MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

November 2013

MiScellany



Clifton Road wil be closed for 2 weeks.
Last Day Before Holiday Monday 16th December
Also date of Christmas Buffet is Friday 13th December
First Day After Holiday Monday 6th January 2014

INDEX

Page 1 Frontispiece
Page 2 Index
Page 3 Birthdays
Page 4 Branch News
Page 5 Useful Transport Details
Page 6 Useful Transport Details
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

Jayne	Cotton	8th Nov
Lisa	Yates	9th Nov
Denise	Zeff	16th Nov
Sylvia	Butler	21st Nov
Josephine	Watts	15th Dec
Susan	Foster	20th Dec
Julia	Duncan	21st Dec
Ruth	Wootton	22nd Dec
Carole	Fisher	1st Jan
Viv	Barnes	9th Jan
Pauline	Commander	14th Jan
John	Inman	24th Jan
Kathleen	Barker	29th Jan
Kelli	Morriss	30th Jan
Barbara	Wallin	10th Feb
Christina	Dunlop	12th Feb
Jayne	Gough	27th Feb
Susan	Keeling	28thFeb



(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 on 25th & 26th October through all your help we raised £431.94.

OPEN TO SENSIBLE OFFERS!! Will be on sale on eBay soon or can you suggest somewhere else to sell?

Oxford Advance Folding Electric Hoist is compact and easy to manoeuvre. The folding design makes for easy storage and onward transportation. As such, it is small and versatile yet an incredibly capable electric hoist.

The award winning Advance patient hoist from Oxford signifies a real stride forward in patient lift design and performance. It uses the latest design and manufacturing technologies to ensure the Advance is the most functional and stylish hoist in its class today.

Compact Folding Design - Unlike other products on the market the Advance needs NO tools or special attachments to achieve its compact folded position. This functionality gives active users the option to travel outside the confines of their own home.

Swan Neck Leg Design - The Advance's unique 'swan neck' leg design allows the hoist to get even closer to the widest of obstacles. This is especially useful when encountering large chairs, bulky commodes and wheelchairs.

Oversized Push Handle - The oversized handle provides a large surface area from which the carer can position the lift before use.

Warranty - The Oxford Advance is still under its 2 year warranty (1 year old) has been PAT tested and only used twice!!

Product Specification: OXFORD Advance Electric Hoist, Maximum User Weight: 155kg (24st)
Compact and easy to manoeuvre. Folding design for easy storage and onward transportation.
Maximum length: 1000mm (39.4") Maximum height: 1600mm (63") Minimum height: 1130mm (44.5")
Legs open external width: 970mm (38.2") Legs closed external width: 685mm (27") Overall height of legs: 110mm (4.3")
Ground clearance: 30mm (1.2")
Battery type: 1 x 24 volt rechargeable. Battery capacity: 3.2 Ampere hours.
2 point spreader bar.

Further Details available on Web-Site

Do you have a physical disability? Do you want to improve your life?
Need someone to talk to? Cope better with your MS?
Contact Spokz People.

Contact Birmingham Mental Health Consortium.

Assist UK Birmingham Centre.

Multiple Sclerosis Specilist Clinic.

The clinic provides ssessment and advice to increase independence and quality of life for adults with Multiple Sclerosis.

Further Details available on Web-Site.
Find details under News Section.



Ring and Ride

Ring and Ride is the main door-to-door accessible transport service operating throughout urban parts of the West Midlands. It has been running for 30 years and is one of the largest such services in the world.
The service

The service operates from 8am until 11pm - seven days a week - 364 days a year, and is run by the charity **West Midlands Special Needs Transport Ltd (WMSNT)**, which receives funding from Centro.

Generally, to become a registered user of Ring and Ride you must find it difficult or impossible to use conventional public transport and be resident in one of the seven urban districts of the West Midlands.

How the service works

Bookings for journeys can be made by telephone up to two days ahead of travel. Registered users of the service can use advanced booking forms for special events, which enable 12 journeys per calendar year to be booked ahead of the standard two days.

Ring and Ride enables users to get to local destinations in their neighbourhood and up to half a mile into an adjoining area. A limited 'cross-boundary' service enables users to travel beyond the half- mile limit, to anywhere in operating areas adjoining their own.

Ring and Ride also links up with other passenger transport services including local trains, Metro and the cross-boundary buses of other Ring and Ride operating areas. This enables journeys to be completed from door- to-door across the West Midlands. When travelling, users can take a companion with them provided they are booked in advance. Users may also take dependent children with them.

The service uses minibuses with ramps or lifts, so that people who use wheelchairs or find steps very difficult can easily use the bus.

Travelling to hospital appointments

Ring and Ride is unable to take people to hospital appointments because the National Health Service Act states that people are entitled to access NHS Patient Transport Services in accordance with their eligibility criteria. Contact your doctor or local hospital for details of these services.

Ring and Ride can transport people registered with the service to visit people in hospital and can take companions who are registered and wish to accompany people at their hospital appointments. Ring and Ride can also transport companions who are not registered with the service provided they are travelling with a registered person, but they need to inform the booking line if this is the case.

Fares

A fare of 60p per single trip is charged. Network West Midlands nnetwork and nbus passes can be used too. Companions who are not registered users pay a fare equivalent to those charged on the local bus services. Children aged under five travel free, and five to16-year-olds pay 30p per single trip.

Further information

Information is available on audio tape, large print and printed leaflets in English and community languages.

Visit the Ring and Ride website

For further information contact your local area office responsible for Ring and Ride services in your area.

Coventry
Karen King
District Manager
Unit 11 Henley Industrial Estate
Henley Road
Coventry
CV2 1ST
02476 602177
coventry@ringandride.org

Dudley
Sue Cozens
District Manager
Unit 2 Western Way Industrial Park
Off Western Way
Wednesbury
WS10 7HQ
0121 505 7316
dudley@ringandride.org

East Birmingham/Solihull
Paul Lakin
District Manager
Unit 21 Elmdon Trading Estate
Bickenhill Lane
Birmingham
B37 7HE
0121 782 9317
solihull@ringandride.org

North Birmingham
Jean Webb
District Manager
North Birmingham/Park Road Depot
Upper Thomas Street
Aston Birmingham
B6 5PL
0121 326 7860
north@ringandride.org

Sandwell
Sue Cozens
District Manager
Unit 2 Western Way Industrial Park
Off Western Way
Wednesbury
WS10 7HQ
0121 505 7316
Sandwell@ringandride.org

South Birmingham
Jim Maguire
District Manager
Unit 2 Arden Road Business Park
Arden Road
Frankley
Birmingham B45 0JA
0121 453 9382
south@ringandride.org

Walsall
Mick Mew
District Manager
Croxstalls Road
Bloxwich
Walsall
WS3 2XU
01922 402232
walsall@ringandride.org

Wolverhampton
Duncan Ashlee
District Manager
Poole Street
Wolverhampton
WV2 4HN
01902 425788
wolverhampton@ringandride.org

Community Transport

There are community transport operators in all seven districts of the West Midlands. The operators listed below offer minibus/wheelchair accessible vehicles for hire to community groups in their area, such as scouts or brownies, youth or senior citizens clubs, disabled groups, and sheltered housing developments. Operators continue to work with Centro on regeneration projects that are helping to improve access for communities to health, education, leisure and employment.

Because community transport operators are non-profit making, charges for its services are usually much less than those made by typical commercial providers. Most community transport projects have specially adapted minibuses to accommodate people with mobility difficulties including wheelchair users, and it is sometimes possible to provide groups with a volunteer driver. Some community transport providers offer training opportunities and demand responsive transport services in their local area.

Community transport providers are:

Community Transport Birmingham
Unit 3a Garrison Freight Terminal, Garrison Street, Bordesley, Birmingham B9 4BN
Telephone 0845 209 0190
Fax 01217711520
Email: wms.passengerservices@communitytransport.org Visit the Community Transport website

Community Transport Birmingham
Unit 3a Garrison Freight Terminal, Garrison Street, Bordesley, Birmingham B9 4BN
Telephone 0845 209 0190
Fax 01217711520
Email: wms.passengerservices@communitytransport.org
Visit the Community Transport website

Shencare Community Transport
The Cabin, Welches Close, Northfield,
Birmingham B31 2XT
Telephone 0121 476 1816
Email shencarevt@yahoo.co.uk
www.shencare.org.uk

Community Transport Coventry
269 Sovereign Road, Earlsdon, Coventry CV5 6LT
Telephone 0845 209 0190
Fax 02476 674482
Email wms.passengerservices@communitytransport.org
Visit the Community Transport website

Community Transport Dudley
Units 3 and 4 Central Park, Halesowen Road,
Netherton, Dudley DY2 9NW
Telephone 0845 209 0191
Fax 01384 564512
Email bc.passengerservices@communitytransport.org

Community Transport Sandwell
216 Great Bridge Street, Great Bridge, West Bromwich,
West Midlands B70 0DE
Telephone 0845 209 0191 Fax 0121 520 8361
Email bc.passengerservices@communitytransport.org
Visit the Community Transport website

Community Transport Solihull
94 Bell Lane, Marston Green, Birmingham B33 0HX
Telephone 0845 209 0190
Email: wms.passengerservices@communitytransport.org
Visit the Community Transport website

Walsall Community Transport
The Old Dairy, Pelsall Lane, Little Bloxwich, Walsall,
West Midlands WS3 3DH
Telephone 01922 685555
Fax 01922 693805
Email enquiries@walsallct.org.uk

Shopper buses operate in the Bloxwich and Barr Beacon areas to local supermarkets three days a week. They are provided primarily for the benefit of older and less mobile individuals and passengers must register and book travel in advance.

Community Transport Wolverhampton
Telephone 0845 209 0191 - Minibus
Email bc.passengerservices@communitytransport.org

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 it past the age of 65, just like with DLA.
These and more questions are answered on our benefits information pages online at www.mssociety.org.uk/esa and www.mssociety.org.uk/dla. You can also find the latest information about PIP at www.dwp.gov.uk/policy/disability.

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

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

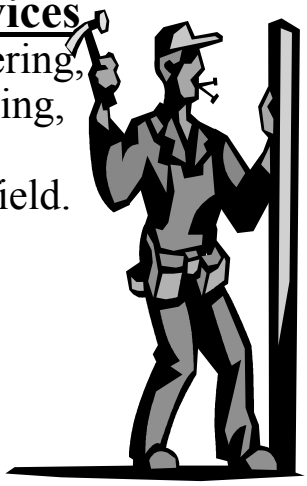
Pete Fisher

Garden Services



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

BAS Building Services

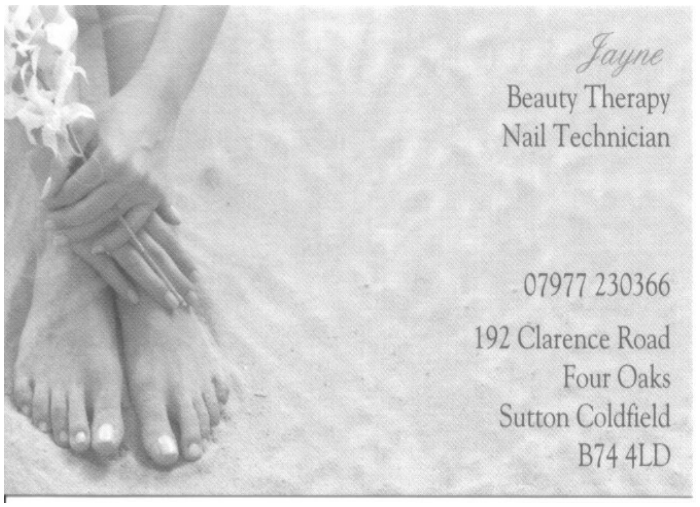


Doors, windows, guttering,
Facia/soffits, landscaping,
Fencing & brickwork.
Based in Sutton Coldfield.

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

Monday 25th November 2013

Monday 16th December 2013

Monday 27th January 2014

Monday 24th February 2014

Monday 24th March 2014

Monday 28th April 2014

Monday 19th May 2014

Monday 23rd June 2014

Monday 14th July 2014

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
Chair Maria Slater; e-mail chair@suttoncoldfieldms.co.uk
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