MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MS

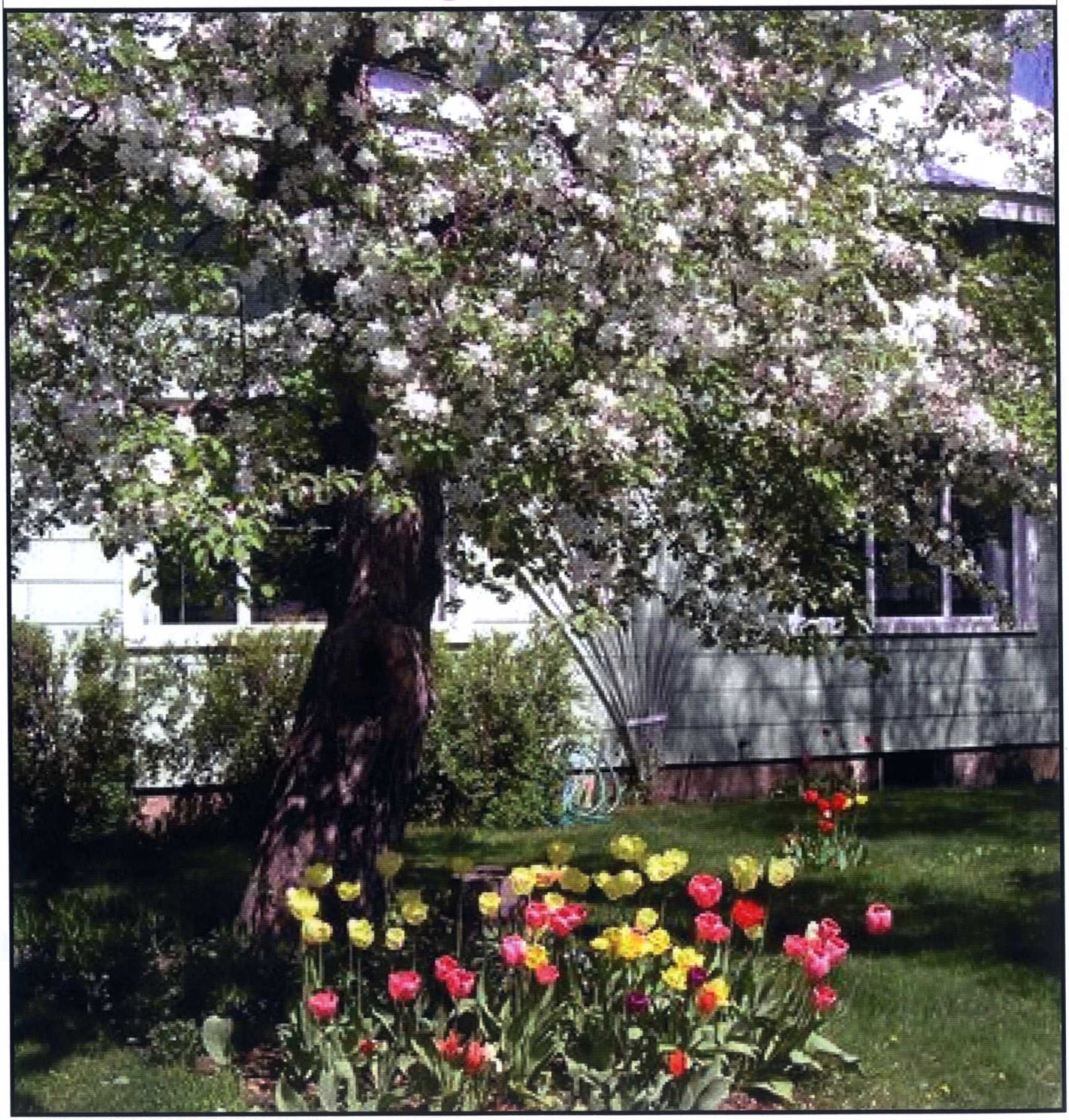
Multiple Sclerosis Society

Charity No. 207495

MiScellany

APRIL 2005

SPRING IS HERE



INDEX

Page 1 Cover

Page 2 Index

Page 3 Homepage

Page 4 Homepage - continued

Page 5 St. Georges Day

Page 6 About Sutton Coldfield Branch

Page 7 Caravans

Page 8 Living with U.T.I.'s

Page 9 Funnies

Page 10 How Good are your Brain Cells?

Page 11 The Seven Wonders of The World

Page 12 Message Board

Page 13 Diary Dates

MS HOMEPAGE

CARAVANS 2005

The caravans at Billing and Brean can now be booked. Prices and application forms are available at Clifton Road Centre.* A deposit is required for *every* booking. Instructions for use of all equipment and facilities will be issued with the keys.

***See page 7 for more details**

CLIFTON ROAD CENTRE

This information and Advice Centre where we hold our bi-weekly meetings is shortly due to undergo major refurbishments.
As yet we do not know exactly what the arrangements are, but
"watch this space"
as you will be informed as the details emerge.

THIS MESSAGE IS FOR YOU !

As you can see from the next diary, we are scheduled to have some more collecting dates in the next few months. We ARE desperate for your help again, even if its only for 1 or 2 hours.

Try these people for Humorous Disabled Car Stickers.

They're exhibiting at NAIDEX etc.

DISABLED ACCESSORY SUPPLIES
Room 101
Doxford Print Works
Pallion Quay
Sunderland
Tyne Wear
SR4 6TQ

Telephone: 0191 5655559
Fax: 0191 5651117
Website for Agent :-
www.activemobility.co.uk

Tel:- 01642 805050

Wheelchair re-cycling Group

(Formed in August 2003)
This is a charity, with the project of restoring old wheelchairs, obtained mainly from Nursing Homes that have been forced to close. They have a team of volunteers, who work on the wheelchairs they receive, transforming them to serviceable condition. They ***do not***, in any way, replace the service provided by Social Services. People who will benefit will be those in urgent need of a wheelchair and who may have been let down by the statutory agencies. The cost is not fixed as they say they only ask for a voluntary donation. The Co-ordinator is— Erma E Lewis who can be contacted on - 0121 422 0184
or at -

PO Box 8330
Quinton
Birmingham
B32 1EA
Charity Number - 1094066

HOMEPAGE (CONTINUED)

The "SMARTIE" Challenge

We were a little disappointed at the response to this event, despite several reminders in our bulletins. Thank you all for your donations of tubes of money.

This challenge ended at Easter 2005 and we raised just under **£20.**

The winner is Vicky Pennicott and she will receive her reward at our monthly meeting on April 6th

ARE WE ALL READY FOR OUR MAYPOLE DANCING ON MAY 1st?



CINEMA SAVINGS

A new web site :-
www.ceacard.co.uk,
has been launched which gives information on free cinema tickets for carers. Paul & Dee Dunstan are progressing this with
The 'Odeon' in Sutton

MS Awareness Week
10th - 17th April

HAPPY BIRTHDAY

APRIL

14th FRANK KEMP
15th MARCIA WALKER
16th PETER CORBISHLEY
26th BRIAN MARGETTS
27th TONY HALE

MAY

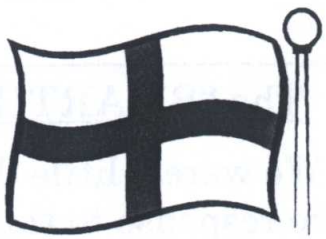
2nd JOAN HARRIS
3rd BRIAN CHRISTIE
9th IRENE POVEY
10th SANDRA TURNER
19th ROB PITTS
22nd JUDITH ASHFORD
23rd SUSAN DONALD
25th JULIE LEESON
29th BRENT MORGAN
30th EVE PRITCHARD

JUNE

4th JOYCE WELLS
10th TRACEY CHRISTIE
12th HELEN JOYCE
17th BERYL FOSTER
18th NORMA JONES
21st NEIL HARRIS
28th JON BATES



SAINT GEORGE'S DAY







St. Georges Day falls on 23rd April every year, but do we really know what it's all about?

1. Why do we wear a Red Rose?
2. What is the connection with the Scout Movement?
3. As a Turk who never even went abroad, how come St. George is England's Patron Saint?
4. Who was the "Damsel" he rescued from the dragon?
5. Was it a "Dragon"?
6. How did St. George die?
7. Did he invent the steam engine?
8. What are we having for dinner tonight?
9. Who killed JR?
10. What is the origin of the expression "By George!"

This page is just to identify St. George's Day. It isn't a quiz, and we won't provide any answers!

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 2pm

Clifton Road Youth Centre

Clifton Road

Sutton Coldfield

0121 354 8593

email :- suttonms@hotmail.com

Website : - www.mssociety.org.uk /branches/ west_midlands / sutton_coldfield/

COMMITTEE FOR 2004-5

CHAIRMAN	Julie Leeson	0121 308 4089
SECRETARY	Pauline Commander	0121 382 1385
TREASURER	Jayne Robinson	0121 308 5641
WELFARE	Anne Forbes	0121 384 3639

CARAVANS

WESTON-SUPER-MARE

Rates for Members

UNITY FARM	
March	155.00
April	155.00
May	165.00
June	180.00
July	195.00
August	195.00
September	180.00
October	165.00

Rates for Non-members

UNITY FARM	
March	255.00
April	255.00
May	265.00
June	275.00
July	305.00
August	305.00
September	275.00
October	265.00

NORTHAMPTON

Rates for Members

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

Rates for Non members

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

Bookings can be made at The Clifton Road Centre **ONLY**

(see page 6 for opening times), where a deposit will be required.

Preference will be given to MS sufferers.

Living with U.T.I's

For those of you unfamiliar with this term - *you're lucky !* For the uninitiated, it stands for **Urinary Tract Infection**. MS, as most of us know, plays havoc with your waterworks. If it gets really bad, as in Primary Progressive sufferers (like me) and is left alone, then serious infection of the bladder can *and will* occur . This is because the bladder never empties properly, the MS having destroyed the control of the muscles responsible. The answer is to *Self* Catheterise or have an "in-Dwelling" Catheter fitted. Both these, by their very nature, can *and will* cause a UTI.

In my naivety, I thought that a water infection gave you trouble and pain down below, - *not so* , the symptoms are more like a very heavy dose of the 'flu'. You feel absolutely lifeless, with the MS symptoms magnified a hundred times. The first time it got me, I couldn't even move my fingers. Eventually, Doctors came out and tested my urine, finding that I had an infection. The cure was a tried and tested antibiotic called **"TRIMETHOPRIM"**. This is a course of tablets for a week and starts to have an effect within a few hours.

Now for the catch! Doctors want to send a specimen away to the Hospital Path. Lab. which can take *at least* 2 days, before they get the answer. By this time you are *really ill* - *BRILLIANT*!!! As if you haven't got enough on your plate with MS.

What can you do???

I was lucky in that I have a very understanding and efficient District Nurse. She arranged for the surgery to issue a prescription, so I've always got some in stock. At the first signs of an infection (you get to be quite expert), I start a course of pills. Bit of a nuisance but so reassuring!

I have tried another tablet, called **"CEFALEXIN"** but these were prescribed when I thought the usual ones weren't working — false alarm, it wasn't a UTI, but no harm done.

The nice thing about the Trimethoprim is the peace of mind it gives you and the fact that my Nurse says "it's what we give all the old biddies" - now I can feel proud that I'm an "Old Biddy"

As a sequel, I recently, went to America for 2 weeks and ordered a further supply. I got an infection, whilst there, but the pills sorted me out and I had another weeks supply as a back up.

Don't take no for an answer —
get your Doctor to issue that prescription *NOW*

Mike Shaw - editor



FUNNIES



I'm Going to be A Bear

In this life, I'm a woman. In my next life I'd like to come back as a bear.

When you are a bear, you hibernate. You do nothing for six months.
I could deal with that!

Before you hibernate, you are supposed to eat yourself stupid.
I could deal with that!

When you are a girl bear, you produce children (the size of a walnut) while you are sleeping and wake up to partially grown, cute cuddly cubs.
I could definitely deal with that!

If you are a mother bear, everyone knows you mean business. You Swat everyone who bothers you. If your cubs get out of line, you Swat them too.
I could deal with that!

If you are a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yes, I definitely am going to be a bear!



The Burglar

A burglar broke into a house one night.

While shining his flashlight on the floor in the dark, he heard a voice saying,

"Jesus is watching you"

He looked around nervously, shook his head and kept looking for valuables.
He again heard,

"Jesus is watching you."

This time he shone his light all around the room and it rested on a parrot. He asked

"Did you say that?"
The parrot said,

"I'm just trying to warn you, that's all."



The burglar asked,
"Warn me, huh? Who are you? What's your name?

"Moses"

"Well, what kind of stupid people would name a parrot Moses?"

The bird answered,
"I don't know, I guess the same folks who would name a rottweiller 'Jesus.'





HOW GOOD ARE YOUR BRAIN-CELLS ?



Hang this up in your *Loo*, with a pencil to hand.

PART ONE

1. What word can go after "open" and before "seed" to give two new phrases?
2. What is the only anagram of the word "stationed"?
3. Which word is the longest that can be typed using only the top row of letters on a typewriter?
4. What do the words canopy","deft","laughing" "stupid" and "hijack" have in common?
5. What is the only word in the English language, that when capitalised looks the same from the front, back, above and below?
6. Which four letter word can go after "Po" or before "Ular" to produce two new words?
7. Which word is the longest that can be typed using only the right half of a typewriter?
8. Which three letter, one syllable word becomes a three syllable word when you add the letter "a" on the end?
9. Which word can come before "station" and after "room" to give two new phrases?
10. What is the only word in the English language that has three consecutive sets of double letters?



PART TWO

1. With which game would you use a "squidger", a circular disc between 25mm and 51 mm?
2. With which comic would you associate Beryl the Peril and Korky the Cat?
3. The melody for which famous song was written by sisters and school teachers Patty and Mildred Hill in Kentucky in 1893?
4. Which year is represented by the seven Roman numerals listed in descending order?
5. What is the most common pub name in the UK?
6. How many seconds delay are there between each of Big Ben's strikes? 1, 3 or 5?
7. What item of food inspired the idea for the computer game Pac-man?
8. In 1970, what did football referees get that they hadn't had before?
9. In a standard pack of playing cards what do the queens hold in their hands?
10. What is the most popular daily newspaper, with an average daily circulation of approximately 3.5 million?

PART THREE

1. At what speed does an average cough come out of your mouth? 15 miles per hour, 60 miles per hour or 130 miles per hour?
2. Other than humans, what are the only creatures that mate for pleasure?
3. What colour are Mr Blobby's spots?
4. Which famous actor has a first name which means 'cool breeze over the mountains' in the Hawaiian language?
5. Krypto is the name of which superhero's dog?
6. In all of the four English and four Scottish football leagues, which team has the longest name?
7. Which animal can help you give you the temperature in Fahrenheit by adding the number of noises it makes in 14 seconds and adding 40?
8. What do the British call what Americans call a faucet?
9. In which country were family names first used?
10. The first ever recording of a human voice was in 1877 with Thomas Edison reciting which nursery rhyme?



PART FOUR

1. Which bird's name of four letters long can be put after "bit" to produce another bird's name?
2. What is the only anagram of the word "Monday"?
3. Which two-letter word can go after "tan" and "con" to produce two new words?
4. The Italian word for "scratched drawings" is used commonly in English. What is it?
5. What seven letter word, beginning with the letters 'Ra' is a palindrome?
6. Which four letter word can go before "beat" or "fall" or after "come" or "melt" to produce four new words?
7. What are the first three words in the Bible?
8. How many points would you get for the word "Scrabble" in a game of Scrabble?
9. What is the second most common word in written English behind "the"?
10. Which fruit can go in the middle of the word

ANSWERS TO BE PUBLISHED
IN THE NEXT MiScellanny—JUNE 2005

THE SEVEN WONDERS OF THE WORLD

A group of students were asked to list what they thought were the present Seven Wonders of the World.

1. Egypt's Great Pyramids 2. Taj Mahal 3. Grand Canyon 4. Panama Canal 5. Empire State Building 6. St. Peter's Basilica 7. China's Great Wall

While gathering the votes, the teacher noted that one student had not finished her paper yet. So she asked the girl if she was having trouble with her list.

The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help.

"The girl hesitated, then read, "I think the 'Seven Wonders of the World' are:

1. To See



2. To Hear



3. To Touch



4. To Taste



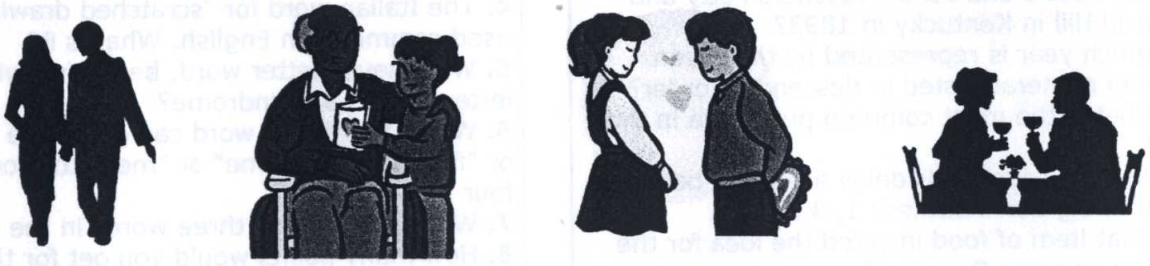
5. To Feel



6. To Laugh



7. To Love



The room was so quiet you could have heard a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly wondrous!

A gentle reminder -- that the most precious things in life cannot be built by hand or bought by man.