including personal care, preparing meals or helping with domestic tasks, for as little or as many hours a week as is required.

Leonard Cheshire's focus on empowering disabled people to live independently, means that today only 1 in 5 of our UK service users lives in a residential home, but for those with more complex care needs it is often their preferred living option.

For those who are able to live independently, Leonard Cheshire manages a number of self-contained flats in the community. For those unsure about living alone, we provide supported living accommodation near our residential homes and flats where people can experience independent living to see if it meets their needs.

Respite services are designed

to give carers a break and take many forms, including overnight breaks, care at home or day services.

Day services and resource centres provide disabled people with an opportunity to learn new skills and perhaps gain a qualification, or learn a skill that may lead on to employment.

The charity is at the forefront of developing cutting-edge services for people with an acquired brain injury (ABI), which are often caused by sport, industrial or road traffic accidents. ABI's are increasingly becoming more common, affecting more than a million people a year in Britain.

As well as these services, Leonard Cheshire supports young disabled people seeking employment through its Workability scheme. The scheme provides applicants with computer equipment, software, training and help finding a job.

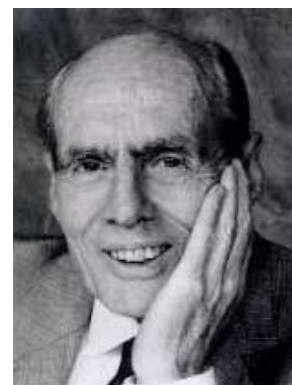
The charity also campaigns for the rights of disabled people in the UK and raises awareness of the issues affecting them. Recent campaigns have included the transport focused 'All Aboard!' and 'Bog Standard', which highlighted both the problems with disabled access on public transport and the inadequacy of toilets found on trains. The charity also expressed its concerns to Government in advance of the recent reforms to disability incapacity benefit.

The first Leonard Cheshire overseas service was estab-

lished in Bombay, India, in 1955 and today Leonard Cheshire International supports over 250 services around the world. Each project is run by local people and while some receive funding from the local government, many depend on voluntary donations. Although projects are autonomous, they work closely with Leonard Cheshire International in London, sharing the same values and mission.

The Leonard Cheshire Centre for Conflict Recovery was established in 1995 as an academic centre within the Department of Surgery at University College London. The broad aim of the centre is to study the medical and social consequences of war and conflict. Most recently staff from the centre have been visiting Sri Lanka and India in the aftermath of the Tsunami and have been providing mobile medical treatment, emergency assistance, training for local surgeons, and an assessment of the two countries medical infrastructures and their ability to deal with the repercussions of the disaster.

For more information on Leonard Cheshire or to make a donation you can access the website at www.leonard-cheshire.org.uk. For specific questions related to Leonard Cheshire Services please contact the Information Officer on 020 7802 3307 or alternatively email: info@lc-uk.org.



Founder
Leonard Cheshire

Leonard Cheshire is the UK's largest voluntary sector provider of support to disabled people, supporting over 21,000 disabled people (85% in their own homes, 15% in care homes) through over 140 services across the UK.

Day services and resource centres provide disabled people with an opportunity to learn new skills and perhaps gain a qualification, or learn a skill that may lead on to employment.

Donations

It would greatly help if as many people as possible could manage to make a regular monthly donation of £2 or \$4, all amounts however small add up and are truly appreciated.

You can make a PayPal donation via the web site www.ldnresearchtrust.org or post a cheque to: PO BOX 1083, Buxton, NORWICH, NR10 5WY UK, made payable to the LDN Research Trust or make a

donation directly to any Barclay's Bank or online using the following details.

Account Name
LDN Research Trust

Sort Code
20 03 26

Account Number:
60515213



This button can be found at the bottom of the home page on the charity web site. A donation can be made from this secure site with one of the cards below.



All donations help the LDN "cause" no salaries come out of funds.

Online Shopping every time you shop we get a commission

Remember to help us harness your Internet usage; please visit <http://fundingforall.com/> ldnresearchtrustbenefits and make it your home page, or at least bookmark it. A portion of all money made from sponsorships and shopping at their Internet outlet mall benefits our organization. If you know anyone who is in business or is a professional, please ask them to

visit this page and click on "Sponsors Needed" to learn how they can get a free web site if they sponsor this site.



www.buy.at/LDNResearchTrust

Here's a great way to get some great online bargains, find cheaper gas, electricity and telephone services and even book your Summer Holiday.

Don't forget that anything you buy through the shop will raise money for our fundraising.

<http://www.whateverIwants.co.uk/ldn.html>

All you have to do to generate funds is to follow the link from this site to your chosen retailer to make your purchase.

You have nothing to lose...
...'LDN Research Trust' has everything to gain!

*Save the hassle,
shop online and
get yourself a
bargain.*

Collection Boxes

We have 3 collection boxes left that we would like displaying. Do you know somewhere where a collection box could be displayed? We really do need everyone to help as much as they can. Please email contact@ldnresearchtrust.org

Together we can get LDN into clinical trials

We Need Your Help

We need as many people as possible to take part in the LDN Survey. Another 62 are required to complete the first 300. For LDN to be taken seriously we need at least 400 people taking part.

Could everyone please spread the word.
Thank You

SPRING

It's a wonderful thing spring
when everything starts to begin,
like birds making nests,
watched by a gardener, whose taking a well earned rest,
so he sits in the sun, while it slowly comes on,
with thoughts that warm his heart,
like fresh daffodil's, that grow in the park,
reminding him that there's work to be done,
before the daylight has gone.
So he raked up the leaves and mowed the lawn,
then looked back at the garden,
at all the work he had done,
and thinks to himself, I'm glad spring has sprung.

T, S 03/03/05



LND Research Trust

PO BOX 1083, Buxton, NORWICH , NR10 5WY UK

Telephone: 016032790508

Email: contact@ldnresearchtrust.org

Web Site: www.ldnresearchtrust.org

Do you have anything you would like to share in the next newsletter?

Would you like to tell your MS story?

What drugs/aids/vitamins etc work for you?

Are you full of ideas and would like to help us fund-raise?

If so we would like to hear from you.

Special thanks to Tom for all his hard work up dating the web site and creating online forms for us.

Coin Bursary Grant Secured

Fantastic news, I have been awarded a COIN Bursary from Norfolk Voluntary Organisation's Learning and Skills Service, which is managed by Norwich and Norfolk Voluntary Services. The bursary scheme is part funded by the European Social Fund and aims to help small voluntary organisations in Norfolk with training related activity, this includes attending conferences, study visits or



training courses. This means that I shall be able to fund my attendance at the conference in New York, with some extra financial help from family and friends. The knowledge I will gain from Dr Bernard Bihari and other medical professional's will be invaluable to the charity and therefore all of those we help.

A linguistic cauLDroN

I love language. No, seriously, I *luuuuuurve* it. (My best Barry White impersonation.) Strange that, did you notice? The accent. Pakistani. I don't know how it happens, because I'm good at languages, I have a natural ear. But when it comes to impressions, hopeless! New York, Swansea, Jo'burg, Dublin, Sydney: Karachi through and through. Still, if we can have a Chinese Elvis, why not the Walrus of Islamabad?

But, apart from my problems with regional accents, I'm fine with English, for the most part. Not quite the Queen's English (like what she is spoke), but similar. Of course, she's been speaking it longer than I have, so maybe she's become set in her ways. You see, I have a dreadful confession to make: English is not my first language. Yes, (shame, shame), I must admit to spending the first seven years of my life chattering away like a little Parisian: half-Scots/half-French. (Not one of the Edinburgh MacDuponts, perchance?) Anyway, I

started to learn English, and took to it like a sponge to water.

English is a great language. It's what I call a 'scientific' language, or a Language of the Head. There are so many different words with subtle differences of meaning, with which one can convey precisely what one is attempting to communicate. But, where it really comes into its own is in its spelling. Try explaining the logic of 'thorough', as opposed to 'furrow'. If you put an 's' before 'laughter', do you get some form of deadly humour? Ever noticed the similarity between 'coven' and 'convent'?

I don't believe that language is sacrosanct; in a Darwinian world it has to evolve or die. And this is its great strength; by adopting and adapting foreign tongues, it becomes richer. However, there are certain trends I'm not very fond of; (I'll make you a deal: I'll stop saying 'an' hotel, as long as you stop aspirating the letter 'aitch') On the other hand, languages such as French or Italian are what I call Languages of the Heart. If you want to be romantic there are no better ones. They write the best love songs in the world, but let me warn you: they are untranslatable, my little cauliflower cheese.

In the past few years, I have had the choring (see what I mean?) task of filling in innumerable forms. My favourite part is where they say: 'If English is your second language, please fill in the following section.' I can't help myself: every polysyllabic word I can think of leaps onto the page to confuse those bureaucratic priques. (Pardon my French.) My other favourite sections are

the intrusive ones on religion (we Jedi Knights have got to stick together), and the irrelevant ones on race/nationality/colour. What colour am I? I suppose I'm white with a hint of rose, although I have been known to turn a rather pleasant café au lait in summer. Also, there have been times when I've turned an unhealthy shade of green, usually after dodgy shellfish.

Another trend I've noticed is the move towards acronyms (is 'acronym' one?). I thought I knew them all, and then 'PC' comes along. Surely it stands for 'Personal Computer'. Wrong. How about 'Police Constable'? Doesn't one go down to PC World to buy coppers? Wrong again. 'Political Correctness'? Don't make me laugh. Since when have politicians been correct? Anyway, until recently, I felt I was keeping on top of all these JCB's, TNT's, PMT's (as much chance as Canute with his DPC), when I heard of a new one called 'LDN'. Ldien? Sounds like some offensive during the Vietnam War (who remembers the gorilla uprising in Zaire?); or is it the WWII Battle of el Deyen in North Africa?; or maybe a relation of the Spanish hero El Cid....?

At this point, I've realised that I'm obviously rather a bit of a dunce on this subject, so I'm off to do a little research with a large G&T. (I know what *that* stands for!) So, for now, I hope you regard all this as a bit of a tonic. (You can always dilute it with a bit of gin.)

Freddie.

