MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

January 2012

MiScellany

Wishing All Members A Happy, Healthy & Prosperous New Year

Centre reopens on Monday 9th January.
See you there.

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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

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



(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!)

MSRC Website:

www.**msrc**.co.uk

Multiple Sclerosis Resource Centre

Have you visited the MSRC Website?

With almost 2000 pages, we are proud that our website is the most comprehensive Multiple Sclerosis information and news source on the Internet.

This month why not browse our About MS section?

Multiple sclerosis (MS) is a chronic, disabling neurodegenerative disease. It strikes most often during early adulthood, and most common neurological disorder among young adults and was thought to affect about twice as many women as men, although recent research points to an increase in this sex ratio to 4 : 1.

Many aspects of MS, including its cause, are not well understood. It is unknown whether MS represents a single disease, or if its symptoms are the result of different diseases that have the same neurodegenerative effects. There is, however, a growing understanding of how the permanent physical and mental disabilities caused by MS arise over time.....

We also have a very efficient site specific Google search engine, if you wish to look for something of particular interest to you related to MS on our site.

Please recommend our site to anyone you know affected by MS.

World first in MS fight as Bristol patients set to undergo stem cell trial

CUTTING-edge stem cell treatment to repair the damage caused by multiple sclerosis is to be used on Bristol patients as a world first.

The new procedure involves taking patients' own bone marrow stem cells and injecting them into their veins in order to kickstart their bodies to repair the damage caused by multiple sclerosis (MS).



Researchers at Bristol University and Frenchay Hospital expect to try the treatment on 80 people within months.

The team behind the project told the Evening Post they are now in the final stages of fundraising for the clinical trials – which will be the first of their kind – and hope to start in February with people who have longstanding MS.

They will be carried out at the bone marrow unit currently in Bristol Children's Hospital with the rest of the trial being administered through the dedicated Bristol and Avon MS Centre (Brams) on the Frenchay Hospital site.

Professor of clinical neurosciences Neil Scolding, pictured, said: "We are very excited by this as it'll be the first phase two trial of any repair therapy in MS, not only in the UK but anywhere and we want to get it right."

A smaller safety trial in six patients was completed last year and if the results from the latest research are significant it could lead to the procedure becoming available within a few years.

People have already come forward to be part of the clinical trial and they are now waiting for the final finances to be in place.

"We've been very lucky in getting quite a large donation of just over $1 million – that's a very large part of what we need. Although we are still looking for further funds, we are pretty sure we will have them in time," said Prof Scolding. "We've had an enormous amount of interest and a very large amount of patients. With most clinical trials it's a problem finding enough patients but with this we're going to have to turn patients away. There are only going to be 80 because we don't have the resources to do any more."

Prof Scolding said that having the dedicated MS centre had made it easier to prepare for the clinical trial and meant that the dedicated team was on hand to support it.



The Emergency Service for Carers

Are you a carer?

f you provide support to a friend or relative who could not manage without your help, then you are a carer.

Would you need support in an emergency?

Then you need to register with the **C**arers **E**mergency **R**esponse **S**ervice, the emergency service for carers.

CERS supports carers by providing a free back up service to ensure the person they care for is given support in the case of an emergency for up to 48 hours (72 on Bank Holidays), after which if necessary, longer term care can be arranged.

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.

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.

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 Action Plan with the carer and cared for which will determine what type of care will be needed if an emergency takes place.
- Provide a card with an emergency phone number.
- Put the Action Plan into motion when a call is received on the emergency number.

What happens if I want to register?

- You can express an interest by contacting the CERS team.

- 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 carer I.D. number and card 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 .D. number, and your Action Plan will be put into motion

If you would like to 'sign up' to the service you can contact us by:

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

Or by sending your name, address, postcode and telephone number to:

Freepost RRSL-HBJE-RUHZ
Carers Emergency Response Service Birmingham Carers Centre,
130 Colmore Row,
Birmingham,
B3 3AP

f you are making a referral on behalf of a carer please make sure you have their consent before doing so.

Birmingham City Council

CROSSROADS Caring for Carers

CARERS UK the voice of carers

		5		2			8	
						6		
6	2	3	8	9				5
4		7	1			9		
				7				
		1			2	8		3
2				1	8	5	4	9
		9						
	1			3		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 subsection only once.

Last Months Solution

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

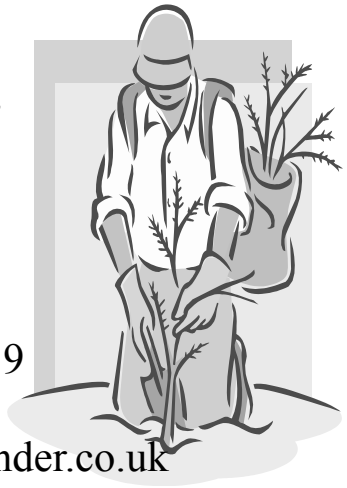
Ray & Son's



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

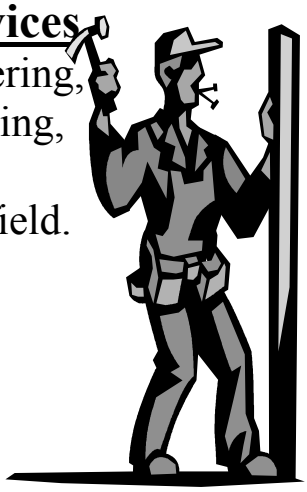
Pete Fisher

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 January

Date	9th	Beautician
Date	16th & 30th	Physio

Month February

Date	6th (TBC)	Beautician
Date	20th (TBC)	Physio

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

Monday 9th January
Monday 6th February (tbc)



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

Monday 16th January
Monday 30th January
Monday 20th February (tbc)



MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
Now cancelled
Check with Paul Dunstan for further details

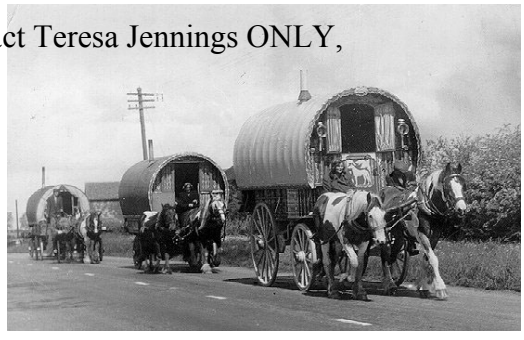
ADVICE & INFORMATION CENTRE
Monday and Friday 10.30am 'til 2.00pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield B73 6EB
0121 354 8593
email :- mssutton@talktalk.net

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 will soon be 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.