MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MS
Multiple Sclerosis Society
Charity No. 207495

MiScellany

AUGUST 2004

MS AWARENESS DAY

SUTTON TOWN CENTRE - Saturday 10th July '04
















Photographs courtesy of Paul Dunstan Studios

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Mike and Vicky look forward to receiving any items from you to add to your bulletin. Articles, reports, funnies and experiences are welcome.

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MS HOMEPAGE

YOUR SUPPORT

Thank you for responding to our request for help on our awareness day. As you can see from the front cover we had a very good turnout and it was lovely to see so many of you.

Featured : -

Top L->R : Sue Bond, Mike Shaw, Liz Shaw, Dee Dunstan, Ann Forbes, Daniel Forbes, Jayne Robinson.

Centre : Vicky Pennicott, Jayne Robinson

Bottom L->R : Jayne Robinson, Trish Inman, Ann Forbes, Mike Shaw, Teresa Jennings. Brent Morgan, Vicky Pennicott

WE STILL HAVE SOME MORE DATES FOR COLLECTING LATER THIS YEAR AND LOOK FORWARD TO YOUR CONTINUED SUPPORT

The NEXT dates for your diary are :-

14th August Tesco, New Oscott

26th August Sainsburys Mere Green

Contact Jayne - 308 5641

KEEP LOOKING GOOD

Mary, our beauty therapist will be at Clifton Road on :—

*Monday 23rd August 11.00am

Monday 13th Sept. 11.00am

Monday 11th Oct. 11.00am

*7 Maney Hill Rd. S/C

A price list is available at the Centre.

CLIFTON ROAD CENTRE CLOSING DATES

The Centre will be CLOSED on

FRIDAY 6th AUGUST

And will re-open on

MONDAY 6th SEPTEMBER

OUR OWN WEBSITE

Now available on : -

www.mssociety.org.uk /branches/west_midlands /sutton_coldfield/

YOU CAN ALSO ACCESS THIS SITE BY GOING INTO :

www.mssociety.org.uk

Mollie Bird has been moved from Good Hope to Robert Peel Hospital, Tamworth, which is closer for Dickie to visit. Latest news from her daughter, Sally, is that Mollie is improving daily.



DID YOU KNOW?

IKEA SERVES BREAKFAST, UP TILL 11.00am for ONLY £1.00

This consists of bacon, sausage, scrambled eggs, tomatoes, baked beans and hash browns PLUS as much tea or coffee as you can drink!!

IKEA is disabled friendly with loos and lifts, but the disabled loos are down-stairs.

HOMEPAGE (CONTINUED)

The "Smartie Challenge"

How are you getting on?

How many tubes have you eaten ... and have you re-filled them with your £1 coins, pennies, five and twenty p's?

(We don't mean ***that*** sort of pee!)

We're still waiting, so keep them coming!

DISABLED FRIENDLY?

One of our wheelchair bound members with a medical problem had a very distressing experience when a trip to the GP turned out to be much more of a problem.
An examination was not carried out as it was impossible to climb onto the non-adjustable couch.
Even at the Manor Hospital in Walsall the same problem was encountered and eventually a hoist had to be used.

Have you had any such uncomfortable or embarrassing experiences?

WANTED

Entertainments Officer

To arrange activities for our Wednesday Night Social evenings at the Westfield Court Hotel.

Please contact Mike or Vicky for more details

Please note. The scooter from Clifton Road has been moved to the caravan at Breen (see P.6)

HAPPY BIRTHDAY

Clearly, we are VERY short of all your birthdays!

It is up to **you** to tell us when you have your special day so that we all can celebrate.

Please will you tell us so we can include you. Thanks

Belated wishes to
Val Youster 18th July

AUGUST

1st	Jayne Robinson
2nd	Maria Slater
2nd	Leslie Hall
6th	Jennifer Jack
13th	Stan Povey
16th	Dee Dunstan
18th	Christine Latham
27th	Sue Bond

SEPTEMBER

9th	John Palmer

OCTOBER

24th	Maria Burnleigh
26th	Ashley Jones
27th	Lynn Shakespeare

PUBLICATIONS

All this information is available at the Clifton Road Centre alternatively, for your own copy, ring :-
Freephone 0808 800 8000

- MS matters and MS Society membership
- MS Information basics - 3 booklets -
  What is MS?
  Making the most of life with MS
  Sources of support
- Just diagnosed -
  An introduction to MS -
  available in other languages
- Relapsing Remitting MS
- Secondary Progressive MS
- Primary Progressive MS
- Managing relapses
- Disease modifying drugs - updates in the NHS prescription scheme
- The Onward Journey - a video about people who take beta interferon
- Pregnancy and MS
- My Mum's got MS
- Genes and MS
- MS and insurance
- Working with MS
- MS and healthy eating and
  MS research in nutritional science
- Treating MS symptoms
- Complementary therapies
- MS and fatigue
- Keeping active when you have MS

- Optic Neuritis
- Vision and MS
- Swallowing and speech difficulties
- Stiffness and spasms
- Pain and MS
- Tremor and MS
- Coping and continent
- More about catheters
- More about managing bowel problems
- Continence products
- Help card
- MS, memory and thinking
- Relationships and intimacy
- Erectile dysfunction
- Research matters
- Carer's handbook - order form
- Disability Living Allowance -
  a guide
- MS and your home
- Personal details for admission to hospital
- Developing MS health care standards
- A charter for MS services
- People with MS in long—term care
- Respite care directory - call the
  MS National Centre on 020 8438 0925



DON



Some recollections from his friends

- He was a "Tireless Campaigner" for our MS Society.
- He was a Cheque collector, giving 'Thank You' speeches to many organisations, that most of us had never heard of
- We all enjoyed his stories and talks of his days at sea on the Russian Convoys.
- He was a Postmaster for many years
- Bingo Balls !!! - He used to drop them, call the wrong numbers , call some numbers twice - but we loved it.
- An Auctioneer - par excellence - he had a natural talent
- The look on some faces when he substantially reduced the price of items at the end of the evening !!!
- At The Annual Dinner he always said a simple but meaningful "Grace".
- He wasn't a "Brummie" but a Welshman ! - We'll always keep a welcome in the hillsides !

Don - *THANKS FOR THE MEMORIES*



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

email :- suttonms@hotmail.com

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

COMMITTEE FOR 2004

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	
August	**BOOKED**
September	150.00
October	135.00

Rates for Non-members

UNITY FARM	
August	**BOOKED**
September	225.00
October	215.00

PLEASE NOTE. There is an electric scooter here for the use of guests. This is the one that was previously housed at Clifton Road Centre.

NORTHAMPTON

Rates for Members

BILLING	
August	100.00
September	90.00
October	90..00

Rates for Non members

BILLING	
August	150.00
September	140.00
October	140.00



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

(see page 5 for opening times), where a deposit will be required.

Preference will be given to MS sufferers.



GENTLEMENS' PAGE

Now then Lads, it's our turn. The girls had their say last time so here is something just for us!

REASONS WHY IT'S GREAT BEING MALE

Your last name stays put.

The garage is all yours.

Wedding plans take care of themselves.

Car mechanics tell you the truth.

You don't care if someone notices your new haircut.

Hot wax never gets near your body.

Same work ... more pay.

Wrinkles add character.

Wedding Dress = £2000; morning suit hire = £100

If you retain water, it's in a bottle.

TRAINING COURSES FOR WOMEN

- Silence, the Final Frontier: Where No Woman Has Gone Before
- The Undiscovered Side of Banking: Making Deposits
- Parties: Going Without New Outfits
- Man Management: Minor Household Chores Can Wait Till After The Game
- Bathroom Etiquette I: Men Need Space in the Bathroom Cabinet Too
- Bathroom Etiquette II: His Razor is His
- Communication Skills I: Tears - The Last Resort, not the First
- Communication Skills II : Thinking Before Speaking
- Communication Skills III: Getting What you Want Without Nagging
- Driving a Car Safely: A Skill You CAN Acquire
- Telephone Skills: How to Hang Up
- Introduction to Parking
- Advanced Parking: Backing Into a Space
- Water Retention: Fact or Fat
- Cooking I: Bringing Back Bacon, Eggs and Butter
- Cooking II: Bran and Tofu are Not for Human Consumption
- Cooking III: How not to Inflict Your Diets on Other People
- Compliments: Accepting Them Gracefully
- PMS: Your Problem . . . Not His
- Dancing: Why Men Don't Like To
- Classic Footwear: Wearing Shoes You Already Have
- Household Dust: A Harmless Natural Occurrence Only Women Notice
- Integrating Your Laundry: Washing It All Together
- Oil and Gas: Your Car Needs Both
- TV Remotes: For Men Only

50 things women can't do

- know anything about a car except its colour
- understand a film plot
- go 24 hours without sending a text message
- lift
- throw
- run
- park
- fart
- read a map
- rob a bank
- resist Ikea
- sit still
- tell a joke
- play pool
- pay for dinner
- eat a kebab whilst walking
- pee out of a train window
- argue without shouting
- get told off without crying
- understand fruit machines
- walk past a shoe shop
- make a decent bacon sandwich
- not comment on a strangers clothes
- use small amounts of toilet paper
- let you sleep with a hangover
- drink a pint gracefully
- get a round in
- throw a punch
- do magic
- like your friends
- enjoy p*rn
- eat a really hot curry
- get to the point
- buy plain envelopes
- take less than 20 minutes in the toilet
- sit in a room for five minutes without saying "I'm cold"
- go shopping without telephoning 20 mates
- avoid credit card debt
- dive into a pool
- assemble furniture
- roll a bogey between finger and thumb
- set a video recorder
- not try and change you
- watch a war film
- understand why flirting results in violence
- spend a day by themselves
- go to the toilet by themselves
- buy a purse that fits in their pocket
- choose a video quickly
- get this far without having argued with at least 1 of the above

GENTLEMENS' PAGE (CONTINUED)

RULES MEN WISHED WOMEN KNEW

* If you think you're fat, you probably are. Don't ask us.
* Learn to work the toilet seat: if it's up put it down.
* Don't cut your hair. Ever.
* Birthdays, Valentines, and Anniversaries are not quests to see if he can find the perfect present, again!
* If you ask a question you don't want an answer to, expect an answer you don't want to hear.
* Sometimes, he's not thinking about you. Live with it.
* Don't ask him what he's thinking about unless you are prepared to discuss such topics as navel lint, the diamond formation and monster trucks.
* Get rid of your cat. And no, it's not different, it's just like every other cat.
* Dogs are better than ANY cats. Period.
* Sunday = Sports. It's like the full moon or the changing of the tides. Let it be.
* Shopping is not sport.
* Anything you wear is fine. Really.
* You have enough clothes.
* You have too many shoes.
* Crying is blackmail. Use it if you must, but don't expect us to like it.
* Your brother is an idiot, your ex-boyfriend is an idiot and your Dad probably is too.
* Ask for what you want. Subtle hints don't work.
* No, he doesn't know what day it is. He never will. Mark anniversaries on a calendar.
* Yes, pissing standing up is more difficult than peeing from point blank range. We're bound to miss sometimes.
* Most guys own two to three pairs of shoes-what makes you think we'd be any good at choosing which pair, out of thirty, would look good with your dress?
* Yes and No are perfectly acceptable answers.
* A headache that lasts for 17 months is a problem. See a doctor.
* Your Mother doesn't have to be our best friend.
* Foreign films are best left to foreigners.
* Check your oil.
* Don't give us 50 rules when 25 will do.
* Don't fake it. We'd rather be ineffective than deceived.
* Anything we said 6 or 8 months ago is inadmissible in an argument. All comments become null and void after 7 days.
* If something we said can be interpreted two ways, and one of the ways makes you sad and angry, we meant the other one.
* Let us ogle. If we don't look at other women, how can we know how pretty you are?
* Don't rub the lamp if you don't want the genie to come out.
* You can either ask us to do something OR tell us how you want it done not both.
* Whenever possible, please say whatever you have to say during commercials.
* Christopher Columbus didn't need directions, and neither do we.
* Women wearing Wonder bras and low-cut blouses lose their right to complain about having their boobs stared at.
* Consider Golf a mini-vacation from you. We need it, just like you do.
* Telling us that the models in the men's magazines are airbrushed makes you look jealous and petty and it's certainly not going to deter us from reading the magazines.
* The relationship is never going to be like it was the first two months we were going out.
* Anyone can buy condoms.

MESSAGE BOARD

THIS IS YOUR PAGE TO PIN UP NOTICES

POEM from Viv Barnes

FASHION

Have you noticed how we older ones have changed now
.With our hair and clothes and such
How we have had to succumb to that time in our lives
When its an effort to get things done.

I remember when I used to go dancing
Four or five times in a week
But now I sit watching telly
With my old clothes on and looking a freak

I've got lots of shoes in my wardrobe
Shoes that I can't ever wear
'Coz my hammer toe, refuses to go
So I have to wear shoes that are square.

I have lots of clothes in my wardrobe
Size 14 and 12, even 10
But I think I'll take them to Oxfam
Coz I don't think I'll wear them again.

But right up one end there's all trousers
I seem to wear them most of all
But my friends all appear, in the same sort of gear,
And you don't show your knees if you fall





HOME ALONE?

She's gone away and left me. There's stale cheese in the fridge, an apple and a banana and plenty of food for the cat. She's sold all my furniture, and gone on holiday for three weeks to spend all my worldly goods.

Oh Woe is Me!

PARTY at mine the day after she's gone OK? (M S)

CHRISTMAS CARDS - MS CATALOGUE

You will have had the Catalogue in MS Matters, but please note that the CLOSING DATE for orders is :- **27th September 2004**

Jayne will only be placing one order, so make sure you get yours to her before this date.

FOR SALE

Panasonic-DV Camcorder, Remote control, 2.5 cm Colour screen. Additional battery (7 hours use cost £150) Plus a large No. of tapes, original handbook/instructions.

£250 ono

10% of sale will be donated.

Contact :- Paul Dunstan

On 0121 686 6476



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



UPHOLSTERER - Repairs etc.

STEVE WARDELL

For further details
contact Vicky Pennicott 0121 686 6523



CENTRAL HEATING **Fitting & Repairs**

MPH Gas Services Corgi registered

PETE CROSS - 0121 329 2963

MIKE MORRALL - 01827 874077



PLUMBER

WATER AND GAS CORGI REGISTERED

MICK DOUGHTY of Sutton Coldfield

Home 0121 329 2779



ROOFER

ROY SWINDALE

Home : 0121 357 6114



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

Home 0121 240 8786



ELECTRICIAN—CB ELECTRICAL

Stonnall, Staffs—COLIN BARTLETT

Mob: 07719 854812

Home / fax 01543 375354



CARPET FITTING SERVICE

Carpets & vinyl supplied & fitted. Samples brought to your home for your selection.

STEVE TURNER

Home :0121 378 4367

Mob : 07889 899035



WASHING MACHINE REPAIRS

WASHER SHOP, 155 SOUTH RD. ERDINGTON

Mr. Simmons

0121 382 2305



PLUMBER

WATER AND GAS CORGI REGISTERED

BRIAN WALKER of Four Oaks

Home: 0121 353 7772



CARPENTER **RCM**

Robert's Carpentry & Maintenance Services

Home : 01922 459984

Mob : 07855 026726



DIARY DATES 2004

Here are the next 3 months' events for your diaries.
Please come along as we'd love to see you all.

AUGUST

1st	**Sutton Rugby Club Dog Show** MS stall	**All day**
4th	**Another Natter Night** Westfield Court Hotel	7.30 - 10.00
14th	**Collection at Tesco New Oscott**	**All day**
23rd	**Mary - Beautician** - 7 Maney Hill Rd. S/C	**11.00am**
26th	**Collection at Sainsbury's Mere Green**	**All day**

SEPTEMBER

1st	Westfield Court Hotel **(Activity TBA)**	7.30 - 10.00
20th	**Mary - Beautician Clifton Road**	**11.00am**
23rd	**Regional Conference, ICC, Icknield Park Road**	

OCTOBER

6th	Westfield Court Hotel **(Activity TBA)**	7.30 - 10.00
17th	**National AGM, Warwick Conference Centre**	
18th	**Mary - Beautician Clifton Road**	**11.00am**