MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

July 2012

MiScellany



INDEX

Page 1 Frontispiece
Page 2 Index
Page 3 Birthdays
Page 4 MS Society News
Page 5 MS Society publications
Page 6 Support
Page 7 DLA & PIP
Page 8 Puzzle Page
Page 9 Tradespeople
Page 10 Consent Form
Page 11 Diary Dates
Page 12 Contact Details

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

Helen	Grew	04-July
Barbara	Summerhayes	05-July
Sylvia	Barrett	07-July
Vicky	Martin	08-July
Gillian	Ullah	09-July
Glynis	Hazeldine	14-July
Anne	Forbes	16-July
Val	Youster	18-July
Keith	Morrell	31-July
Jayne	Robinson	01-August
Marie	Slater	02-August
Jennifer	Jack	06-August
Carolyn	Nightingale	07-August
Vivien	Bennett	11-August
Stanley	Povey	13-August
Karen	Fisher	13-August
Adrian	Stafford	15-August
Susan	Bond	27-August



(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!)

MS Society AGM, 15 September 2012

Our AGM this year takes place on Saturday 15 September at the Marriott Hotel Regent's Park in Swiss Cottage, London.
MS Society members who are eligible to vote (fully paid-up on 16 June 2012) will receive full voting information on or around 2 August and will be able to vote online, by post or in person.
The AGM will be shown live on our website www.mssociety.org.uk.

Open Day at MS National Centre

We are pleased to invite all MS Society volunteers to join us at our Open Day at MS National Centre in London on Tuesday 27 November 2012.
The day will be an opportunity for you to meet MS Society staff and other volunteers, and ask questions and discuss issues that affect you.
MS National Centre will be fully open and there will be plenty of time for you to tour the building, talk to different teams based at MS National Centre and chat with other volunteers who attend.
All MS Society volunteers are invited, so please let your branch or support group members know about the event.
The day is likely to be particularly interesting and useful for volunteers who are new in post.
Further information about the day and how to book will be included in future editions of Teamspirit. In the meantime, if you have any questions please contact the Volunteering team on 020 8438 0944 or email volunteering@mssociety.org.uk.
Travel expenses should be claimed from your branch or support group. If there are financial limitations, please contact the Volunteering team.
We look forward to seeing you on the day.

A cure for MS?

Jack Osbourne helped raise the profile of MS by talking about his diagnosis this week, leading many to question what's happening in the search for treatments and a cure. The MS Society England Council's annual information event addresses these questions.
On June 30th, the MS Society offers a rare opportunity for people affected by MS to hear from one of the world's leading scientists in the field - Professor Robin Franklin, (pictured) Director of the MS Society Cambridge Centre for Myelin Repair.
Book your free place here Or call Lauren Stevens on 020 8438 0789If you can't make it in person, but have a question for Professor Franklin

please email englandcouncil@mssociety.org.uk.

MS Society publications

New edition

Complementary and alternative medicine (MS Essentials 18) *Second edition May 2012*

This booklet looks at some of the complementary and alternative therapies commonly used by people with MS. It also suggests things to consider before choosing any therapy.

Please recycle all old editions of these booklets.

Sample copies of these booklets are to be sent to all branches in June.

For a list of all our key publications showing the latest editions and revisions visit the website: www.mssociety.org.uk/resources or search for the phrase 'key publications'. If you would like copies of any of these titles, visit our online shop at http://shop.mssociety.org.uk. If you need a login for bulk orders please contact the Information Team (details below).

If you do not have internet access you can telephone the orderline on 0300 1000 801.

Information Team:

email infoteam@mssociety.org.uk or call 020 8438 0799 (weekdays 9am-4pm).

Feedback on publications

We'd like to know what people think about our booklets.

If you've read an MS Society booklet to learn more about MS, please tell us how useful it's been.

And if it hasn't been useful, we need to know that too – it's the only way we can make it better.

Please encourage anyone who reads our booklets to give us their feedback – whether they are people with MS, family, friends and carers or people who've got no direct connection to MS. If they've read the information, we'd like to know what they think.

The short survey is online – just follow the link on our website page: www.mssociety.org.uk/resources or go direct to https://www.surveymonkey.com/s/RMH9PGJ.

It'll take about five minutes to fill in. Or we can go through it on the phone – call the Information Team on 020 8438 0799.

Support

The big benefits FAQ

There's lots of change going on around benefits right now, so here are answers to some of the key questions you might be facing. There's more information on our website and in our booklets – take a look at 'How can I get involved?'

Employment and Support Allowance (ESA)

What is ESA?

ESA replaced Incapacity Benefit and Income Support as the benefit for people who are out of work due to illness or disability.

What's the Work Capability Assessment?

This is the assessment for ESA. As well as a form to fill in, most people are invited for a face-to-face assessment. The assessment asks if you can manage different activities. It works out a score according to a set of criteria, called 'descriptors'. Read more in our ESA booklet and at www.mssociety.org.uk/esa.

If you are invited to a face-to-face assessment, you must attend – unless you have a good reason not to. If you do not, your benefit and your claim for ESA may be stopped.

Why is ESA being stopped for some people?

The Government has brought in a one year time limit for people on contributory ESA in the Work Related Activity Group. Read more about this at www.mssociety.org.uk/esa.

We recommend that anyone affected contacts a local advice agency to discuss their options.

We continue to monitor the impact of this policy on people with MS, and are campaigning for the time limit to be removed or extended. If you are affected and want to share your story to help our campaign, please contact the campaigns team at campaigns@mssociety.org.uk, visit www.surveymonkey.com/s/msstories or call 020 8438 0700.

Disability Living Allowance (DLA)/ Personal Independence Payment (PIP)

What's PIP?
What's happening with DLA?
Am I going to lose my benefit?
The Government intends to replace DLA with a new benefit, PIP, for people between the ages of 16 and 64. This will have some similarities with DLA. For example, it will not be means-tested and you can get it whether you are in or out of work. The eligibility rules are still being developed, but they are likely to be stricter and we expect that fewer people will qualify. However, the MS Society is working hard with the DWP to limit the impact on people with MS.

When will I be re-assessed and how will this happen?
PIP will be open to new claims from June 2013. A few people on DLA will be re-assessed in pilots in the North-West from April 2013, but most people on DLA will be re-assessed between January 2014 and March 2016. People on DLA will be invited to apply for PIP at random, or when their fixed-term DLA award comes to an end, or if they have a change in circumstances.
The assessment is still being developed, and the DWP have not yet appointed a company to do the assessments.
The Government has stated that most people will go through a face-to-face assessment, but the MS Society is pushing for people with MS to be awarded PIP on the basis of paper evidence alone wherever possible, and working closely with the DWP in the development of the assessment to ensure it's fair for people with MS.

Will people with indefinite/ lifetime awards still need to be re-assessed?
Yes, but not all assessments will involve a face-to-face re-assessment. Almost all PIP awards will be fixed term, rather than indefinite, and people will have more regular reviews. However, the MS Society is pushing for people with MS to be given longer term awards.

What does this mean for people over 65?
Those who turn 65 before 8 April 2013 will not be re-assessed for PIP

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

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

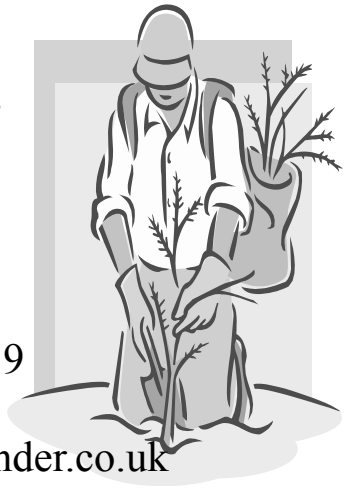
Ray & Son's



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

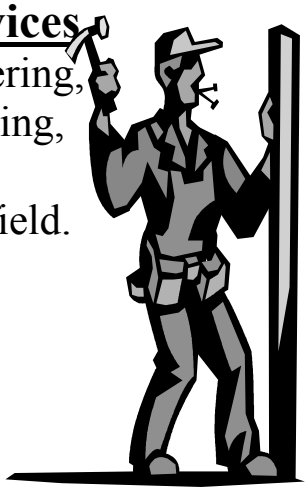
Pete Fisher

Garden Services



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

BAS Building Services

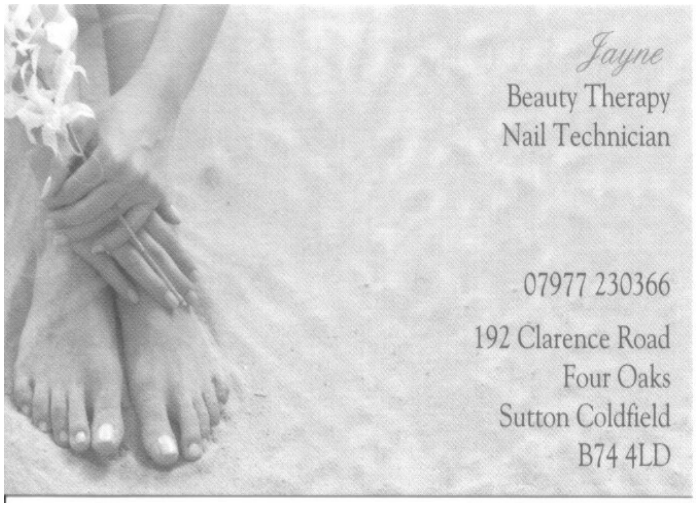


Doors, windows, guttering,
Facia/soffits, landscaping,
Fencing & brickwork.
Based in Sutton Coldfield.

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 July

Date	23rd	Beautician
Date	2nd & 16th	Physio

Month August

Date	13th	Beautician
Date	(tbc)	Physio

Month September

Date	10th	Beautician
Date	(tbc)	Physio

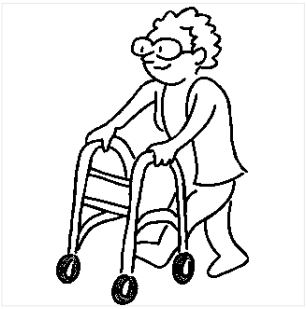
Jane the beautician (07977230366) will be at Clifton Road between 10:45 & 12:00 depending on demand for her services,



Monday 23rd July
Monday 13th August
Monday 10th September

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

Monday 2nd July
Monday 16th July
Monday (tbc) August
Monday (tbc) August
Monday (tbc) September
Monday (tbc) September



Clifton Road wil be closed for 2 weeks.
Last Day Before Holiday Friday 17th August.
First Day After Holiday Monday 3rd September.

MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
Now cancelled
Check with Paul Dunstan for further details

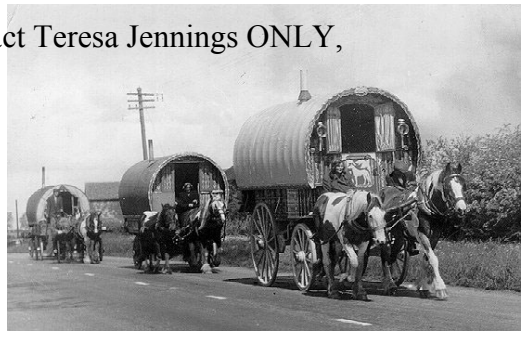
ADVICE & INFORMATION CENTRE
Monday and Friday 10.30am 'til 2.00pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield B73 6EB
0121 354 8593
email :- mssutton@talktalk.net

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.