MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

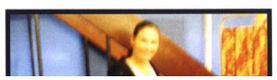
MS
Multiple Sclerosis Society
Charity No. 207495

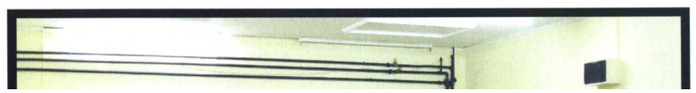
MiSCellany

FEBRUARY 2004

OUR NEWLY REFURBISHED CENTRE at Clifton Road, Sutton Coldfield

Newly decorated in "Corporate" colours with a fabulous new laminate floor. Plenty of room for meetings & activities.





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Mike and Vicky welcome you to 2004. We will continue to print your articles and reports. Etc etc ...

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MS HOMEPAGE

LOOKING GOOD

Mary, our beauty therapist has a regular monthly session at Clifton Road where she does waxing, eyebrow tinting and manicures. A new and very competitive price list is available at the Centre. Her next sessions are as follows :—

Monday 16th February 11.00am
Monday 15th March 11.00am
Monday 19th April 11.00am
Monday 15th May 11.00am

See cover page for a picture of Mary in action!

CARAVANS

*Our two disabled friendly caravans sited at **Billing,** nr Northampton and **Brean,** nr Weston-super-Mare are now available for booking—See page 7*

HELP

WE ARE COLLECTING FOR MS SEVERAL TIMES THIS YEAR AND NEED

FILE 'O' FIXITS

Please see page 10 for new listings.

REMEMBER IT'S TIME FOR YOUR MEMBERSHIP RENEWAL

0121 354 8593

FRONT COVER STARS

Sue Bond
Pauline Commander
Ann Forbes

CHARITY SHOP

Don't throw it away !

The official MS Charity shop at Cotteridge in Birmingham is very grateful for our contributions so far and have agreed to collect from us on a regular basis.

They have told us that they have plenty of items of clothing, but have a shortage of *"bric-a-brac", records and any valuable items* ... such as diamonds, sports cars, gold bullion.

Collection dates will be :-

Monday 15th March

Monday 17th May

(further dates in next bulletin)

BIRTHDAYS

JANUARY

JOAN WOODWARD — 4th

NEIL COLEMAN - 10th

PAULINE COMMANDER - 14th

COURTNEY BROWN - 15th

TRISH INMAN - 24th

KATHLEEN BARKER - 29th

GILL HARTSHORNE - 30th

SORRY WE MISSED THESE IN JANUARY BUT WE HOPE YOU HAD A LOVELY DAY

HAPPY BIRTHDAY

FEBRUARY

TONY CONNEELY 2nd

LORRAINE WOODWARD 20th

JAYNE GOUGH - 27th

SUSAN KEELING - 28th

MARCH

MIKE SHAW - 4th

LIZ SHAW - 18th

PAUL DUNSTAN 24th

WHATEVER HAPPENED TO THE BNRR ?

Despite all the protests, fights and chaos, it disappeared and re-appeared as The M6 Toll !

I decided to try it out the other week and although I found it useful on my journey North, the entry points were confusing and badly signposted. (As if I haven't got enough problems with driving on hand controls and a brain that has considerably slowed down)

Practice makes perfect, as they say, so undaunted, I pursued it further, and am now the proud owner of a credit card style pass. £5.00 FOR 3 YEARS !

YOU ONLY QUALIFY IF YOU RECEIVE DLA MOBILITY COMPONENT AT THE HIGHER RATE

For those of you who wish to apply, here's how to do it :-

By Internet - Call up www.m6toll.co.uk

Go to *pricing,* then *exemptions* (left hand side)

***Download application form* & follow the instructions.**

By Phone - Call 0870 850 6262

Mike Shaw

UPDATE -UPDATE - UPDATE

Just had a letter from them to say that if the kiosks are unmanned, go to

DIARY DATES 2004

Here are the next 4 months' events for your diaries. Please come along, as we'd love to see you all.

FEBRUARY

4TH	**Quiz Night**	Westfield Court Hotel	7.30-10.00
16th	**Mary-Beautician**	Clifton Road	11.00 am
21st	**Collection**	Fosters/Wyevale	All Day

MARCH

3RD	**AGM**	Westfield Court Hotel Demonstration of PDQ Power Trike	**7pm PROMPT**
15th	**Mary-Beautician**	Clifton Road	11.00 am
15th	**Collection by MS Charity Shop from Clifton Road**		11.00 am

APRIL

7th	**Room 101 ????**	Westfield Court Hotel	7.30-10.00
9th	**Good Friday – Clifton Road CLOSED**		
12th	**Easter Monday – Clifton Road CLOSED**		
18th	**Annual Dinner ****	Westfield Court Hotel	2 pm
19th	**Mary-Beautician**	Clifton Road	11.00 am

CARAVANS

The hire rates for **MEMBERS** for 2004, per week are:

BILLING	
March	90.00
April	90.00
May	90.00
June	90.00
July	100.00
August	100.00
September	90.00
October	90..00

UNITY FARM	
March	125.00
April	125.00
May	135.00
June	150.00
July	165.00
August	165.00
September	150.00
October	135.00

The hire rates for **non members** for 2004, per week are:

BILLING	
March	140.00
April	140.00
May	140.00
June	140.00
July	150.00
August	150.00

UNITY FARM	
March	205.00
April	205.00
May	215.00
June	225.00
July	255.00
August	255.00

THE LOO ROLL

We are producing a list of all the disabled loo's in the Sutton Coldfield and surrounding areas.

These are the ones we know about, but will be very pleased to hear from you about any others. (Those in Italics are new additions)

BOLDMERE

BISHOP VESEY PUB

SUPERLOO

CASTLE VALE

SAINSBURYS

FORT SHOPPING CENTRE

FOOD / EATING AREA (FAR LEFT)

HOLIDAY HYPERMARKET (NOT WHEELCHAIRS)

LICHFIELD

CAR PARK (BACK OF WOOLWORTHS*)*

MERE GREEN

SAINSBURY'S

SUTTON TOWN CENTRE

ASK RESTAURANT

BEATTIES

BHS

CAR PARK (BEATTIES) ENTRANCE (BHS END)

TK MAX

LIBRARY

McDONALDS

STARBUCKS

WOOLWORTHS

MARKS & SPENCERS

SHENSTONE

WYVALE (FOSTERS)

TAMWORTH

SHOPPING MALL

WALMLEY

HEALTH CENTRE

MULTIPLE SCLEROSIS SOCIETY
SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY BRANCH MEETINGS

1st Wednesday of every month at 7.30 p.m.

Westfield Court Hotel

Birmingham Road

Sutton Coldfield

ADVICE & INFORMATION CENTRE

Monday and Friday 10am 'til 3pm

Clifton Road Youth Centre

Clifton Road

Sutton Coldfield

0121 354 8593

COMMITTEE FOR 2004

FILE 'O FIXITS

A Directory of skills, tradesmen and people who can help you.

Please send us your contacts so we can expand this list.

BUILDER - ADAM WHITEHOUSE
Whitehouse Building Services
27 Birch Croft Rd. S/C
0121 311 2751

CLEANER Private & Commercial
J Clean **JAYNE**
Mob: 07901 991170
Home: 0121 525 4285

DECORATOR - Interior & Exterior,
Glazing & minor repairs
STEVE BROWN
Mob: 07803 504611—0121 351 5901

GARDENER
BOB SEMPLE
Home: 01543 570646

CENTRAL HEATING **Fitting & Repairs**
MPH Gas Services Corgi registered

???

Have you used one of these contractors?

****

Your comments would be much appreciated to assist others.

CARPET/UPHOLSTERY CLEANER
STEVE CORFIELD
Mob: 07980 742197
After 7pm 0121 357 6749

COMPUTERS
Personal, custom built PC's, Upgrades & Repairs—**STEVE HOOPER**
Mob: 07817 281681—0121 240 8786

ELECTRICIAN—CB ELECTRICAL
Stonnall, Staffs—COLIN BARTLETT
Mob: 07719 854812
Home / fax 01543 375354

FLOORING - LAMINATE & WOOD
GMG - Quality wooden flooring
MARK FLETCHER - FITTER
0800 996 1981

WASHING MACHINE REPAIRS
WASHER SHOP, 155 SOUTH RD. ERDINGTON

HOT WHEELS.

A NEW FEATURE, LISTING PLACES WHERE WHEELCHAIRS AND SCOOTERS ARE LOANED FOR SHOPPING Etc. - PLEASE REMEMBER THAT YOU MAY NEED TO BOOK IN ADVANCE

SHOPMOBILITY SCEMES

SUTTON TOWN CENTRE

BIRMINGHAM CENTRE

LICHFIELD

WALSALL

TAMWORTH

WEST BROMWICH

SUPERMARKETS

ASDA – MINWORTH

ASDA - GREAT BARR

TESCO - NEW OSCOTT

B & Q - CASTLE VALE

OTHERS

KINGSBURY WATER PARK - SEE BROCURE AT CLIFTON RD. CENTRE

CADBURY WORLD

ARE YOU MY VALENTINE

HOW COMPATIBLE ARE YOU?

A COMPATIBILITY TEST FOR YOU & YOUR LOVER/SPOUSE/FRIEND SIGNIFICANT OTHER OR WHOEVER YOU MAY FANCY!

♥ *Each person must answer these questions independently.* ♥

1. The two of you can be instantly transported to one day together anywhere you choose. Which would you select?
   a) Hawaii b) Paris c)Las Vegas

2. The two of you would have the most fun together doing which of the following?
   a) Attending a concert b) Attending a sporting event c) Going shopping?

3. Which of these is the most romantic Valentine's Day gift?
   a) A box of chocolates b) A dozen red roses c) Jewellery ?

4. Select the most romantic way to have Valentine's Day dinner together.
   a) Have dinner at an exclusive, expensive restaurant b) Have a moonlight picnic on a deserted beach
   c) Have a candle-lit dinner at home?

5. Which do you consider the most romantic music?
   a) Classical b) Alternative c) Rock and roll d) Other

6. Where is the most romantic place to make love?
   a) In the back seat of a limousine b) In a hot tub c) In front of a fireplace

7. Which of these is the sexiest outfit on a woman?
   a) Lacy lingerie b) A low-cut, form-fitting, floor length gown c) A short skirt and tight sweater

8. A man would be sexiest wearing which of the following ...
   a) A dress uniform b) A business suit c) Nothing

9. Which of the following is the most pleasant way to spend a weekend morning together?
   a) Stay in bed late and skip breakfast b) Go out for brunch c) Run errands and clean house

10. Which of the following is the most relaxing?
    a) A bubble bath b) A massage c) A couple of drinks at a bar

Answers to "Birdy" Quiz from July 03

1	Rod's feathered friend	Emu	51	Price of a shaver	Razorbill
2	Pantin' up the cliffs	Puffin	52	Mythologically, it rises from the ashes	Phoenix
3	Castle	Rook	53	Criticize	Snipe
4	Found after dark in a force 10?	Nightingale	54	Kebab holder?	Skua
5	Find Another one in here	Heron	55	Bulb or insect	Cormorant
6	1st bird sent from the Ark	Raven	56	Toy for the FO	Kite
7	Playfully mock the length	Chaffinch	57	"Pretty …", hit for Manfred Man	Flamingo
8	….. Crest – a TV soap	Falcon	58	Duck a la Orange	Mandarin
9	Theatrical flop	Turkey	59	Famous drink	Grouse
10	Early Bird? No a late one	Teal	60	Makes arms green	Merganser
11	Ancient soothsayer	Merlin	61	I followed my old man with my old one	Linnet
12	Abraham's second day sacrifice	Turtle Dove	62	Brag	Crow
13	Williams Hood or Cook	Robin	63	Kind of cut tobacco	Shag
14	One can't but ……?	Toucan	64	Venerated by the ancient Egyptians	Ibis
15	A cowardly mallet	Yellowhammer	65	Shell product	Petrel
16	The Smallest British bird	Goldcrest	66	Swine time	Pigeon
17	Rossini's tea leaf	Magpie	67	Does this bird fly round the bend?	Tern
18	Royal angler	Kingfisher	68	James Bond film	Goldeneye
19	Gallico novel	Snow goose	69	Glutton	Gannet
20	Crossing place	Pelican	70	Abdul, the …. Emir	Bulbul
21	Two under par	Eagle	71	Deliverer?	Stork
22	Unit of speed	Knot	72	Keep on short supply	Stint
23	Jump the lights	Redstart	73	What a cat alarm clock might say?	Kitttiwake
24	Does it fast from May to August?	Oystercatcher	74	A Chekhov play	Seagull
25	Way replaces 500 at the start of sweetheart	Starling	75	In second order	Condor
26	Architect	Wren	76	…. And Amazons" – Children's book	Swallows
27	Naïve leg	Greenshank	77	Communist election	Redpoll
28	Weightlifter	Crane	78	Used for high rise walking	Stilt
29	Blue locomotive	Mallard	79	What to do with a bad tooth?	Pullet
30	Fairground attraction	Dipper	80	1939 film – "Drums along the Mo….."	Hawk
31	Meadow grub	Fieldfare	81	Lash sorry Prince	Whippoorwill
32	Emblem of the R S P B	Avocet	82	Acrobat	Tumbler
33	Ivy for example	Treecreeper	83	Hikers would find one	Shrike
34	Treacle tart!?!?	Blackbird	84	Found at the mill?	Weaver bird
35	One found in heaven	Bird of Paradise	85	Shelley wrote an ode to it	Skylark
36	Spider	Flycatcher	86	Adjusts the sound quality on your set	Turnstone

RESEARCH

DOES CANNABIS HELP SPASTICITY?

In 2003, 630 people participated into the effects of cannabis on spasticity. They underwent an 8 week period of trials with oral medication.

They were split into 3 groups taking either :-

1. Whole cannabis extract
2. A synthetic version of Cannabinoid Extract (tetrahydrocannabinol)
3. A placebo

- None of the participants nor assessing doctors were aware of which treatments were received.
  - All participants were asked to subjectively self-assess the severity of their spacticity and other symptoms.
  - The investigators assessed spasticity using a measurement scale (the "Ashworth" scale) and all participants were asked to complete a timed 10m walk to assess mobility.
  - Participants had to report how severe they felt a range of their symptoms had been over the previous week.

Results showed that neither cannabis-based medicine improved spasticity when measured objectively by the Ashworth scale. However, the majority of participants did report that they felt their spasticity had improved i.e. subjective measures showed improvement.

Participants receiving either form of cannabis also reported improve-

MESSAGE BOARD

THIS IS YOUR PAGE TO PIN UP NOTICES

FOR SALE

BEC Stirling 3 wheeled scooter - 4mph. 45 mile range.
Cost nearly £2,000 new. Will accept £600
Phone Shirley Hunt - 0121 353 5966

FOR SALE

Electric 3 Wheel Scooter
Rascal "Lynx" Colour- Red
Capacity—up to 28 Stone
Excellent condition, Unused
(Cost new about £1600)
£750 o.n.o.
Contact - Mrs. Mail

FOR SALE

Willow Bank Chair
With following facilities :-
Electrically operated,
hand control ,massage.
Contact :-
Barbara Hart - 01543 250639
John Hart - 0121 373 2878

Posh 'n Becks

Alex Ferguson called David Beckham into his office and gave him a dressing down about his performance against Leeds the other night. 'You were b.....y hopeless, completely off form', he said. 'Sorry boss', says David. 'I've not been meself lately. I got problems at home, right'. 'What's up', said Alex. David said 'something is really bugging me and I am losing sleep, I can't concentrate on the football, it's really messing me up. It's very serious. Victoria bought this jigsaw puzzle the other day'. 'A jigsaw', shouts Alex, 'you're playing like that because of a b.....y jigsaw'. David said, 'you don't understand, it's really doing me head in. It's so hard, it's a picture of a tiger and looks really easy on the box. I am sure I've got all the bits but I just can't get it right and, and ...'. 'David, David', says Alex, 'get a grip'. David replies 'but it is a tiger, it looks easy, but it's hard, I am sorry boss'. 'OK', says Alex. 'Bring the jigsaw in and lets have a look at it, it can't be that difficult'. 'Thanks, boss', says David. The next day Becks brings in the jigsaw and takes it to Alex's office. 'Here it is boss', says David showing him the picture on the box. 'Look it's a really good picture of the tiger, but I just can't do it'. Becks empties all the pieces from the box all over Alex's desk. Sir Alex looks at what's on the desk, looks up with his head in his hands and says to Becks 'put the Frosties back in the box David'.

David Beckham decides to go horse riding. Without previous experience, he skilfully mounts the horse and is soon galloping along at a steady pace. Posh watches admiringly and after a short time David becomes a little casual and loses his grip in the saddle. He panics and grabs the horse around the neck, shouting for it to stop. Posh starts to scream and shout for someone to help her husband as David, by this time, has slipped completely out of the saddle and is only saved from hitting the ground by the fact that he still has a grip on the horse's neck. David decides that his best chance is to leap away from the horse but his foot has become entangled in one of the stirrups. As the horse gallops along, David's head is banging on the ground and he is slipping into unconsciousness. Posh is now frantic and screams and screams for help. With this the Tesco's security guard comes out and unplugs the horse.

NOTICE

ANNUAL GENERAL MEETING
3rd March 2004

Westfield Court Hotel
Birmingham Road
Sutton Coldfield

7 pm PROMPT

SUTTON COLDFIELD & DISTRICT BRANCH
MULTIPLE SCLEROSIS SOCIETY

This is to invite nominations for Branch Officers

Chairperson
Treasurer
Welfare Officer
Secretary
And
Committee Members

Existing Committee and Officers are willing to stand again.

Nominations must be seconded and returned to:

Mrs P. Commander