

My Harley Davidson Experience

On Sunday 4th August I got to do one of my Bucket List Experiences.

Back in the sixties I was a Rocker (not the fighting kind) I really enjoyed the thrill of being on the back of a motorbike racing down the M1, but all good things come to an end and new things take their place.

For me it was a boyfriend with a car (Michael) much warmer and drier.

However I never lost my love of bikes , and was quite happy when my daughters took to motorbikes at different times. My younger daughter Jenni has a Honda CMX 500 called Rodney.

I'm often saying she should get a Harley to take me out on. Unbeknown to me she arranged for me to go on a Harley with a group of about 20 riders .

These guys run a Charity called Ride 2 Give, they help children who are in hospital with Lukaemia or other life threatening illnesses .

So I turned up in borrowed gear for my ride, feeling some trepidation as it has been so long since I've been on a motorbike, about 60 years.

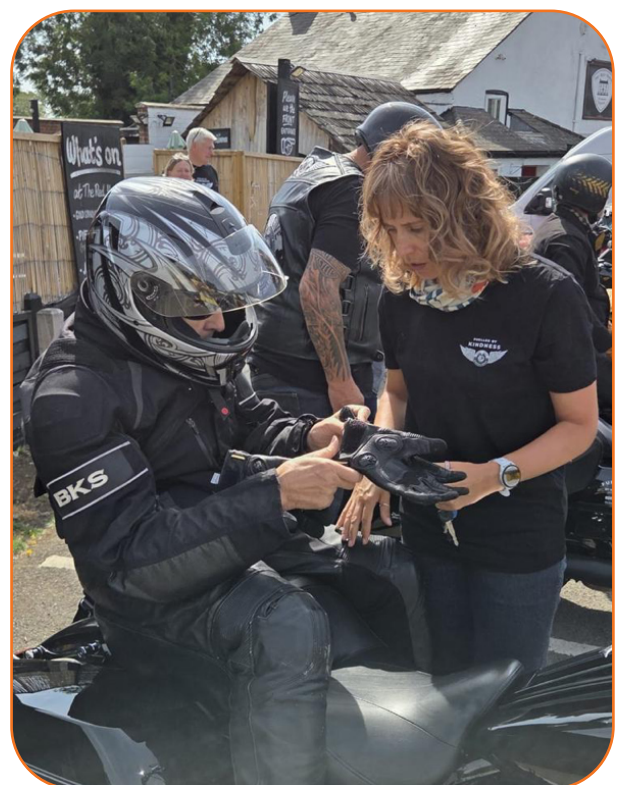
I met the main guys and got a hug from them, Steve who was my "Harley man" asked when I'd last been on a bike, I said long before all this gear was introduced when a mini skirt and stilettos was acceptable, if somewhat draughty.

We set off for a 45 minute ride into the Northampton countryside, then stopped for a bacon roll and tea at a place called "Industry and Supply" way out in the sticks, but obviously known to the biking world as there were other bikers there too.

After an hours break it was back on the bikes and " Hell for Leather "down the A5 back to Newport Pagnell.

A great day and some very good guys.

Would I do it again? YES



Michael Taylor

As you know, Michael Taylor, our previous Treasurer, passed away on 17 April 2026 aged 78.

Michael was born in Leighton Buzzard. He started school in 1952 at East Street, which is no longer there, finishing at Brooklands in 1962 aged 15 as a Prefect and top of the class with certificates in technical drawing and arithmetic. He always said he was lucky he knew what he wanted to do and he completed an electrician apprenticeship at Luton College, taking 5 years. In 1968 Michael he started working for Shoolbreds in the estimating / design office, which is where he ditched the overalls for a suit and tie. He learnt electrical estimating, completing drawings and plans and helped with the estimates for the Arndale Centre in Luton, plus many more projects.

He had a few other jobs, one being an Electrical Inspector for Milton Keynes Development Corporation. In 1995 he was recruited by the British Standards Institute as a Senior Electrical Inspector / Assessor, finishing his career as a Client Manager. He became a Fellow of the Institute of Engineering Technology. Travel was a big part of the BSI role, both in the UK and abroad. Michael was lucky enough to travel as far as Japan, Russia, Saudi Arabia, Hong Kong, Egypt and many more. During his many travels he got to experience so much. He took part in karaoke in Japan, rode camels in Egypt and witnessed the falling of the Berlin Wall. He retired in 2004.

This was not the end of working life however, he became a Trustee of the Disability Resource Centre in Dunstable for 6 years and then the Treasurer for the MS Society in Leighton Buzzard and District, for many years.

He married Lorna in 1971 and they went on to become parents to Samantha and Jenni.

In his late 20's Michael learnt to play the organ, and became confident enough to teach others, at his peak was teaching 7 people. He took great pleasure in playing and performing at the OAP's Christmas event in Sundon village yearly.



Michael's determination to enjoy life is something his family take great comfort from and are very proud of. He was well known for wanting to get out and about and was a regular on the local buses travelling independently. He took pleasure from a day out or holiday with his family or friends. He had treasured memories of a helicopter ride over the Grand Cannon and a wheelchair ride over the O2 roof.

His funeral took place at Bierton Crematorium on 11th May and donations were sent to REMAP, a voluntary charity that Michael benefited from. Michael's family wish to thank everyone that sent their best wishes after his passing.

If you would like to make a donation to REMAP in Michael's name, please use this QR code. Focus your smartphone camera on the QR code and click the link.



Group contacts and information

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MS Research latest: July 2026

Fortunately, there are many research studies going on into MS all the time.

Here is a summary of 5 of the latest key studies.

First study.

Dated Wednesday 3 June 2026.

It highlighted the need for MS-specific calculators to predict heart attack and stroke risk.

Doctors use risk calculators to work out someone's risk of experiencing serious problems related to your heart and blood vessels, like heart attacks and strokes. This helps them take steps to support someone's heart health if they're at higher risk.

A new study, supported by the MS Society, found these calculators don't accurately predict the risk in MS.

People with multiple sclerosis (PwMS) have an elevated risk of macrovascular (large blood vessel) disease that may be underestimated by vascular risk calculators.

This study evaluated, recalibrated and externally validated five commonly used calculators for PwMS using population-based data from England, 1987–2023. The findings underscore the limitations of calculators in PwMS and support the development of MS-specific vascular risk models.

Second Study.

Research gives new insights into the role of inflammation in myelin repair.

Monday 25 May 2026.

Researchers at the MS Society Cambridge Centre for Myelin Repair found that myelin repair could play a role in preventing ongoing inflammation in the brain.

In MS, our immune system attacks myelin (the fatty substance around nerve fibres). This can cause areas of scarring and damage called lesions. So messages can't get through, and you might experience relapses. We also know that ongoing inflammation in the brain can play a role in MS progression.

A new study from the MS Society Cambridge Centre suggests that successful myelin repair in

one area of the brain could help stop temporary inflammation in a connected area from becoming long-term.

This is more evidence of the importance of finding treatments to promote the repair of damaged myelin in MS.

This study suggests that when myelin repair doesn't work properly, it can cause ongoing inflammation. And we know this type of inflammation can play a role in long-term disability and progression in MS.

Caitlin Astbury, the Senior Research Communications Manager, said:

"This early research shows that regenerating myelin could also help with chronic inflammation in the brain in MS. This suggests that finding treatments to repair myelin could be more beneficial than first thought – and research like this could lead to new and better ways to treat MS in the future".

Third Study.

New study highlights impact of inequality in MS.
Wednesday 25 March 2026.

We know the number of people living with MS in the UK is increasing. And research tells us the difference in average life expectancy for people living with MS compared to other people, is getting smaller.

There are several reasons for these changes, including earlier and more accurate diagnosis, and more effective disease modifying therapies (DMTs).

But a new study suggests not everyone with MS is benefitting equally from progress.

The paper, from researchers at Imperial College London and University College London analysed GP records from England, spanning more than three decades.

The researchers looked at socioeconomic deprivation amongst people living with MS in England.

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Deprivation isn't just about income. Researchers look at a range of things including:

- employment levels
- health
- education
- housing

They used a standard tool which combines all these factors to rank areas across the UK from least to most deprived.

The study suggests the number of people living with MS in England has been increasing by about 6% each year. And that the number of people with MS living past 80 years old has also increased. Those diagnosed more recently were more likely to live past 80 years old.

But results showed a difference depending on deprivation.

MS was recorded more often in less deprived areas. But the numbers of people passing away per year, from any cause, were higher in the most deprived areas.

The researchers suggest this could be because people living in less deprived areas may:

- be more likely to be diagnosed early
- be less likely to live with other health conditions as well as MS
- have better access to treatments

We know that smoking makes MS worse. It can worsen symptoms and speed up progression. Some research has also suggested obesity can worsen progression.

This study suggests targeted support around stopping smoking and maintaining a healthy weight could also be crucial in reducing inequalities in MS outcomes

Fourth Study.

Research shows how the Epstein Barr Virus and genetic risk factors interact in MS.

Thursday 22 January 2026.

MS is not caused by one single thing, but a combination of risk factors. Researchers have now discovered more about how Epstein Barr Virus (EBV) infection and certain genetic risk factors interact in MS.

For several decades, we've known there's a link between EBV infections and someone's risk for MS. But most people infected with EBV won't go on to develop MS later in life. That's because MS

isn't caused by just one thing, such as an EBV infection. Instead, the causes of MS are likely a mix of risk factors, including certain genes and infections.

An international team of researchers has now found that the combination of EBV infection and carrying a particular version of a gene can cause our immune cells to target myelin. Myelin is the protective coating around our nerves that gets damaged in MS.

Fifth Study.

BBC News 27 September 2025.

MS could be "on the brink of a new class of treatment" after early trial results suggest two drugs may repair damage caused by the condition.

A study led by the University of Cambridge looked at whether a diabetes drug and an antihistamine could help repair myelin, which is the protective coating around nerves which gets damaged by MS.

The MS Society said the "truly exciting" early findings could be a step towards halting disease progression, with further work needed on efficacy and safety.

"Within the next decade we could see the first licensed treatment that repairs myelin and improves the lives of people living with MS," said Dr Nick Cunniffe, who led the trial.

"We still need to research the long-term benefits and side effects before people with MS consider taking these drugs.

"But my instinct is that we are on the brink of a new class of treatments to stop MS progression."

MS is a chronic disease in which the body's immune system attacks the myelin sheath which surrounds the fragile nerve fibres in the brain and spinal cord.

When myelin is damaged, it causes symptoms including fatigue, spasms, and problems with walking, balance and bladder function.

According to the MS Society, which funded the research, more than 150,000 people live with the disease in the UK, with 135 diagnosed each week.

Existing disease-modifying therapies only work on one aspect of the condition – the immune system – and do not stop the gradual nerve damage that leads to long-term disability, the charity added.

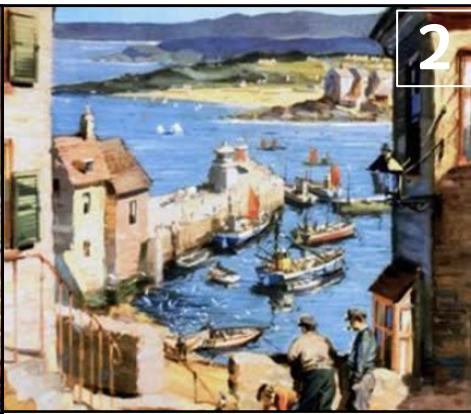
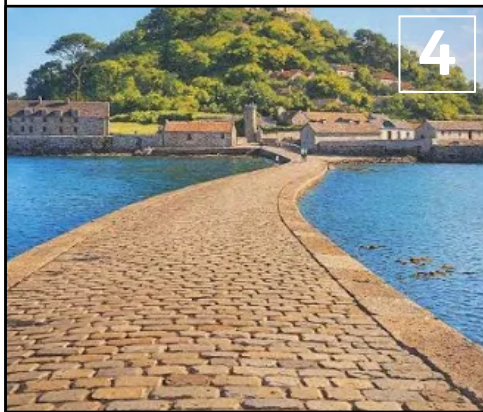
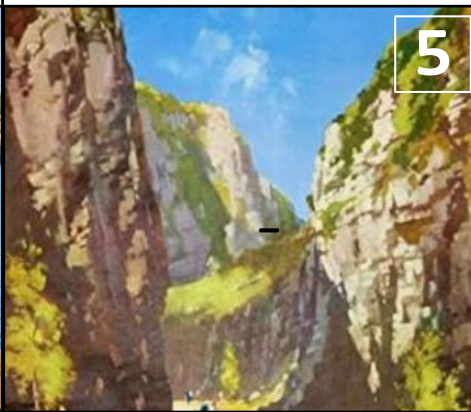
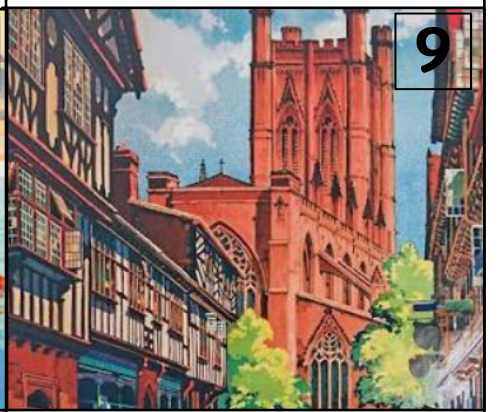
Quiz: General Knowledge

Answers on page 8

1. Which supermarket chain introduced the fashion label, George?
2. The singing of the song Blue Moon can be heard by which football fans?
3. Which newspaper did Lord Beaverbrook take over in 1916?
4. Where would a Spanish lady wear her mantilla?
5. How many seconds do you get to work out your answers on Countdown
6. On which animal would you normally use a curry comb
7. Carrots are rich in which vitamin?
8. The Green Car Crash is a 1963 painting by which artist?
9. The skunk is a major carrier of which disease?
10. Which way does the King's head face on a UK postage stamp - left or right?
11. Which creatures are used as croquet balls in Alice in Wonderland?
12. According to the Book of Revelation, which battle will be the end of the World?
13. Which political party introduced the National Health Service in 1948?
14. Which famous car had the registration plate GEN 11?
15. What name was given to the Operation to free Kuwait during the 1991 Gulf War?
16. Which part of a car has an Inertia Reel?
17. Which book opens with the line 'Call me Ishmael'?
18. Which alcoholic spirit became known as Mother's Ruin?
19. Which bird shares its name with a famous nurse?
20. Was Ceefax a BBC or ITV teletext service?
21. If you are between Bow Street and Vine Street on the monopoly board, where are you?
22. Where would you find the sequence E A D G B E ?
23. Are a zebra's stripes black or white?
24. The bandicoot is a marsupial from which country?
25. What is the longest river in Europe?
26. What magazine uses as its title the French word for she?
27. On television, who was the first voice of the PG Tips chimps?
28. The Opera Hansel and Gretel is based on a story by which brothers?
29. The Plumbus Kite is a grey bird named after which metal?
30. What pickled buds are used to make Tartare Sauce?

Picture Quiz: Vintage posters - what are these towns?

Answers on page 8



GOOD FOOD



Vietnamese Prawn & Noodle Soup

Servings: 2

Ingredients

1 whole onion, sliced
2 stalks lemon grass, bashed
0.5 grams curry powder (1/2 teaspoon)
1 whole red chilli, sliced & diced
200 ml coconut milk
2 ml fish sauce (2 tbsl)
200 grams prawns
150 grams pak choi
150 grams noodles, Udon preferably
5 mls sunflower oil (1 tbsl)

Method

Heat the sunflower oil in a pan.

Add the sliced onions and lemongrass stalks and half the chillies and cook for four minutes.

Add the coconut milk, fish sauce and prawns and simmer for a further four minutes.

Add the Pak Choy and simmering for a further one minute.

Toss in the remaining chopped chili and serve immediately with noodles preferably the Udon variety.

Recipe courtesy of James Coke who has had PPMS for more than 20 years.

More of his recipes can be found at thedisabledchef.com

Equipment and services we can provide

We have a wide range of donated second-hand equipment for short term or long term loan (or permanent), such as toilet frames, walkers, etc. There are no charges for these.

Please contact Annie.

For people with Multiple Sclerosis and their immediate family or carer, living in the Leighton-Linslade area, we offer financial support in attending a Therapy Centre or Chirozone in Grovebury Road, for chiropractor, massage or reflexology treatments. This can be

a maximum of two per month. The financial support we offer is 50% up to a maximum of £20 per treatment / Therapy Centre visit.

We can also help with the costs of a Lifeline (Careline) emergency call button.

Please contact Lorna Taylor.

Should you need financial support for other costs, we can offer modest grants towards the total cost. This can be for housing adaptations, specialist seating, etc.

Please contact Annie.

General Knowledge quiz answers

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|--------------------------|-----------------------------|------------------------|
| 1. ASDA | 2. Manchester City | 3. Daily Express |
| 4. Head/Shoulders | 5. 30 seconds | 6. Horse |
| 7. Vitamin A | 8. Andy Warhol | 9. Rabies |
| 10. Left | 11. Hedgehogs | 12. Armageddon |
| 13. The Labour Party | 14. Chitty Chitty Bang Bang | 15. Desert Storm |
| 16. The Seat belt | 17. Moby Dick | 18. Gin |
| 19. Nightingale | 20. BBC | 21. Marlborough Street |
| 22. Strings on a guitar. | 23. White | 24. Australia |
| 25. The Volga | 26. Elle | 27. Peter Sellers |
| 28. Brothers Grimm | 29. Lead | 30. Capers |

Picture quiz: Vintage poster answers

- | | | |
|--------------------|------------------|--------------|
| 1. Bath | 2. St. Ives | 3. Newcastle |
| 4. Michael's Mount | 5. Cheddar Gorge | 6. Windsor |
| 7. Canterbury | 8. Newquay | 9. Chester |
| 10. Oxford | 11. Cambridge | 12. York |