MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MS
Multiple Sclerosis Society
Charity No. 207495

Miscellany

APRIL 2003

Welcome to the "new look" Branch Bulletin.

The new editorial team, Mike Shaw and Vicky Pennicott are very anxious to hear your responses to the updated format.



Picture courtesy of The Sutton Coldfield Observer

Our Chairman, Julie Leeson with baby Jasmine ("Spud")

Welcome to MiScellany.

This is the "new look" quarterly bulletin for the Sutton Coldfield Branch of the Multiple Sclerosis Society.

The new editorial team is Mike Shaw and Vicky Pennicott and we are trying to provide all our members with the same information as before, but are hoping to add a little more "pizzazz", some new items along with regular columns.

We hope to inspire a response from you so we have some fantastic ideas about trips, days out, guest speakers, activities in the MS Centre on Mondays and Fridays in addition to the airing of your views opinions, worries and concerns.

We will be looking for interesting places to visit, opportunities open to ALL of us and of course developments into new research.

In following issues of MiScellany, we will be asking YOU for your input, in the form of questionnaires, quizzes and competitions AND we will be giving prizes!

As usual, we welcome your news, letters and comments and will print any articles and reports of good/bad/useful/funny/awkward or silly experiences you have had.

INDEX

Page 1 Welcome to MiScellany

Page 2 Homepage

Page 3 Take Note and Health Tips

Page 4 A jaunt around Snowdonia by Mike Shaw

Page 5 " " " "

Page 6 The Loo Roll

Page 7 Caravans

Page 8 Diary Dates

Page 9 About Sutton Coldfield Branch

Page 10 Football Poster

MS HOMEPAGE

MONDAYS AND FRIDAYS

We want to put on some activities in the Centre for members in addition to the Advice and Information Service. These are only likely to last for a short time, 20 -30 minutes. We have a few ideas :-

Wheelchair aerobics, greeting card making, waxing e.g. eyebrows, upper- lip, ears and nasal hair removal (ladies and gents), origami (to back belt standard!), a beetle drive and would you like background music?

We are very keen to hear your ideas and will try to arrange some things for you if YOU TELL US WHAT YOU WANT!!

Please contact Mike Shaw, Vicky Pennicott or any of the committee at the Centre.

INFORMATION AND PUBLICATIONS

At the Centre we hold an extensive range of MS publications. If you require any of these, either call or telephone for further details.

HOT NEWS AND GOSSIP

Don't forget the Football Match between Aston Villa Oldies and B'ham City Geriatrics on 27th April 2003 kick off at 11.00am Tickets available at the Centre for ONLY £2.00 (see page 10 for details)

WE NEED YOUR HELP

WE ARE COLLECTING FOR MS SEVERAL TIMES OVER THE NEXT FEW WEEKS
See Jayne to add your name to the rota

LOOK OUT!

In the next issue of MiScellany there will be a quiz, and questionnaire with fantastic prizes.

Make sure you get your next issue!!

CLEAN FEET -(Feat?)

If you are able to use the shower, standing or sitting but have difficulty washing your feet, try this:-

Obtain a large sponge, preferably the sort for washing cars, wet it, apply plenty of soap, then place it in the shower well or bath close to where your feet will be. Tread on it then try a little dance, an Irish jig, or something you can manage. This should successfully wash the soles of your feet!

PET NAMES

One of our members has re-christened some of her equipment. Her electric scooter is called her "Wally-Trolley". To avoid spillage of precious gin and tonic on to her clothes, she places a tea-towel on her lap- this is known as her "Dribble Cloth".

Let us know if you have any "pet names" for any of your stuff?

FILE 'O' FIXITS

We intend to produce a comprehensive list of Handy men and women, your own skills, Professional tradesmen/women, preferably recommended by yourselves. Dig deep into your 'little black book' for your contacts.



TAKE NOTE



There is a new scam going round. Please be aware of the following:-

- You will receive a telephone call from someone supposedly from The Post Office who will ask for your address and postcode and says that some gift vouchers will be sent.
- You will then stand a strong chance of being burgled.
- The Post Office are NOT conducting any such survey.
- You may also receive a phone call from someone purporting to be a BT Service Technician who will ask you to dial 90 # and then hang up.
- This gives them full access to your phone line thus potentially incurring ENORMOUS phone bills for you.
- DO NOT PRESS 90 # FOR ANYONE !!!!!

Information provided by West Midlands Police.



HEALTH TIPS



- *Sore throat :- Suck a slice of fresh pineapple. This is a mild antiseptic.*
- *Mouth Ulcer :- Grate some raw carrot, chew it till it is a fine pulp then rest it on the ulcer for a few minutes. This will relieve the pain immediately and the next day it will be gone.*
- *Mild Sunburn :- Apply used camomile tea bags onto the affected areas.*

Lavender Oil.

This is a fantastic natural aid to a multitude of conditions such as :-
Acne, bruises, eczema, headaches, nausea, anxiety and depression.

Use sparingly on skin conditions. Use a few spots on your pillow to aid sleep.

Tips provided by Viv Barnes

We would like to hear about your useful health tips. Please let us know!

A Jaunt round Snowdonia

(By Mike Shaw)

Well that's how it was put to me ! (A little poetic license)

As some of you may know, I go to the MS Therapy Centre in Wolverhampton for HBO, Physio and Reflexology. It was at this place that I fell for the Five Card Trick! It went thus :- "You like the RAF and adventure don't you – right you're in".

So during July, Liz and I ended up in a hotel in Betws-y-Coed, a nice meal followed by a message that the RAF lot were in the bar!

We duly found them, attacking the beer with a ferocity that continued back at their camp site. It was a good night and as the saying goes they "supped some stuff".

Come the morning, after a good nights rest and a pleasant breakfast, we reported to the control point in the foothills of Snowdonia.

Let me explain that this event is known as " The MS Challenge" and has been in existence for many years. It involves teams from all over the country of up to twelve plus a passenger who has to have MS and is carried around in a wheelchair, slung in a special frame that allows 8 carriers to do the carting.

The place was a hive of activity, with logoed 'T Shirt' clad officials rushing about waving clip boards and shouting into walkie-talkies

Then my team appeared! What a sight greeted my eyes. They were bleary eyed and nursing massive hangovers!

They slowly assembled the frame around my chair, cursing and swearing at every dropped nut and spanner. I looked round and saw bright eyed teams of firemen, servicemen, schoolteachers, civil servants, sixth formers etc. all setting off into the bright sunlight, with accents from Nottingham, Hertford, Plymouth, everywhere!

I began to have my doubts! Would my lot even make the first bend, let alone the 8 miles and 5 hours of sheer physical hell that lay ahead!

Off we went in bright sunshine. This isn't so bad, I mused, my own Sedan Chair.

Then, whoosh, we turned into a wood. It got dark and very uneven. There were grunts, groans and cries for help from the stretcher bearers. The language got very colorful. My heart went out to these poor lads and how they must be feeling. After what seemed like an age, we emerged into daylight, a farm track, clear blue sky and a lake with people in canoes. This isn't so bad, I thought. The crew seemed to have powered through their hangovers and were in good spirits. Friendly banter blossomed and the birds sang.

Crash, we're back in that awful forest again. Only this time the ground is even less forgiving and wet! Struth, I couldn't have walked this in my fit days, let alone carry a man in a wheelchair! Surely we can't have another 4 hours of this; it can't get worse?

Yep it did. It got darker, steeper, denser, wetter and more treacherous. At one point we were going up a 1 in 3 gradient, in dense woodland, in 2 feet of thick, stinking, clinging mud. What a journey! There was some respite – 3 stops for a welcome drink and chopped up Mars bar, but then back into that dismal forest again. My admiration for the crew, grew by the minute, and to think they volunteered!

Near to the end we had a little treat in store – 3 river crossings. I didn't even get my feet wet – but they were all up to their necks in it. Great, home at last – but no, just to round it off we went back into only a mildly boggy wood for 20 minutes before we rounded the final bend and collapsed, clutching Tea and Wads

My flashbacks of the day are of a lonely man looking in vain for a missing trainer in the bog, a little old lady clutching on to her wheelchair as she was carried at the speed of light and a man being dumped out of his chair into the river because he'd been splashing his carriers.
I was asked, at the official ceremony at RAF Cosford , if I'd do it next year? Awe, go on then! After all, it did raise nearly £2000.





THE LOO ROLL



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

These are the ones we know about, but will be very pleased to hear from you about any others.

BOLDMERE

BISHOP VESEY PUB

SUPERLOO

MERE GREEN

SAINSBURY'S

MINWORTH

ASDA

NEW OSCOTT

HOMEBASE

TESCO

SUTTON TOWN CENTRE

BEATTIES

BHS

CAR PARK (BEATTIES) ENTRANCE (BHS END)

LIBRARY

McDONALDS

STARBUCKS

WOOLWORTHS

SHENSTONE

WYVALE (FOSTERS)

WALMLEY

HEALTH CENTRE

SUPERLOO

This is just for starters but we would like to know about other areas such as Aldridge, Erdington, The "Fort" & other outlying areas, garden centres etc.

Send in your contributions to The Centre or to Mike & Vicky

CARAVANS

The hire rates for members for 2003, per week are:

BILLING	
April	90.00
May	90.00
June	90.00
July	100.00
August	100.00
September	90.00
October	90.00

UNITY FARM	
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 2003, per week are:

BILLING	
April	140.00
May	140.00
June	140.00
July	150.00
August	150.00
September	140.00
October	140.00

UNITY FARM	
April	205.00
May	215.00
June	225.00
July	255.00
August	255.00
September	225.00
October	215.00

Bookings can be made at The Clifton Road Youth Centre ONLY (see page 8 for opening times), where a deposit will be required.

Preference will be given to MS sufferers.

X CLIP TO YOUR NOTICE BOARD X

DIARY DATES 2003

April 2nd - Monthly meeting @ Westfield Court Hotel 7.30pm

April 5th - M.S. awareness day. Gracechurch Centre. All day

April 6th -13th MS Week

April 27th - Charity Football Match 11.00am (see attached poster)

May 7th - Monthly meeting @ Westfield Court Hotel 7.30pm

June 4th - Monthly meeting @ Westfield Court Hotel 7.30pm

June 14th - Alton Towers trip

July 2nd - Monthly meeting @ Westfield Court Hotel 7.30pm

July 18th - Collecting at Tesco's New Oscott

August 6th - Monthly meeting @ Westfield Court Hotel 7.30pm

August 8th - Collecting at Sainsbury's Centre } outside

August 9th - Collecting at Sainsbury's Centre } Wilkinsons

August 22nd - Collecting at Sainsbury's Mere Green

September 3rd - Monthly meeting @ Westfield Court Hotel 7.30pm

October 1st - Monthly meeting @ Westfield Court Hotel 7.30pm

November 5th - Monthly meeting @ Westfield Court Hotel 7.30pm

November 27th - Dr. Carl Chinn @ Westfield Court Hotel. Time t.b.a.

December 3rd - CANCELLED in view of the above

Further details such as times, venues, transport and meeting places will be given as and when appropriate.

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 till 3pm

Clifton Road Youth Centre

Clifton Road

Sutton Coldfield

0121 354 8593

COMMITTEE FOR 2003

CHAIRMAN	Julie Leeson	0121 308 4089
SECRETARY	Pauline Commander	0121 382 1385
TREASURER	Jayne Robinson	0121 308 5641
WELFARE	Anne Forbes	07715 886824

Aston Villa Disabled Supporters Club

Registered Charity No. 1089398

Present

Charity Football Match

At Hollyfields Sports Centre
Woodacre Rd (Off Holly Lane)
Erdington
Birmingham

(All monies raised will be used to help to have a standard coach modified to enabled disabled fans to travel to away matches with able-bodied fans)

Aston Villa Old Stars

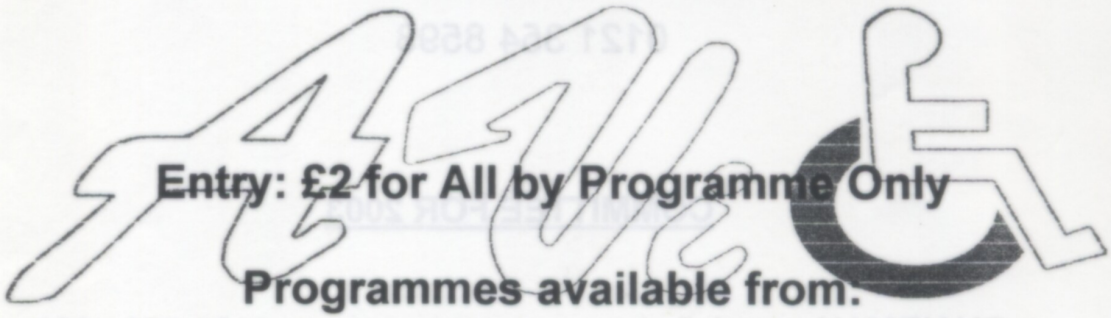
v

Birmingham City All Stars

On

Sunday 27th April 2003

Kick Off 11:00 a.m.



Entry: £2 for All by Programme Only

Programmes available from:

- **The MS Resource Centre**
- **Pauline Commander 0121 382 1385**
- **Jayne Robinson 0121 308 ~~5642~~ 5641**
- **Available at the ground on the Day**