MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 207495

Multiple Sclerosis Society

April 2011

MiScellany



Three friends Maisie, Katie and Harriet from the Four Oaks Primary School raffled various items at School and collected £35.00 for the Sutton Coldfield MS Branch. Two of the girls are seen here with certificates of appreciation.

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If you have any comments about this or any other publication of MiScellany or wish to put in articles or items please do not hesitate to contact the following;
Dave Bull on 0121 351 4909 e-mail davebull48@btinternet.com

Remember this is your magazine, let me know what you want in it, if you don't tell me I can't put it in.

All reasonable care has been taken in the compilation of this publication having attempted to provide accurate information.
Mention of products or services is for information purposes only and constitutes neither an endorsement nor a recommendation.
All information provided in this publication is provided 'as-is' without warranty of any kind, either expressed or implied.

HOMEPAGE

Happy Birthday to you

John McNamara	8th April
Frank Kemp	14th April
Marcia Walker	15th April
David Jones	17th April
Janet Payne	17th April
Maria Burleigh	24th April
Peter Parkes	24th April
Brian Margetts	26th April
Lynda Surtees	2nd May
Gillian Wright	2nd May
Brian Christie	3rd May
Irene Povey	9th May
Nicholas Beedle	14th May
Neil Malin	16th May
Robert Pitts	19th May
Judith Ashford	22nd May
Susan Donald	23rd May
Julie Leeson	25th May
Debbie Sproston	7th June
Tracey Christie	10th June
Roger Commander	10th June
Sandra Turner	10th June
Rachael Da'rcy	13th June
Beryl Foster	17th June
Sharon Wallis	20th June
Neil Harris	21st June
Jon Bates	28th June



(If we have missed your birthday or if these entries are incorrect please let us know!)

(If you would rather we did not mention your birthday please let us know!)

(Unless you tell us not to mention your birthday we will assume that you are happy for us to mention it!)



The Help Scheme is run by the BBC to provide everyone aged 75 and over, or eligible disabled, with everything they need to switch one TV to digital. This includes:

- Easy-to-use equipment.
- A security-checked installer who will only call with an appointment and always show an ID badge. Appointments can be made around you or we can arrange for a chaperone to be there.
- A 12 month aftercare service with a free helpline so there is someone to call while they are getting used to things.

We are writing to all eligible people but not everyone will respond. We need your help.

You don't need to be tech-y, just follow these simple steps and we'll do the rest:

Check if those you care for have a TV which isn't yet ready for digital – does it have five channels or fewer?

Consider whether they are 75 or over, are eligible for disability allowances or are registered blind or partially sighted.

Tell them about the Help Scheme and they can call us free on **0800 40 85 900**, or you can call on their behalf. Our call centre staff will explain things clearly and simply and will be happy to help.

Together we can make sure that those who rely on TV the most are not left without it. Thank you.

HSCOMMRELREQ_CAREERS

When do I switch?

When you switch depends on where your TV gets its signal from. This is because homes on the same street can be served by different transmitters that switch on different days. The Central TV region has nine transmitter groups, each made up of a main transmitter and its local relays. Each transmitter group switches in two stages to give people the chance to check their equipment. **It is important you are ready by stage one**.

TRANSMITTER	AREA SERVING	STAGE ONE	STAGE TWO
Nottingham	Nottingham	30th March	13th April
Lark Stoke	Stratford-upon-Avon	6th April	20th April
Bromsgrove	Bromsgrove	6th April	20th April
Ridge Hill	Herefordshire, South Shropshire, Parts of Gloucestershire	6th April	20th April
The Wrekin	North Shropshire, South Cheshire	6th April	20th April
Waltham	Much of East Midlands	17th August	31st August
Sutton Coldfield	Much of West Midlands	7th September	21st September
Fenton	Stoke-on-Trent, Newcastle-under-Lyme	7th September	21st September
Oxford	Oxfordshire, parts of Berkshire, Buckinghamshire	14th September	28th September

Multiple Sclerosis Society

MS Society

Dear Paul

The MS Society Awards, in association with , recognise the best in the MS community.

Do you know someone who has made a real difference to the lives of people affected by MS?

include fundraiser, carer, MS professional and more. You can nominate online until Thursday 21 April 2011.

The winners will be announced at an awards ceremony in London on 27th September. Please note the MS Society Awards are for UK- based activities and people only.

If you wish to unsubscribe from these emails, please email .

MS Society Awards

in association with next

Home Fire Safety Check

As part of our commitment to making West Midlands safer, we offer a free service where fire-fighters from your local fire station will carry out a free home fire safety check.
The home fire safety check will take about half an hour of your time. Firefighters will check your home and give you fire safety advice in order to keep you safe from fire and also fit a free smoke alarm(s), if required.
Visits will be by appointment only and will be arranged at a convenient time to suit you. Firefighters will be wearing uniforms and carrying identification cards. Please ask to see the identification card, and if you require confirmation telephone the Freephone Helpline on **0800 389 5525**

Home fire safety checks are free - your safety is our concern.

To request your free home fire safety check: Call Freephone Helpline on **0800 389 5525**

Anyone interested? Please contact myself in the 1st instance so we can arrange to go as a group.

Paul D
We would like to offer a visit to the Institute to discuss and observe our work with people who have MS. We have a group on a Tuesday afternoon 2 – 3.30 p.am. We could arrange a visit around this time if this would be convenient.

Nicola Sandford
Administrator
Conductive Rehabilitation Services
Direct Line 0121 442 5564 Fax 0121 449 1611
Registered Office:Cannon Hill House, Russell Road, Moseley, Birmingham. B13 8RD. Registered Charity No. 295873
http://www.conductive-education.org.uk/

What is Conductive Education

Conductive Education, or CE, is an educational system that has been specifically developed for children and adults who have motor disorders of neurological origin such as cerebral palsy. It is based on the premise that a person who has a motor disorder may not only have a medical condition requiring treatment, but may often have a major problem in learning that requires special education. The spread of CE throughout the world has probably in large part been due to the advocacy of families who appear to have lost confidence in the existing systems of treatment. These families strongly regard CE as a potentially effective response to their needs. Because of the successes and interest in Conductive Education, other scholars have begun to examine the CE approach. Research studies of the efficiency of conductive education have been inconclusive, however.

Conductive rehabilitation for people with multiple sclerosis



Services provided at the National Institute of Conductive Education

NICE is both a service and a training base. We offer specialised part-time services at our centre in Birmingham for people who have multiple sclerosis (MS) and their families together with training for professionals, and a degree course in conjunction with Wolverhampton University.

The main aim of CE is to improve the quality of life for the person and his/her family. CE focuses on problem solving; looking at symptoms caused by MS and finding techniques and strategies to help with overcoming these. Alongside mobility skills, CE also places an equal focus on the development of self-confidence, self esteem and social inclusion.

Conductive Education is a teaching and learning approach to MS. Whilst MS is a progressive condition there are many strategies which can be taught to ensure maximum use of the movements the person has as well as helping to prevent possible secondary problems. Throughout the programme participants are encouraged to find new and different ways of using their body to assist in directing efforts and energy to the activity in hand and to reduce the fatigue associated with MS. In addition to improvements in bodily control and movement, participants also speak of the increased confidence and self-assurance gained from taking an active part in finding solutions to everyday problems. This renewed confidence in ability enables participants to lead more active and independent lives.



Following an initial consultation, up to **10 FREE** introductory sessions are currently available for people with MS and their families. Application is by self referral.



'The impact of Conductive Education on the quality of life for people with acquired neurological conditions 2007 'is available www.conductive-education.org.uk.

Peer reviewed article (Brittle, N. et al 2008: (Clinical Rehabilitation 222:329-337) the impact of CE on quality of life)' ***The conductive programme aims to simultaneously influence physical, social and psychological well-being and the results indicate that this is not only possible but significant'.*** This evaluation was carried out at NICE with support and advice from Professor Cath Sackley, Professor of Physiotherapy Research and her team, and Primary Care and General Practice at the University of Birmingham.

For further information please contact Mrs. Nicola Sandford, Administrator,
Conductive Rehabilitation Services, The National Institute of Conductive Education,
Cannon Hill House, Russell Road, Moseley, Birmingham. B13 8RD.
Tel: 0121 442 5564 e-mail: nicky@conductive-education.org.uk

Registered Office: Cannon Hill House, Russell Road, Birmingham. B13 8RD. Registered Charity No: 295873 Company No: 02083754
Place of registration: England. The Foundation for Conductive Education is a Company Limited by Guarantee.
The Foundation promotes and safeguards the welfare of its children and vulnerable adults.

1						8	6	
			5			9	3	
		4				1	7	
4				2			8	
	6	7				2		
8					7	4		
		5		7			1	
	8		2	5				
			4	6			2	

The Basic Rule

The fundamental goal of a Sudoku puzzle is to use the provided numbers, or givens, to discover which numbers logically fill in the empty squares. The only rule of Sudoku is that each of the nine rows, each of the nine columns, and each of the nine 3x3 subsections must contain all of the numbers from one to nine, and each number consequently can occur in each row, column, and subsec-

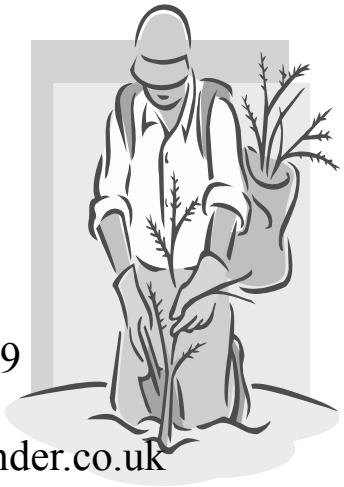
Ray & Son's



For all your general Building and house maintenance.
Specialists in plumbing, roofing & drainage work.
Call Ray on 07962249250
(based in Erdington)

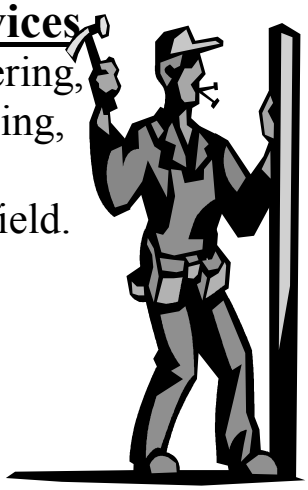
Pete Fisher

Garden Services



24, Garnet Avenue
Great Barr
Birmingham
Phone 07973 912 019
E-mail
pfbg19991@blueyonder.co.uk

BAS Building Services



Doors, windows, guttering,
Facia/soffits, landscaping,
Fencing & brickwork.
Based in Sutton Coldfield.

Call Bernard on
0121 378 1897

Mobile Hairdresser
Home Visits
Phone 07885241645



Please let us know of any trades people you have used and we will add them to this list.
The MS Society cannot take responsibility for these recommendations.
Mention of products or services is for information purposes only and constitutes neither an endorsement nor a recommendation.

PLEASE READ IMPORTANT INFORMATION

WE NEED PERMISSION TO PUBLISH INFORMATION ABOUT YOU

It is a legal requirement that all personal information we hold in the branch on You, our members remain confidential. Personal information includes your name, place of residence, contact details, membership status or date of birth. It also covers health information (such as your identification as having MS) and any photographs taken of you by the MS Society.

The Data Protection Act 1998 states that consent must be given by an individual before their personal information can be publicised or shared in any other way.

From time to time as a branch we may wish to publish some of this information about you as part of a newsletter or website article. From wishing you a Happy Birthday, congratulations on money raised by yourself for the branch through to photographs of you after an event we have held. We feel this would be disappointing not to include the above occasions in our Newsletters as You are who make the branch and the newsletter.

Should you be happy for us to print information we need permission. This is agreed by completing a consent form either written or through email. Every time your details are mentioned, a new consent form is required however to avoid having to ask you repeatedly we can ask for your consent over a set period of time.

As taken from the MS Society Website -
'We will not disclose this data or information to any other person or organisation, except in connection with the above purposes. The Society complies fully with the Data Protection Act (registration number: Z6822887) and we will do all we can to ensure we comply with our legal obligation in respect of processing, handling and storing sensitive and personal data and information'.

If you wish to discuss this further please contact our Branch Chairman Paul Dunstan.

Should you be happy to complete the form please complete as per below, detach from the magazine and forward to Paul Dunstan.

Consent Form

MS Society Sutton Coldfield and District Branch

I give/ do not give (delete as appropriate) my consent for the MS Society to publish the following information about me for a 12 month period (please tick):

First name	Y	N
Surname	Y	N
Pictures	Y	N
Location	Y	N
Age	Y	N
Date of Birth	Y	N
Identification as having MS	Y	N

Any other comments:

_____

Print name _____
Signature _____
Date _____

Diary Dates

Month April

Date 6th (Westfield Court)
Date 4th Beautician
Date Physio

Month May

Date 4th (Westfield Court) Games Night & Final Meeting
Date 9th Beautician
Date 9th & 23rd Physio

Month June

Date 6th Beautician
Date 6th Physio

Jane the beautician will be at Clifton Road between 10:45 & 12:00 depending on demand for her services,

Monday 4th May
Monday 9th May
Monday 6th June
Monday



The Physio's will be at Clifton Road from 13:00 to 14:00

Monday 4th April
Monday 9th May
Monday 23rd May
Monday 6th June
Monday
Monday



MULTIPLE SCLEROSIS SOCIETY
SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
1st Wednesday of every month at 7.30 p.m.
Westfield Court Hotel
Birmingham Road, Sutton Coldfield
Check with Paul Dunstan for further details

ADVICE & INFORMATION CENTRE
Monday and Friday 10.30am 'til 2.00pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield B73 6EB
0121 354 8593
email :- *mssutton@talktalk.net*

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

SUPPORT TEAM : 0121 354 8593
Email: - *suttonmsinfo@btinternet.com*

Committee 2010-2011
Chair Paul Dunstan 0121 686 6476
Secretary Pauline Commander 0121 382 1385
Treasurer Jayne Robinson 07958739046

Caravan– For Bookings and further information please contact Teresa Jennings ONLY, on 0121 350 9936

