MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Multiple Sclerosis Society

Charity No. 207495

February2011

MiScellany

Last Meeting of 2010
Heres to A Happy 2011







The Castle Bromwich Singers collecting foe Multiple Sclerosis at ASDA in December (see p10)



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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.
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HOMEPAGE

Happy Birthday to you

Lilian Margetts	6th January
Viv Barnes	9th January
Christopher Chappell	14th January
Pauline Commander	14th January
Chris Lynam	15th January
Susan Keeling	28th January
Kathleen Barker	29th January
Kelli Morriss	30th January
Barbara Wallin	10th February
Christina Dunlop	12th February
Lorraine Woodward	20th February
Carole Butler	26th February
Jayne Gough	27th February
Michael Shaw	4th March
Rosalind Lowe	5th March
Wendy Hawthorn	8th March
Michelle Callaghan	14th March
Andrew Doughty	16th March
Kerrie Andrew	24th March
Paul Dunstan	24th March
Peter Jones	25th March
Kim Bullock	26th March
Frank Kemp	14th April
Marcia Walker	15th April
Janet Payne	17th April
Hilary Moxon	22nd April
Sheila Walker	24th April
Brian Margetts	26th April



Answers: Easy Christmas Trivia Quiz
1: The Nutcracker.2: Under the Mistletoe.3: Gene Autry.4: A Hula Hoop.5: Cookies and Milk.
6: A Button.7: The Scrooge.8: Green.9: Blitzen.10: Roger
Answers: Medium Difficulty Christmas Trivia Quiz
1: Coca-Cola.2: Franklin Pierce. 3: Germany. 4: Blue.5: 1843.6: Max.7: United Kingdom.
8: Clarice. 9: Donner. 10: It's a Wonderful Life.
Answers: Medium Difficulty Christmas Trivia Quiz
1: Mistletoe. 2: Jacob Marely. 3: James Woodforde. 4: The Grinch. 5: The Snowman.
6: Cranberry sauce. 7: Indian Ocean. 8: T S Eliot. 9: North America.10: C S Lewis

(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 men-

The Emergency Service for Carers

Are you a carer?
A carer is someone of any age who provides unpaid support to family or friends whose health or wellbeing could suffer without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

Would you need support in an emergency?
Then you need to register with the **C**arers **E**mergency **R**esponse **S**ervice the **FREE** emergency service for Carers in Birmingham.
We support Carers by providing a free back up service which ensures the person they care for is looked after in an emergency for up to 48 hours (72 hours over Bank Holidays), after which if necessary, longer term care may be arranged.
Carers who sign up to the service will have 'Peace of Mind' because CERS will

- Register them on a database to receive support in an emergency.
- Draw up an Emergency Action Plan with the Carer and cared for which will determine what type of care will be needed if an emergency takes place.
- Provide the carer with a card and key fob with a 24 hour emergency number.
- Put the Action Plan into motion when a call is received on the emergency phone number.

The CERS service can assist carers if

- They cannot get home because a vehicle breaks down, or a train is delayed.
- They have an accident.
- They are suddenly admitted into hospital.
- They are needed elsewhere urgently, for another crisis.

And for Young Carers, the above plus if

- They need emergency support to attend urgent health appointments.
- They need support with school and exam attendance.
- There is an emergency to the person they care for which may affect attendance at school or health appointments.

Unfortunately CERS cannot help

- If a carer can't cope any longer.
- To replace existing respite.
- To organise long term care.
- With emergencies to the cared for.

What happens if I want to register or get more information?

- You can express an interest by contacting the CERS team at the Carers Centre, by phone, email, on the website or by returning the freepost form.
- A member of the CERS team will then contact you to make an appointment to visit and 'sign you up'.
- At this visit an Emergency Action Plan will be drawn up based on your needs and wishes, to ensure your loved one receives the best of care.
- You will be issued with a unique I.D. Number on a card and key fob to carry with you in case of emergency.
- If an emergency happens, either you or a supporter can phone the 24 hour emergency number, quoting your I.D. Number and your action plan will be put into motion.

N.B. Carers have to be signed up to be able to access the service during an emergency.

CERS,
Birmingham Carers Centre,
130 Colmore Row,
Birmingham, B3 3AP

Telephone: 0845 468 1338
Email: info@cers.org.uk
Website: www.cers.org.uk

All-new OpenBritain 2011... order your copy direct from us now.



We're pleased to announce that the new updated edition of OpenBritain is now available to order from our online store. Fresh from the printers, OpenBritain 2011 is the only guide you need to arrange stress-free travel and holidays throughout the UK.

OpenBritain 2011 is packed with 400 pages of useful information for disabled and older travellers such as assessed places to stay, accessible restaurants, interesting attractions to visit, great travel advice, maps and much, much more.
A keen supporter of OpenBritian, Maria Miller MP, minister for disabled people said: "The OpenBritain initiative will not only create a national and comprehensive information system which will be extremely valuable to anyone visiting the UK, but will also provide businesses with an additional means of promoting their accessible services and provide an incentive to improve their own accessibility. It is clear that gathering all available information about accessibility relevant to the visitor, under one roof, will make a real difference to the lives of disabled and older people and visitors alike."

So if you have access needs, OpenBritain 2011 has everything you need to explore and enjoy the UK to the full. Order your copy of OpenBritain 2011 from our online store now.Web www.openbritain.net

Coffee Mornings

Dear member,
May we remind you that the monthly coffee/brunch mornings are starting up again in 2011.
These are social get-togethers, on the second Thursday in the month, from 11.30 until about lunch-time, at the Brasshouse, Broad St., B1 2HP
The next morning is this Thursday, 10th February, at 11.30.
All are very welcome - we hope that you can make it.

Regards -
David Whitfield, Lead Support Volunteer
Birmingham Branch, MS Society
01564-773-025

Spanish Holiday Villa









We used this place in Spain (Nr Alicante) a few years ago, costs £50 week! (not including flights/ins etc app £200 each depending on date)
Unfortunately the house is NOT suitable for people with no walking ability and they do NOT have bed hoists etc but it can accommodate up to 5 people for that £50!! (MS Sufferer must be one of the party and a letter must be sent to Geoff Smith from doctor/MS centre to prove this)
The villa is situated in Orihuela approximately 10 minutes from Torrevieja on Spain's Costa Blanca. Alicante airport is a 45 minute drive with Murcia airport 25 minutes away. There is a communial swimming pool on the complex with shops, bars, resturants nearby.

The web address is as follows:

http://thegeoffsmithfoundation.co.uk

Employment and Support Allowance Q&A

This page details some of the main changes to the benefit system, how it might affect people with MS, and what to do if you're having problems getting ESAWhat is ESA?
Employment and Support Allowance (ESA) is a new benefit paid if your ability to work is limited by ill health or disability. It replaced both Incapacity Benefit and Income Support paid on the grounds of incapacity.
The new ESA benefit was introduced for new claimants from October 2008. The stated aim of the reform is to move one million IB claimants off benefits and into work, principally by offering help to those who can work but who need support in doing so. **If I currently claim Incapacity Benefit or incapacity-related Income Support, how will this affect me?**To begin with, ESA will only apply to new claimants. If you already receive Incapacity Benefit or Income Support, these changes will not affect you immediately.
Current IB claimants are expected to start moving over to ESA from October 2010, though it is expected to take until 2012 for everyone to be moved over to the new system. What is the test for ESA and how does it work?The Work Capability Assessment (WCA) is the new test of individuals' eligibility for ESA. This replaces the Personal Capability Assessment (PCA) for Incapacity Benefit. The assessment will be carried out by a health care professional working on behalf of the Department for Work and Pensions (DWP); these are currently from an agency called **Atos Healthcare**
The test is intended to find out: whether you have a 'limited capability for work' Find out whether you have a 'limited capability for work-related activity' Carry out a 'work-focused health-related assessment'.
Anyone claiming ESA will be assessed during a 13 week period or longer if necessary, to determine whether they have a limited capability for work but also whether or not they are capable of 'engaging in work-related activity'.
How will the new test affect people with MS?Fewer people are expected to be eligible for the new benefit. The new assessment raises the threshold for claimants, so that some lower-levels of incapacity are not registered. Figures released in October 2009 confirmed how difficult it is to be accepted onto the benefit: of the 189,800 completed Work Capability Assessments up to 31st August 2009, 69% were assessed as 'fit for work'. For more information on these figures, visit the **DWP Resource Centre**.
Although it is too soon to say for sure, people with MS, who can have a number of low-level but still significant problems, may be less likely to be accepted onto the new benefit. The new test will become even more important as people are moved from Incapacity Benefit or Income Support to the new benefit.
The MS Society campaigns team wants to know if the new system is affecting people with MS. If you are applying for ESA, please e-mail the **campaigns team** or call 020 8438 0700 to tell us about your experiences, good or bad. **If I am put onto the new benefit, will I be forced to look for work?**There are two groups within ESA, the 'support group' and the 'work related activity group'. Those in the **support group** will not be expected to work or to look for work and will receive the highest rate of the benefit. Those in the **work related activity** group will be required to undertake tasks associated with job-seeking, as determined in consultation with your Jobcentre Plus Advisor. This could include writing an action plan or producing an up-to-date CV, but no-one will be forced to apply for jobs or attend interviews. People who do not carry out this 'work related activity' risk being sanctioned, and will receive a slightly lower rate of benefit. However, the government has been keen to emphasise that sanctions will only be used as a last resort and that the nature of any disability will be taken into account before making decisions.
Who will be placed in the ESA support group?You will be placed in the support group if your limited capacity for work is such that it is unreasonable to require you to undertake work-related activity. Criteria include:An inability to walk more than 30 metres without repeatedly stopping, experiencing breathlessness or severe discomfortAn inability to pick up and move 0.5 litre carton full of liquid with either handAn inability to convey food or drink to one's mouth without receiving physical assistance from another person
Only certain groups will be automatically placed into the support group – such as the terminally ill, and people with MS will not be exempt from the assessment.
Who will be placed in the ESA work related activity group?Those people who reach a certain level in the Work Capability Assessment, but do not satisfy one of the specific criteria which qualify for the support group, will be placed in the ESA work related activity group.

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.

Help Needed!!

I have had an appeal from one of our members who has just come out of hospital for anyone who cleans – general housework, ironing – does anyone else out there use a competitive outside company or individual who carries out this service? Also we used to print in the bulletin a list of tradesmen sorry tradespersons I.e. Electricians, gardeners etc who can you recom-

Hi everyone once again I will be taking part in the great Midlands Fun Run which as usual I will WALK! (Took just over 2hrs)

I'm appealing for more members, Family, Friends to join me not only to raise funds but also for awareness for MS. The more money we raise through sponsorship the bigger the contribution we'll get from the pot – sponsors can nominate the local branch so money comes back to us not the national centre.

T-Shirts will be made available to all taking part so please help

Hurry Registration for 2011 will open in early February.

http://www.greatmidlandsfunrun.com

Paul Dunstan Branch Chairman Sutton Coldfield

Carers Week in 2011 will be all about The True Face of Carers.
How hard is life as a carer? Or how easy? How much help do carers actually receive from statutory agencies and government, local and national? Or should that be how little?
How do carers think society sees them? What is the reality of caring in the UK in 2011?
What are the biggest surprises that you and I encounter when we become carers? What can really make a difference to carers lives? Is it money? Or something else?
Is caring a perpetual struggle with no thanks and no recognition? Or a richly-rewarding experience that brings out the best in the human spirit?
All this and more will be revealed during 13-19 June 2011 Carers will be centre-stage during the biggest awareness week in the UK. We will reveal the truth and sweep away the myths.
Best wishes. Paul Matz Carers Week Manager
Notes:
The new Carers Week website will be launched later this month: in the meantime if you want to find out more about Carers Week and out theme this year - The True Face of Carers - please contact us at info@carersweek.org or call our hotline 0845 241 2582.

Are you ready to move it?! MS Awareness Week is **May 23rd to 29th, 2011** and is a way for us to come together to raise awareness about MS. There are so many ways to move it toward a world free of MS: bike, walk, advocate, educate, support – every action is a demonstration of your commitment to the MS movement.

On the eleventh of December, ASDA Chelmsley Wood's customers and colleagues were serenaded by the Castle Bromwich Singers, who raise money every year for a chosen charity. Their chosen charity for the financial year 2010-2011 is the MS society. Their stint in Chelmsley raised a whopping £391.

The Castle Bromwich Singers have been going for 42 years, raising money for worthy causes every year. They have a yearly show at Arden Hall on the Water Orton Road in the third week in October, and the Wednesday night (falling this year on 19/10/11) is a free night for people with disabilities.

For any further information, or to book tickets for their free evening, please contact Pauline Bodfish on 0121 628 2257.

Louise Bull

Special Care Dental Service

Special Care Dentistry is the field of dentistry which specializes in the management of dental care for adults with severe disability, medical or mental health conditions. We operate throughout the Birmingham area and are part of the NHS dental services provided by the three Birmingham PCTs.

Our consultants and dental nurses have many years experience across the spectrum of disability, medical and mental health conditions. We have specialist expertise and facilities over and above those normally available in General Dental Practice to meet a broad range of needs.

Our aim is to cater for each person's individual needs and provide excellent dental care locally to where you live so that a quality of life can be enjoyed free from den tal problems. Whether you are a potential patient or a professional seeking to refer to our service, we look forward to providing you with the best of what our service has to offer.

We hope you will find all the information you are looking for by clicking on the menu buttons to the left. If have any further questions, please do not hesitate to contact us ... or phone Carol on 0121 465 5380If you have any comments about our service, or suggestions about how we can improve it, we would be pleased to hear fr om you.

Web www.hobpct.nhs.uk/scd

Who do we provide care for?

People with learning disability / cognitive impairment

Most of us get anxious and stressed about a visit to the dentist.

Severe impairment of understanding and communication may compound this by causing difficulty in coping with unfamiliar situations or hypersensitivity to touch. Our team has many years experience of working with people who are unable to co-operate or who use behaviour which challenges others. Sometimes we use conscious sedation techniques to produce relaxation and minimise the need for clinical holding or a general anaesthetic.

People with physical disability / neurological condition

Reduced mobility, muscle spasm, involuntary movements or impaired swallowing can make it difficult to transfer to a dental chair, open the mouth and maintain enough stillness for the dentist to work safely. Our facilities include wheelchair recliners, hoists, transfer aids, support bean bags. Conscious sedation is also sometimes useful.

People with medical conditions

Certain medical conditions increase the risk of complications with dental treatment such as bleeding, infection or a medical emergency. We work closely with doctors and use an array of medical monitoring equipment. When necessary treatment can be provided at the Queen Elizabeth hospital with full medical backup.

Diary Dates

Month February

Date	(Westfield Court)	Cancelled
Date 7th	Beautician	
Date 7th & 21st	Physio	

Month March

Date 2nd	(Westfield Court)	Annual General Meeting
Date 7th & 28th	Beautician	
Date 7th & 21st	Physio	

Month April

Date To Be Confirmed	(Westfield Court)	
Date To Be Confirmed	Physio and Beautician	
Date To Be Confirmed	Physio	

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

Monday 7th February
Monday 7th March
Monday 28th March
Monday 9th May



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

Monday 7th February
Monday 21st February
Monday 7th March
Monday 21st March



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

