

Subject: e-newsletter March 2020

Hello you lovely people.

I am sure you must be getting fed up with me saying 'it is a shortened newsletter this month', but it is, but with no-one wanting to take it over, as your Communications



Volunteer you are stuck with me for now

Firstly, and this is **VERY IMPORTANT**

Please watch or record or watch on the ITV Hub tonight's MARTIN LEWIS MONEY SHOW - ITV 8 PM. This is all about internet Scams of which there are currently many, and they are becoming more and more elaborate, fooling even the most vigilant. DON'T BECOME A VICTIM. Your money is Your money and does not belong in the pockets of some scammer in India who sees you as a Target. Sometimes you will be cold called by someone who appears to already know your Name, Address, Date of Birth - often details you have inadvertently posted online, or from the electoral roll.

Remember

Never divulge your bank details, PIN number, Date of Birth or Passwords to anyone who calls you, even if they say they are calling from your Bank, or are the Police! They can even make it appear on Caller Display that it is your Banks phone number. In order to lull you into a false sense of security they may suggest you ring them back and they will then remain on the line whilst you supposedly call the bank's phone number and will respond accordingly. If you really want to call the bank to check validity (or report the scam) then do it using a different telephone.

More recently phone scams are supposedly from Amazon or Netflix, saying money has been taken and you need to call a number if you want to cancel payments - even to people with no dealings with them. Often automated messages the best way to deal with them is to just put the phone down.

Text or SMS scams (Smishing) are also now commonplace - where you receive a text saying a large cash amount has been taken out of your bank account and to ring a number if this wasn't you - this is usually a Premium Rate phone call, and will probably be answered by someone who wants your bank details. Click on the link for more details - younger people in particular do their banking by mobile phone and rarely take their eyes off the screen! Another Smishing Scam is the Parcel Delivery one.

'Phishing'

A method of obtaining your details via an e-mail, the current bug one is saying you either owe or are eligible for a refund from the HMRC. There is a link within the email which takes you to a legitimate looking website (e.g HMRC) where you will be entering your details for a scammer to empty your bank account. Other suspicious emails can come from Banks, Paypal or Amazon. Personally I forward any of these emails to the real company and then delete them. Depending on your email client

you can see if a link is legitimate you can hover your mouse over the link in the email and the website name will show at the bottom of the screen, in any case you should always go directly to any website by typing it into the address bar, or via your Favourites/Bookmarks.

FOR INFORMATION ON THE LATEST SCAMS AND FOR MORE INFORMATION PLEASE CHECK OUT ACTION AGAINST FRAUD ON [THEIR WEBSITE](#).
DON'T BE A VICTIM AND PREVENT OTHERS BY [REPORTING FRAUD AND CYBERCRIME](#)

Coronavirus

With the current spread and talk of Coronavirus becoming a Pandemic, it would be easy to become concerned about this disease, however, remember, many many more people die of influenza EVERY year. St Mary's Hospital is prepared for any patient diagnosed with the condition and their isolation staff are fully trained in preventing the spread of the disease. You can prevent the spread of any winter viruses by washing your hands regularly, coughing/sneezing into the crook of your elbow (prevents hand to hand contact!) or using a tissue and throwing it away. Try to maintain good health by eating a good diet and exercise to your own limits - even stretches, yoga and Pilates will help keep you mobile. Of course you could consider a weekly swimming session at the Saturday Club for those with disabilities - this is offered free for people with MS and just 50 p for a Carer (although a mandatory annual fee of £18 is payable for ASA membership/insurance). Sessions are held on Saturdays from 4.45 pm at the Heights and you can contact me for more details (jennie.harrod@groups.mssociety.org.uk) I am back in the pool again now as have got to be back to peak fitness by my next Oncology appointment in May. I also have 4 stone to lose which I gained thanks to the steroids which were part of my Chemotherapy!

We also join forces with Maretta Heap and her friendly bunch of Oddfellows (the name of the Group, not the people!) for monthly ten pin bowling sessions. The next one will be March 16th. These sessions are also free for people with MS and £6.95 for others. I am hoping with every fibre of my being to be well enough to go then as have missed far too many!

You can find out more information about Coronavirus on the [Government](#) and [NHS](#) websites.

If you have concerns and feel unwell outside surgery hours (or cannot get an appointment), you can try your pharmacist or ring NHS 111, although personal experience shows waits can be long even to speak to a Dr if your call has been escalated. Something I have since found out is that you can contact [111 online](#) which I will do next time if necessary.

Socials

1. Friday Club @Appley Manor 6th and 20th

2. Subsidised Monthly Social is at Ryde Castle 27th March - please contact Lisa.Addison@groups.mssociety.org.uk to book and for menu choices
3. Quiz Night 6th March @Hare and Hounds Arreton
7pm to 7.30pm

£2.50 per person, teams of 4-6 people.in aid of MSS
IoW To book
contact karen.holmes@groups.mssociety.org.uk

Fatigue Management Course

Something I have just signed up for is the MS Society's [Fatigue Management Course](#). This is something that probably everyone with MS suffers from to some extent. You can complete it at your own pace and it is split into short modules. Best of all IT IS FREE! Have a look and sign up at

[Online fatigue-management course | Multiple Sclerosis Society UK](#)

This online course will help you find ways to manage your MS fatigue and explain it to other people. It's made up of 6 sessions that should take around 20 minutes each.

www.mssociety.org.uk

Apologies if you get more than one copy of this newsletter, it just means you are on two databases (members and volunteers) but both are only accessible via the password protected MS Society Portal so it is difficult to spot duplicates although I do my best.

If you no longer wish to receive this newsletter please contact the MS Society to be removed from the database, unfortunately that isn't something I can do from here, but if you let me know I will try to remember for next time (I am not permitted to keep records of people's personal details on my own computer - GDPR regulations).

OK, that will have to do I'm afraid, I need to brave the elements now and pop down to Aldi.

Stay safe, stay well, be kind and lets hope we have something more Springlike next month.

Thanks for being there.

Love,

Jen xx