MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

July 2013

MiScellany



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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

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
Dee	Dunstan	16th 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!)

LATEST NEWS

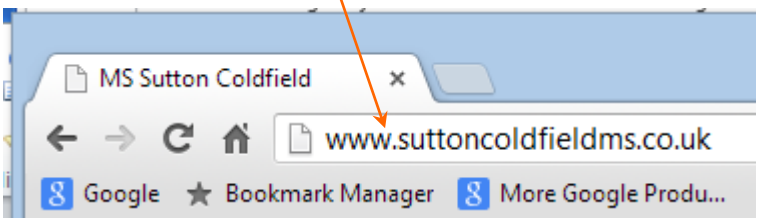
Collection at Sainsbury's through all your help we raised £375.50

It is with great regret that we advise all members that the caravan at Billing will be closed down permamently at the end of October 2013.

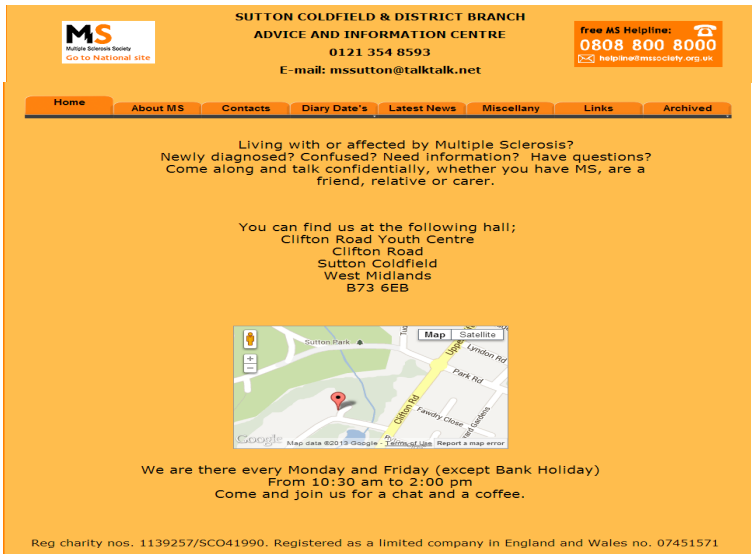
This is due to many circumstances the main ones being the lack of usage and due to the age of the caravan the cost of maintaining it.

The Branch now has its own web-site and the address is as follows;
www.suttoncoldfieldms.co.uk

Enter this as below



This will open the following window.



Please use and let me know your comments.
The "Diary Dates" & "Latest News" will be updated every Monday so please check them frequently.
You will still be informed by e-mail of any updates.
Please can you make sure that the centre has your current e-mail details.

New volunteer website sections

You've told us that our volunteer website http://volunteers.mssociety.org.uk needs to be simple to use and have a positive focus. We're updating it section by section, starting with the resources that help you offer support to people affected by MS, including:

Providing quality information

http://volunteers.mssociety.org.uk/giving-information

This new section covers our publications, information points, organising information events, signposting to external organisations, benefits, MS "how to guide" and resources.

Supporting carers

http://volunteers.mssociety.org.uk/supporting-carers

This new section covers our publications, organising events focused on carers and families, financial support, short breaks, emotional support, accessing local carers services, national carers organisations, carers assessments and emergency planning.

Working Locally

We've recently told you we've begun a large scale project called 'Working Locally', which looks at what we do locally across the UK and what we need to do to ensure we're meeting the needs of all people affected by MS in the future.

This project is ongoing, and you can still get involved. We want your views about what we currently offer locally and what you feel the MS Society's volunteers, staff, branches and support groups across the UK should focus on, or seek to make available in the future for people affected by MS.

Please join us in this important discussion. There will be opportunities coming up across the UK to contribute your views, and we'll continue to provide regular updates. For more information on 'Working Locally' please contact Stewart Long by emailing workinglocally@mssociety.org.uk.

Save the date: volunteer open day

We are delighted to announce that MS National Centre in London will be holding an Open Day on Tuesday 5 November 2013 for all MS Society volunteers.

The open day is an opportunity for you to meet MS Society staff and other volunteers, ask questions and discuss the issues that affect you. This invitation is extended to all MS Society volunteers so please encourage those in your branch or group who may be interested in attending. Volunteers who are new in post should find the day particularly useful. 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.

Support

Thinking about a supported short break?

The Good Care Group, an award-winning care company, have developed a new home respite and holiday care service for people with MS, as a result of working with the MS Society.

The new service is available from 1 June and enables people with MS to access high quality live-in care services for short periods of respite care.

The Good Care Group's professional carers are receiving specialist training about MS from the MS Society. They have also been working with a specialist MS service provider to ensure their carers have a true understanding of MS in order to provide the very best support.

How it works

Following an assessment, clients purchase a period of one week of care. This can be taken in one go or can be split over two shorter periods (a minimum of three nights) over the following six months. The care can be delivered at home or away (ie. in accessible accommodation). Future periods of care can then be booked in minimum periods of three nights.

This specialist MS service is available as either:

- a live-in basis across England and Scotland
- a holiday service that enables you to take a carer with you wherever you go in the UK or overseas.

For more information or to discuss your specific needs contact The Good Care Group on 08000 234 220, or enquiries@thegoodcaregroup.com or see their website at www.thegoodcaregroup.com/ms.

The MS Society's Short Breaks and Activities Fund can provide grants for the costs associated with short breaks and holidays with care. To find our more and to apply, call 020 8438 0700 and ask for a member of the grants team or email grants@mssociety.org.uk

Looking for accessible accommodation or places to visit?

The Open Britain website re-launched in March and now features a wealth of information on accessible places in Britain. Open Britain has been set up by the charity Tourism for All UK, which is dedicated to making tourism welcoming to all.

Whether it's accessible accommodation or places to visit, eat and shop, Open Britain makes the search easier by enabling visitors to search according to their specific accessibility needs. Simply tick the accessibility facilities required in the search box, and browse the options that can meet those needs.

Explore the new Open Britain website at www.openbritain.net

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 and will remain on DLA. Those who turn 65 after 8 April will be reassessed for PIP. Once you are receiving PIP, you can continue to receive

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

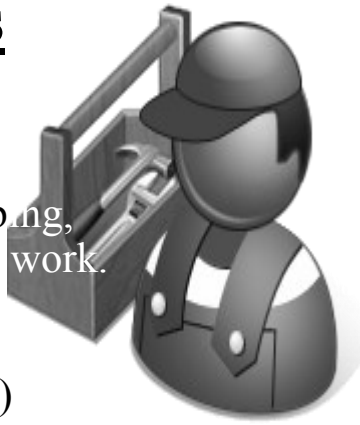
The Basic Rule

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

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

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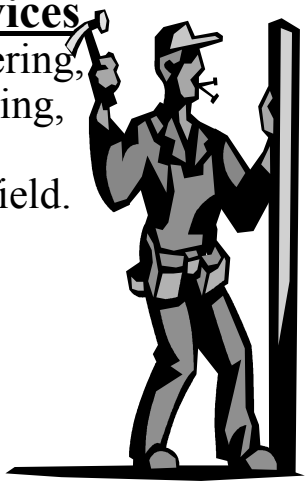
Pete Fisher

Garden Services



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

BAS Building Services

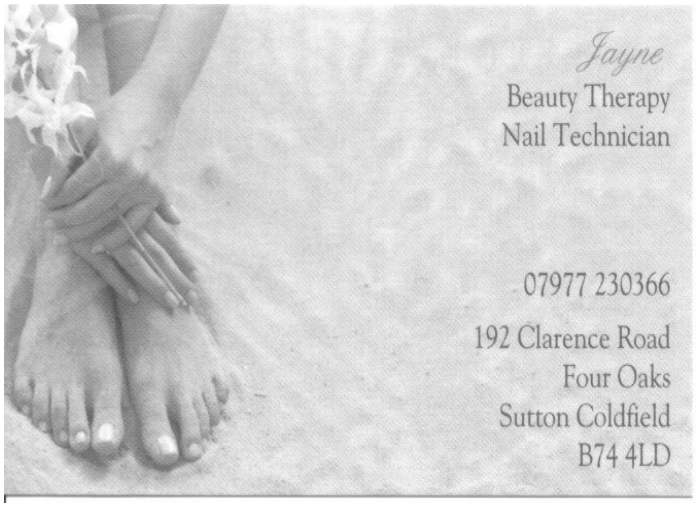


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Please let us know of any trades people you have used and we will add them to this list.
The MS Society cannot take responsibility for these recommendations.
Mention of products or services is for information purposes only and constitutes neither an 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

Month August

Month September

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



MULTIPLE SCLEROSIS SOCIETY
SUTTON COLDFIELD & DISTRICT BRANCH

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

Branch Web Site:- www.suttoncoldfieldms.co.uk

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

SUPPORT TEAM : 0121 354 8593

Email: - mssutton@talktalk.net

Committee 2013-2014
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Secretary Pauline Commander; secretary@suttoncoldfieldms.co.uk
Treasurer Teresa Jennings; e-mail treasurer@suttoncoldfieldms.co.uk
Publicity & Web Site Dave Bull; publicity@suttoncoldfieldms.co.uk