Two MP's futures hung by a thread at the weekend, not because of local election results which pointed to a successful return in 2015, but because of a charity abseil in aid of the Milton Keynes MS Society.

I took part in the charity absell with my wife Caroline Dinenage who is the MP for Gosport. We were part of a team who abselled down the 170m Spinnaker Tower in Portsmouth last Saturday and have so far raised nearly £1500 for the charity.

I confess I was slightly nervous especially when Caroline was insistent I went first! The worst bit was hanging around at the top waiting for Caroline to get strapped in I then decided to slide down as quickly as I could. I've abseiled before with the Army and off Hanslope church but never anything so high!

It was however a great cause and one very close to our hearts. The MS Society have been very supportive to one of our friends and the least we could do was support them in return.