MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

June 2011

MiScellany

Sutton Fun Run Sunday 5th June 2011



Paul Dunstan is amongst these runners & walkers.
He achieved his goal of under 2hours.
Please support him and give him your donations.

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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

Debbie Sproston	7th June	Jayne Robinson	1st August
Tracey Christie	10th June	J Hall	2nd August
Roger Commander	10th June	Marie Slater	2nd August
Sandra Turner	10th June	Jennifer Jack	6th August
Rachael Da'rcy	13th June	Carolyn Chapman	7th August
Beryl Foster	17th June	Margaret Gilsenan	10th August
Sharon Wallis	20th June	Karen Fisher	13th August
Neil Harris	21st June	Stanley Povey	13th August
Jon Bates	28th June	Dee Dunstan	16th August
Helen Grew	4th July	Sue Bond	27th August
Sylvia Barrett	7th July	Louise Carr	6th September
Vicky Martin	8th July	Jan Bradley	11th September
Glynis Hazeldine	14th July	Anne Shand	11th September
Anne Forbes	16th July	Roy Davis	1st October
Val Youster	18th July	Karen Hyde	5th October
		Tez Hynes	21st October
		Ashley Jones	26th October



(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!)

From Teamspirit May Edition

Sign up for the MS Society's Golfing Masters

Take a swing for MS with our new golf competition. Get together with friends to play a round of golf at your favourite course using only three clubs, and raise money for your branch.
The top ten winning teams will get the chance to play at our MS Society golf final later in the year, as well as receiving professional coaching from golf pro Tony Johnstone.
You can donate funds raised either to national projects or to your local branch.
For more information, contact Anne at golf@mssociety.org.uk or call her on 0870 241 3565.

Short Breaks and Activities Fund

The grants team at MS National Centre is pleased to announce that the UK-wide launch of the Short Breaks and Activities (SBA) Fund will take place on 3 May 3 2011.
The SBA Fund was developed to support the Society's new approach to funding short breaks, respite care and holidays and has been piloted in Wales, Northern Ireland and Scotland. From 3 May the fund will also be available to people affected by MS in England.
The fund is so far proving to be successful in its aim to provide greater individual support to people affected by MS, wherever they live and whatever their needs are for short breaks.
Grants can be considered for:

- respite care, either in the home or at a care centre or similar
- an activity (or series of activities), experience, short break or holiday for someone with MS and/ or their carer
- salary costs for a professional carer needed to help someone with MS, or their carer, have a break either in their home or elsewhere
- travel, accommodation and disability equipment hire costs linked to having a break
- some alternative or complementary therapies

Grants have been awarded so far from the fund for a variety of short breaks. The first grant awarded was for a family holiday to Egypt for a lady with MS in her 40s, her husband and their son.
Her husband wrote in their application: "We try to live our lives to the best of our abilities, but the strain on myself and the family is forcing our relationship and the family to breaking point. I feel that if my wife had something to focus on, and the family also, it may help reduce the stress and fatigue the illness constantly puts on her".
The couple's adult daughter will be staying at the resort at the same time and will be able to assist with caring for her mother so that her father has a break.
Another application for a family holiday came from a 32-year-old woman with two young children. She wrote that: "for myself and my husband it would be a chance to relax and reconnect with each other as a couple. We have both lost so much independence as a result of my MS. I rely on him, and he never gets a break from looking after me and the children".
Both of these women are wheelchair users and have used their SBA Fund grants to pay for accessible accommodation with their partners and families. Other applicants have received grants towards the cost of accessible transport or equipment they may need when on holiday.
The SBA Fund can also help people with the cost of more traditional forms of respite care. One man's social worker wrote about her client: "He is not able to get outside often and his last break was in early 2010 when he went to a Vitalise Centre. He had a great time and came back feeling a lot happier in himself". Vitalise is a charity which provides respite care and short breaks in a number of centres across the UK.
This gentleman does not have a carer who lives with him and is therefore not entitled to any respite care funding through social services. We have been able to award him a grant towards another week at a Vitalise centre.
Other grants have been awarded for a whole variety of requests: flexible care hours to enable a person to go away with her husband when he is obliged to travel for work, help towards gym membership for a wheelchair user whose local gym provides exercise sessions for people with disabilities, and the cost of a PA to accompany a family on holiday to assist with a person's care needs.
Top-ups to social services funding for respite care is something the Society has always helped with and we will continue to do so from the SBA Fund if this sort of assistance is requested. The SBA Fund is in place to enable people affected by MS to access **the sort of break they choose, whatever that may be.**
All grant applications need to be accompanied by a letter of support from an appropriate health or social care professional explaining why the applicant needs a break and how the need relates to their MS.
The SBA Fund is administered by the grants teams at MS National Centre in London and the national office in Edinburgh. We have developed a new application form for the fund, which you can get from the grants teams on the contact details below.
Branches are not obliged to contribute towards the cost of requests to the fund, but in most instances we will contact you when an application has been received from someone in your area, to ensure that grants are not duplicated by your branch. If your committee is keen to offer a grant towards the request it would, of course, be welcome.
If you would like more information about the SBA Fund or you would like an application form, please contact the grants team on:
020 8438 0700 or grants@mssociety.org.uk (England, Wales, Northern Ireland)

Respite Care Update

Dear Branch Chairs,

We're pleased to announce that an initial agreement has been signed between the MS Society and a prospective new provider to transfer Helen Ley and Brambles respite care centres into new ownership.

MS Respite & Care Services Limited is an associated company to St Cloud Care plc. The company has signed what is known as 'Heads of Terms', which pave the way for detailed negotiations to take place to transfer the centres, in Surrey and Warwickshire, into their hands. A legal process called 'due diligence' will now begin, with the aim of exchanging contracts in the near future.

This follows last month's announcement that an initial agreement had been signed to transfer the Society's other respite care centre in England, Woodlands in York, to a new provider. Yesterday, we informed staff at the centre that this provider is Christchurch Court, a company which specialises in residential and supported living for people with neurological conditions.

At the moment, care centre staff at Helen Ley and Brambles, and residents at Helen Ley Court, are being told the news. Please pass this news on to your committee members if you feel it will be of interest to them.

We have been working hard since last summer to find appropriate, alternative providers for our three respite care centres in England and are pleased we have been able to reach this stage. Whilst further work needs to take place before contracts can be signed, it now looks likely that we will be able to transfer all three centres to providers who can continue to provide a service for people with MS, which has always been the Board's intention.

The two new providers have both committed to continuing to provide a service for people with MS at all three centres, and service commitments will be kept with long-term residents at Helen Ley Court.

Staff at all three centres will be transferred into the employment of the new providers under 'Transfer of Undertakings (Protection of Employment) Regulations' (TUPE), and we are working with managers and staff representatives at the centres to explain what this means for them.

We will be aiming to exchange contracts with both new providers in the near future and we will ensure we keep you updated.

If you have any questions in the meantime, please get in touch with your local staff contact.

Kind regards,

Simon Gillespie
Chief Executive

Home Fire Safety Check

As part of our commitment to making West Midlands safer, we offer a free service where fire-fighters from your local fire station will carry out a free home fire safety check.
The home fire safety check will take about half an hour of your time. Fire-fighters will check your home and give you fire safety advice in order to keep you safe from fire and also fit a free smoke alarm(s), if required.
Visits will be by appointment only and will be arranged at a convenient time to suit you.
Fire-fighters will be wearing uniforms and carrying identification cards. Please ask to see the identification card, and if you require confirmation telephone the Freephone Helpline on **0800 389 5525**

Home fire safety checks are free - your safety is our concern.

To request your free home fire safety check: Call Freephone Helpline on **0800 389 5525**

MS Awareness Day -

TheMall Sutton Coldfield

Volunteers are needed for our MS Awareness Day at The Mall Sutton Coldfield Saturday 25th June 9am > 5.30pm I know we all have commitments either we have MS or care for someone who does in the family but I would like see other members taking part this year - 30 minutes of your time is better than nothing and it's unfair to expect the same people to give up their valuable spare time. Last year we had a number of new members join our branch through this event and even though our branch has been running for over 20 years people still didn't know we were here in Sutton so the awareness day WORKS!! Please contact myself with the time you can give by re-plying to this email on pauldunstan1959@hotmail.co.uk or phone me on 686 6476 or 07765300418



Travelling in No Direction

Follow the adventures of Jayne & Ray as they travel the waterways of England. Follow them on their Blog at "travellinginnodirection.blogspot.com". Book on Ray's next watery rescue will start soon. See last years sheep rescue "me & Ewe" Sept 21st 2010.

On Friday 22nd July
Join us for a scrumptious Cake Break
At the Clifton Road Centre 11:30 till 2:00
Volunteer's needed along with cakes and sweeties

The MS Register

This week we're proud to unveil a ground-breaking project, The 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

Paralympic plane crash.
Three disabled guys (a blind man, an amputee, and a guy in a wheelchair) are flying back with the USA team from the Paralympic games in the Middle East when their plane crashes in the Sahara Desert.
The three disabled guys (the only survivors) are now stranded and wait for someone to rescue them, but no one showed.
They start to get real thirsty, so they decide to seek out water. The amputee leads the way, with the blind man pushing the guy in the wheelchair; and, eventually they find an oasis.
The amputee leader goes into the water first, cools himself down, drinks a load of water, walks out the other side and lo and behold, he has a NEW LEG! He gets excited and encourages his friends to do the same.
The blind man offers to push the guy in the wheelchair, but he gets refused because the guy in the chair wants to be Mr Independent and insists the blind man goes ahead first. So he goes into the water, cools himself down, drinks a load of water, walks out the other side and lo and behold, he can SEE!
Now the guy in the wheelchair's getting really excited, starts pushing with all his might, goes into the water, cools himself down, drinks a load of water, and wheels out the other side. Lo and behold, NEW TYRES!!!

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

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

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

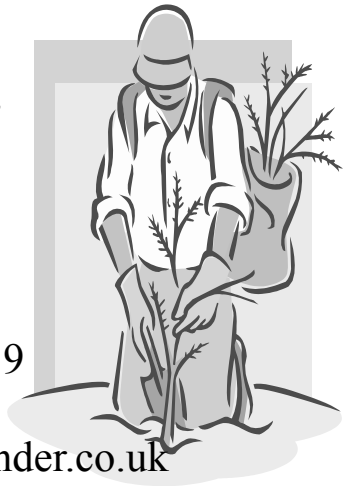
Ray & Son's



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

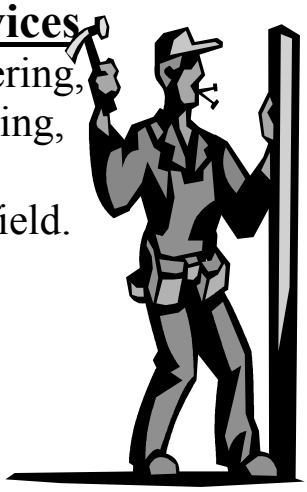
Pete Fisher

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 June

Date	6th	Beautician
Date	6th & 20th	Physio

Month July

Date	11th	Beautician
Date	4th & 18th	Physio

Cake Break Friday 22nd July (see page 6)

Centre Closed

Last Day Friday 22nd July re-open Monday 5th September

Month Sept

Date	12th	Beautician
Date	12th	Physio

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



Monday 6th June
Monday 11th July
Monday 12th Sept

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

Monday 6th June
Monday 20th June
Monday 4th July
Monday 18th July
Monday 12th Sept



MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
Now cancelled
Check with Paul Dunstan for further details

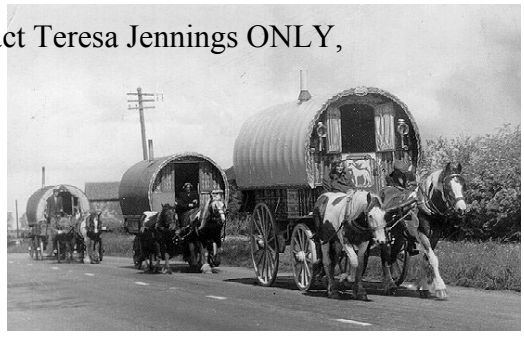
ADVICE & INFORMATION CENTRE
Monday and Friday 10.30am 'til 2.00pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield B73 6EB
0121 354 8593
email :- mssutton@talktalk.net

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.