MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

December 2012

MiScellany



Clifton Road wil be closed for 2 weeks.
Last Day Before Holiday Monday 17th December
Also date of Christmas Buffet
First Day After Holiday Monday 7th January

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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.

BIRTHDAYS

Happy Birthday to you

Josephine	Watts	15th Dec
Susan	Foster	20th Dec
Julia	Duncan	21st Dec
Ruth	Wootton	22nd Dec

Carole	Fisher	1st Jan
Viv	Barnes	9th Jan
Pauline	Commander	14th Jan
Chris	Lynam	15th Jan
John	Inman	24th Jan
Kathleen	Barker	29th Jan
Kelli	Morriss	30th Jan
Barbara	Wallin	10th Feb
Christina	Dunlop	12th Feb
Jayne	Gough	27th Feb
Susan	Keeling	28thFeb



(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 MS Register

Please sign the groundbreaking new MS Register.

This globally unique research tool is the world's first, for any condition, to combine anonymous and confidential information from patients, with clinical data and routine NHS information. The MS Register could have a profound effect, and transform the delivery of care and services for people with MS.

The Register could

- Revolutionise the focus of MS research, opening new avenues to explore
- Get more accessible and targeted clinical trials for people with MS
- Get new and highly accurate evidence to present to government
- Get more targeted funding and support for people with MS

Support future research into cause and cure

But the Register will only work if enough people with MS take part. You can be a part of the big picture, by putting MS on the map.

We urge everyone with MS to join us.

Find out more and join now at www.ukmsregister.org





Tell your story

People want to hear from people like you. Upload a short video telling us why you think it's important to put MS on the Map.

Get involved

If you want to help us beat MS, now is the time. It's time to get loud about MS!



The MS Register

Join in and sign the MS Register, and you can be a part of the big picture, putting MS on the map.

Gingered Brandy Snaps



MAKES 36
vegetable oil, for greasing
115 g/4 oz unsalted butter
140 g/5 oz golden syrup
115 g/4 oz Demerara sugar
115 g/4 oz plain flour
2 tsp ground ginger
600ml/1 pint stiffly whipped double cream, to serve

Preheat the oven to 160°C/325°F/Gas Mark 3. Brush a non-stick baking sheet with oil. Place the butter, syrup and sugar in a saucepan and set over a low heat, stirring occasionally, until melted and combined. Remove the saucepan from the heat and leave to cool slightly. Sift the flour and ground ginger together into the butter mixture and beat until smooth. Spoon 2 teaspoons of the mixture on to the baking sheet, spacing them well apart. Bake for 8 minutes until pale golden brown. Keep the remaining mixture warm. Meanwhile, oil the handle of a wooden spoon.

Remove the baking sheet from the oven and leave to stand for 1 minute so that the brandy snaps firm up slightly. Remove 1 with a palette knife and immediately curl it around the handle of the wooden spoon. Once set, carefully slide it off the handle and transfer to a wire rack to cool completely. Repeat with the other brandy snap. Bake the remaining mixture and shape in the same way, using a cool baking sheet each time. Do not be tempted to cook more, or the rounds will set before you have time to shape them. When all the brandy snaps are cool, store in an airtight container.

To serve, spoon the whipped cream into a piping bag fitted with a star nozzle. Fill the brandy snaps with cream from both ends.

COOK'S NOTE

The unfilled brandy snaps will keep for at least a week in an airtight container. Do not fill them with cream until you are almost ready to serve, or they will become soggy and collapse as guests try to eat them.

HELEN LEY CARE CENTRE

www.helenley.org.uk
T: 01926 313550
Bericote Road, Blackdown, Leamington Spa,
Warwickshire CV32 6QP
info@helenley.org.uk
F: 01926 888972






FUN, FRIENDSHIP AND QUALITY RESPITE CARE FOR PEOPLE WITH MS.

For respite care with a difference, come and visit Helen Ley Care Centre. We offer specialist, quality care for people with MS, in a warm and friendly environment – with a real focus on fun and enjoyment!

As well as receiving round-the-clock care by qualified and experienced nursing staff, your respite stay will also include:

- **A physiotherapy assessment which guides your physiotherapy plan for your stay.**
- **Access to a physiotherapy drop-in clinic if more specific assessment and advice is needed.**
- **Individual, en-suite bedrooms, many of which enjoy views over the Warwickshire countryside.**
- **A packed schedule of in-house activities, including quiz nights, group exercise sessions, craft afternoons and much much more.**
- **A full-board menu with home cooked food.**

Up to
10%
discount
available during January and February if you book by December 21st 2012.

For a short time only, we are offering up to 10% off your stay in January and February if you book by December 21st. If you would like to book or need more information, just call:

Carol Myles or Bev Smith today on 01926 313550.

Additional Activities
For a small charge, you can also take an organised trip out to one of the many local attractions, pubs or shops and make use of the various different therapists and treatments we have available.



Registered Charity Number: 1100965
Company Number: 4777559

Advertisement sponsored by The Helen Ley Charitable Trust

CASTEL FROMA



HELEN LEY

MERRY CHRISTMAS FROM CASTEL FROMA & HELEN LEY

Dear Colleagues

Up to 10% off New Year respite stays

I am writing to wish you a very Merry Christmas and a Happy New Year from everybody at Castel Froma & Helen Ley.

Since the Leamington Spa-based charity Castel Froma bought Helen Ley Care Centre in May 2012, the two organisations are now able to provide a comprehensive rehabilitation and respite service which comprises:

- short-term respite and long-term rehabilitation care for individuals living with brain injury and neurological conditions such as MS.

Helen Ley Care Centre is currently offering up to **10% discount** off respite stays during January and February 2013. The leaflet attached explains the offer in more detail and gives you an idea of the high level of care individuals will receive during their stay.

If you would like to know more about this offer or would like to book a stay, please don't hesitate to contact Carole Myles or Bev Smith on 01926 313550. Alternatively, please share this information with anybody that may find it of interest.

Merry Christmas and Happy New Year

Sara French
Marketing Coordinator

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

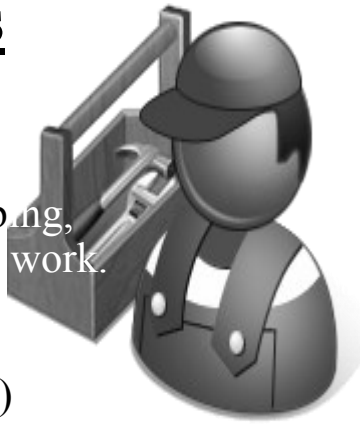
The Basic Rule

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 subsection only once.

Last Months Solution

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

Ray & Son's



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Call Ray on
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(based in Erdington)

Pete Fisher

Garden Services



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Birmingham
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E-mail
pfbg19991@blueyonder.co.uk

BAS Building Services

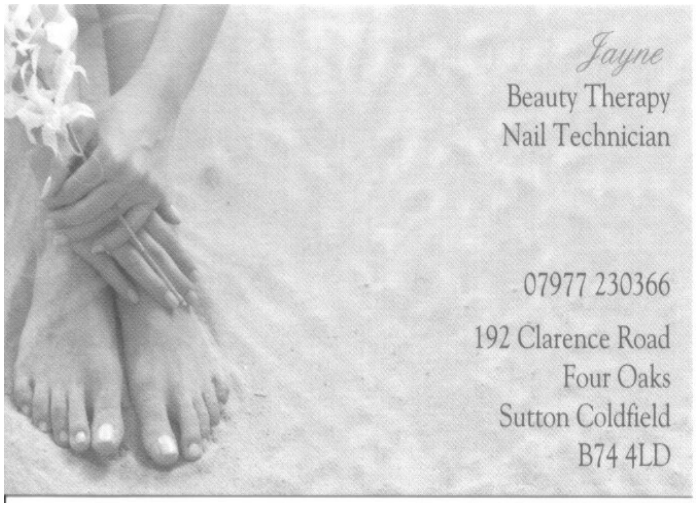


Doors, windows, guttering,
Facia/soffits, landscaping,
Fencing & brickwork.
Based in |Four Oaks.

Call Bernard on
0121 323 2037

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 January

Date	(tbc)	Beautician
Date	14th & 28th	Physio

Month February

Date	(tbc)	Beautician
Date	11th & 25th	Physio

Month March

Date	(tbc)	Beautician
Date	11th	Physio

Jane the beautician (07977230366) will be at Clifton Road between 10:45 & 12:00 depending on demand for her services,

Monday (tbc) January
Monday (tbc) February
Monday (tbc) March



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

Monday 11th January
Monday 28th January
Monday 11th February
Monday 25th February
Monday 11th March



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Last Day Before Holiday Monday 17th December
Also date of Christmas Buffet
First Day After Holiday Monday 7th January.

MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
Now cancelled
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: - mssutton@talktalk.net

Committee 2010-2011
Chair Paul Dunstan 0121 686 6476 email pauldunstan1959@hotmail.co.uk
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

A portable hoist is now available at the caravan.
No slings will be provided so you must provide your own.
Please be aware that the neither MS Society or the Sutton Coldfield Branch can be held responsible for inappropriate Use of the equipment.

