MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MS

Multiple Sclerosis Society
Charity No 207495

MiScellany

MAY 2008

Our busy cake break day—18th April









NICK'S HAIR-RAISING ABSEIL 20th APRIL



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HOMEPAGE

Nick & Sarah Beedle abseil!!
(see front page photo)
They raised over £200
It was a nice sunny day, at Millers-dale in Derbyshire for the MS Trust. About 80-100 people took part in this event and was televised by an ITV unit Thanks to all who sponsored them (or yet to!!)

CARAVANS

We are still taking bookings (see page 11) for the caravans at Brean Sands and Billing Aquadrome.

The choice is yours.

"Use it or Lose it!"



S.O.S

Our request for help at the Clifton Road Centre still goes out and is now being backed by Andrew Mitchell MP— the article was in the Sutton Observer!

We are still looking for someone or some people who are *ambulant* and can assist in opening and/or closing the Centre.

Times are 10am till 2pm.

Please contact the centre on 354 8593

HAPPY BIRTHDAY

MAY

3rd	BRIAN CHRISTIE
9th	IRENE POVEY
10th	SANDRA TURNER
14th	NICK BEEDLE
16th	NEIL MALIN
19th	ROB PITTS
22nd	JUDITH ASHFORD
23rd	SUSAN DONALD
25th	JULIE LEESON
29th	BRENT MORGAN
30th	EVE PRITCHARD

JUNE

2nd	TONY CONNEELEY
10th	TRACEY CHRISTIE
12th	CHRISTINA DUNLOP
17th	BERYL FOSTER
20th	LORRAINE WOODWOOD
27th	JAYNE GOUGH
28th	JON BATES

Note

Contributions from anyone are welcome especially humorous / anecdotal etc.

Please send to Mike Shaw on pigcrow@blueyonder.co.uk

Please note that as a general rule the centre will be closed during school holidays including half terms.

HOMEPAGE (CONTINUED)

CAKE BREAK

(see photos front page)

This event was well attended by over 40 people!! It raised £253 for our branch.

Our thanks for this successful event go out to Madge Nightingale (mother of Carolyn) and her helpers who were well versed in this type of activity as it mirrors events that they perform for Guide dog fund raising. Many prizes were won with the raffle/tombola draws.

NB all the cakes were low calorie…….. (Honest!)

Are you in urgent need of a wheelchair? Would you like to go on a day trip, but are unable to walk far?

WHEELCHAIR RECYCLING

is a non-profit community project based in Harborne



For more information contact Erma Lewis on 0121 422 0184

Chairs for hire at £5 per day or can be purchased - ring above number for details

PHYSIOTHERAPY

The sessions we have at Clifton Road centre are still proving to be **VERY** effective an useful to our members.

We still have places available.

All you need to do is turn up at Clifton Road Centre every other Monday - see Diary dates (P12) Session starts at 1.00 pm and lasts for 1 hour.

only £5.00

(subsidised by us)

If we don't use this facility we will lose it!!

Free Bus Pass!

If you are 60 or over or are 'eligible disabled', you may be entitled to free off-peak travel on local buses anywhere in England. Local authorities also offer concessions for children and young people. 'Off-peak' is any time after 9.30 am Monday to Friday and all day at weekends.

Since 1 April 2008 this has been extended to include free off-peak local bus travel anywhere in England.

Local authorities will still be able to offer further benefits to their residents, such as free travel outside off-peak times or reduced tram or rail travel, but these will only apply for travel in the local area and not anywhere in England.

The Disabled Person's Railcard

If you have a disability that makes travelling by train difficult you may qualify for the Disabled Person's Railcard. The Railcard allows you - and an adult companion with you - to get a 1/3 off most Standard and First Class fares throughout Great Britain. Buy a one year card for £18, take a journey that usually costs £54 and the card has paid for itself. A three year card is also available for £48.

You must provide proof that you qualify for a Railcard. IE in receipt of a disability related benefit. Forms available from www.nationalrail.co.uk or could be printed at Clifton Rd

Please send this completed form, together with the evidence, to:

Disabled Person's Railcard Office

PO Box 163,

Newcastle-upon-Tyne, NE12 8WX

FOIL

Just another reminder that Paul & Dee are still collecting Aluminium foil (Clean) or cans so they can raise funds for our branch - can you drop off at Clifton Rd or at the meeting at Westfield Court

Crisp/sweet packets are not foil!

MULTIPLE SCLEROSIS SOCIETY
SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY BRANCH MEETINGS

1st Wednesday of every month at 7.30 p.m.

Westfield Court Hotel

Birmingham Road, Sutton Coldfield

ADVICE & INFORMATION CENTRE

Monday and Friday 10.00am 'til 2.00pm

Clifton Road Youth Centre

Clifton Road

Sutton Coldfield B73 6EB

0121 354 8593

email :- suttonms@hotmail.com

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

COMMITTEE 2007-8

CHAIRMAN	Paul Dunstan	0121 686 6476
SECRETARY	Pauline Commander	0121 382 1385
TREASURER	Nick Beedle	0121 373 0285
SUPPORT	Carolyn Nightingale	0121 384 7970

Other Members

Publicity /Bulletin	Mike Shaw	0121 686 2415
Bulletin	Vicky Pennicott	
Member	Sue Foster	0121 686 1297
Member	Dee Dunstan	0121 686 6476
Member	Julia Duncan	0121 311 2629

HELEN LEY CARE CENTRE

Helen Ley Care Centre is situated between Kenilworth and Leamington Spa.

It is one of three wholly owned respite centres of the MS society.

The level of care is second to none as they cater solely for MS sufferers. Access to this factuality is made by direct booking method but you must first obtain permission from your local social services department (for most of this means Birmingham City Council)

The charges for a weeks stay can vary from £800 to £1000 depending on your condition. This sounds a lot but social services will fund the vast majority of the amount. It is means tested to some extent, but Birmingham are quite generous and you could well only pay about £70 yourself!

Some other counties are not so generous and cases of only a 50% subsidy have been heard of!

You need to check with your social worker and put them in touch with Helen Ley to establish that the necessary funding will be available. This can be a bit of a long winded process but it would appear that Birmingham will allow up to 4 weeks stay in any one year. Stays are usually for 1 week at a time although it is possible to book a fortnight, a week is considered from a Saturday to Saturday.

The centre is set in very pleasant grounds in a very rural area with beautifully landscaped grounds, the interior is quite vast with several function rooms, lounges and dining room. Each of the guest rooms are singles with en suite toilet and shower facilities on one level. All are equipped with overhead hoists and slings are provided. The standard of care is second to none and each patient will normally be attended by two carers for all possible needs EG getting in/out of bed, using toilet/shower etc. There are also several fully trained nurses capable of administrating medication and even the change catheters.

There are activities available each day EG trips out to Leamington, stately homes, garden centres etc. This is all done with a fleet of specially adapted vehicles that can carry any sort of wheelchairs. Internal activities include daily sessions of physiotherapies, an assortment of alternate theories. There is also a relaxing hydrotherapy pool where the water temperature is suited to people with MS.

I (Mike Shaw) have been there four times so far and another 3 weeks booked for later this year. Our member Steve Coton has also been there so feel free to ask him any questions.

This facility is unique in that it not only gives the carer a much needed break but also gives the patient a very pleasant and pampered rest!

HISTORY MYSTERY

Have a history teacher explain this----- if they can.

Abraham Lincoln was elected to Congress in 1846.
John F. Kennedy was elected to Congress in 1946.

Abraham Lincoln was elected President in 1860.
John F. Kennedy was elected President in 1960.

Both were particularly concerned with civil rights.

Both wives lost their children while living in the White House.

Both Presidents were shot on a Friday. Both Presidents were shot in the head
Now it gets really weird.

Lincoln 's secretary was named Kennedy. Kennedy's Secretary was named Lincoln .
Both were assassinated by Southerners.
Both were succeeded by Southerners named Johnson.

Andrew Johnson, who succeeded Lincoln, was born in 1808.
Lyndon Johnson, who succeeded Kennedy, was born in 1908.

John Wilkes Booth, who assassinated Lincoln, was born in 1839.
Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.

Both assassins were known by their three names.
Both names are composed of fifteen letters.
Now hang on to your seat.

Lincoln was shot at the theatre named 'Ford.'
Kennedy was shot in a car called ' Lincoln ' made by 'Ford.'

Lincoln was shot in a theatre and his assassin ran and hid in a warehouse.
Kennedy was shot from a warehouse and his assassin ran and hid in a theatre.

Booth and Oswald were assassinated before their trials.

And here's the kicker...

A week before Lincoln was shot, he was in Monroe, Maryland
a week before Kennedy was shot, and he was with Marilyn Monroe.

Why men are never depressed

Men are just happier people..

Your last name stays put

The garage is all yours

Wedding plans take care of themselves

Chocolate is just another snack

You can never be pregnant

Car mechanics tell you the truth

The world is your urinal

You never have to drive to another petrol station restroom because this one is just too icky

You don't have to stop and think of which way to turn a nut on a bolt

Same work, more pay

Wrinkles add character

People never stare at your chest when you're talking to them

New shoes don't cut, blister or mangle your feet

One mood all the time

Phone conversations are over in 30 seconds flat

You know stuff about tanks and engines

A 5 day holiday only requires 1 suitcase

You can open all your own jars

You get extra credit for the slightest act of thoughtfulness

Your underwear is £5.95 for a 3-pack

Three pairs of shoes are more than enough

You never have strap problems in public

You are unable to see wrinkles in your clothes

Everything on your face stays its original colour

The same hairstyle lasts for years, maybe decades

You only have to shave your face and neck

You can play with toys all your life

One wallet and one pair of shoes - one colour for all seasons

You can wear shorts no matter how your legs look

You can 'do' your nails with a pocket knife

You have freedom of choice concerning growing a moustache

You can do Christmas shopping for 25 relatives on Christmas Eve in 25 minutes

No wonder men are happier!

PROGRAMME 2008

4 June	Quiz
2 July	Hypnotherapy—John Swallow
6 Aug	Valuations—William Farmer (Auctioneer) (BRING ALONG CERAMICS AND GLASS FOR VALUATION)
3 Sept	Skittles
1 Oct	A touch of the hard stuff (Slides) - Ray Sturdy
5 Nov	British Sign Language—Wendy Brown (TBC)
3 Dec	Our friendly garden Robin (Slides—David Tideswell)

Thanks go out to Irene Povey for organising these events

FILE 'o FIXITS

A Directory of skills, tradesmen and people who can help you. Please send us your contacts so we can expand this list.

CARPENTER RCM
Robert's Carpentry & Maintenance Services
Home : 01922 459984
Mob : 07855 026726



CARPET FITTING SERVICE
Carpets & vinyl supplied & fitted. Samples brought to your home for your selection. **STEVE TURNER**
Home :0121 378 4367



CARPET/UPHOLSTERY CLEANER
STEVE CORFIELD
Mob: 07980 742197
After 7pm 0121 357 6749



CENTRAL HEATING Fitting & Repairs
MPH Gas Services Corgi registered
PETE CROSS - 0121 329 2963
MIKE MORRALL - 01827 874077



CLEANER Private & Commercial
J Clean **JAYNE**
Mob: 07901 991170
Home: 0121 525 4285



DECORATOR - Interior & Exterior,
Glazing & minor repairs
STEVE BROWN
Mob: 07803 504611—0121 351 5901



ELECTRICIAN—CB ELECTRICAL
Stonnall, Staffs—COLIN BARTLETT
Mob: 07719 854812
Home / fax 01543 375354



Have you used one of these contractors?

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Your comments would be much appreciated to assist others.



ALL THE ENTRIES ON THIS PAGE HAVE BEEN PROVIDED BY OUR MEMBERS. THEY HAVE ALL DONE EXCELLENT WORK, PROVEN TO BE VERY HELPFUL, RELIABLE, TRUSTWORTHY

THE M.S. SOCIETY CANNOT TAKE RESPOSIBILITY FOR THESE RECCOMMENDATIONS

CURTAINS AND BLINDS
Makes, supplies and fits curtains and blinds. Electric or manual
KEVIN LEESON
Daytime:- 07974 453735
Evening:-01213084089

PLUMBER
WATER AND GAS CORGI REGISTERED
BRIAN WALKER of Four Oaks
Home: 0121 353 7772



ROOFER
ROY SWINDALE
Home : 0121 357 6114



WASHING MACHINE REPAIRS
WASHER SHOP, 155 SOUTH RD. ERDINGTON
Mr. SIMMONS
0121 382 2305



BEAUTICIAN
Waxing, manicures, pedicures etc. Mobile service or go to her own salon **JAYNE**
Home: 0121 308 6332



Flooring
TJ Flooring, Jenners Lane B,ham
Specialist Wood and Laminate Flooring
0800 9531003

Peace Haven Holiday Lets
Disabled friendly
www.peacehavenlets.com
01386 832785



CARAVANS

*Further to our article in our October '06 issue of MiScellany.

Caravan users are now known as **"PAMS"** = People Affected by MS or **"Others"** = Everyone else

WESTON-SUPER-MARE

Rates for PAMS*

UNITY FARM

May	220.00
June	235.00
July	250.00
August	250.00
September	235.00
October	235.00





Rates for Others*

UNITY FARM

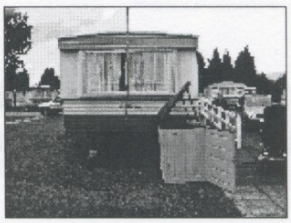
May	350.00
June	365.00
July	390.00
August	390.00
September	365.00
October	365.00

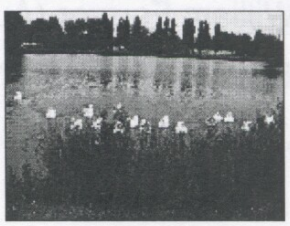
NORTHAMPTON

Rates for PAMS*

BILLING

May	95.00
June	95.00
July	105.00
August	105.00
September	95.00
October	95.00





Rates for Others*

BILLING

May	155.00
June	155.00
July	165.00
August	165.00
September	155.00
October	155.00

Bookings can be made at The Clifton Road Centre **ONLY**

(see page 5 for opening times), where a deposit will be required.

For bookings contact 354 8593 (MS Centre)

DIARY DATES 2007/8

MAY

19th	Physiotherapy at Clifton Road Centre	1.00- 2.00

JUNE

2nd	Physiotherapy at Clifton Road Centre	1.00- 2.00
4th	Quiz Westfield Court Hotel	7.30-10.00
16th	Beautician-Jayne at Clifton Road Centre	10.00-12.00
16th	Physiotherapy at Clifton Road Centre	1.00- 2.00
21st	Collecting day - Sainsbury's Local Wylde Green	
30th	Physiotherapy at Clifton Road Centre	1.00- 2.00

JULY

2nd	Hypnotherapy—John Swallow Westfield Court Hotel	7.30-10.00
14th	Physiotherapy at Clifton Road Centre	1.00- 2.00
14th	Beautician-Jayne at Clifton Road Centre	10.00-12.00
18/19th	Collecting day - Sainsbury's Local Wylde Green	

Please note the Clifton Road centre will be closed for the school holidays <u>after</u> July 14th and re-opens Monday Sept 8th

AUG

6th Aug	Valuations—William Farmer (Auctioneer) (BRING ALONG CERAMICS AND GLASS FOR VALUATION) Westfield Court Hotel	7.30 - 10.00

SEPT

3rd Sept	Skittles — Westfield Court Hotel	7.30 - 10.00

Please note volunteer's are needed for all 3 collecting days - we are awaiting future collecting dates for Sutton/Tesco.

YOUR BRANCH NEEDS YOU!!