DIARY DATES 2005

Here are the next 3 months' events for your diaries.
Please do your best to come along. We'd love to see you.

OCTOBER

5th	Games Night	Westfield Court Hotel	7.30 - 10.00
10th	Beauty Therapist	Clifton Road Centre	11.00 - 2.00

NOVEMBER

2nd Halloween/Bonfire Night Fancy Dress Evening.

This is your opportunity to get out your Guy Fawkes outfit, vampire teeth, broomsticks and scary clothes! Prizes for the most innovative!

		Westfield Court Hotel	7.30 - 10.00
7th	Beauty Therapist	Clifton Road Centre	11.00 - 2.00

DECEMBER

5th	Beauty Therapist	Clifton Road Centre	11.00 - 2.00
7th	Christmas Party	Christmas Quiz and Buffet	
		Westfield Court Hotel	7.30 - 10.00

Planned events for 2006

January	Bring & Buy Sale
February	Skittles
March	**A.G.M.**
April	Funny Poet- Rhona Pownall

MESSAGE BOARD

THIS IS YOUR PAGE TO PIN UP NOTICES



4-Wheeled Rollator

1 initially careful owner,
but latterly very wobbly.

Special details: -

Brakes on both handlebars, comfy seat for when emergency stops are needed.
Well concealed shopping basket to accommodate those little "essentials" like mars bars, cans of beer and "Babe/Hunk-pulling gear".
Low mileage, good condition sexy racing-red bodywork.
"0 - 60mph" in 60 months!
...if you practice!

£20.00 o.n.o.

Phone Mike 686 2415
Buyer to collect.

Due to a fantastic evening in September

We are playing Skittles Again!



We are having a
"Skittles Night"
at our February meeting.
This IS available for ALL our members specially those of you in wheelchairs!
PLEASE COME & PLAY

FOR SALE
3 WHEEL SCOOTER

Make :- BatteryCar - 4mph
Recent new battery & Tyres
Can Deliver - £250.00
Also BMX Cycle - £20.00
Phone :- 0121 580 9061

How do you fancy a talk about our efforts in WW II, that broke the German "Enigma" codes?

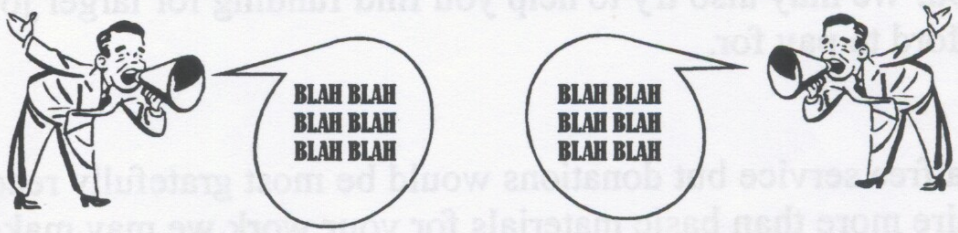
We have been offered a short chat by two members of the operating staff at the Bletchley Park Complex.
(Who were at that stage, a couple of naïve teenagers!)

BRAIN TEASER

Can you work out these simple well-known sayings from these complicated descriptions?

Example : To possess ocular receptors in the posterior portion of a cephalic protuberance.

Answer : Have eyes in the back of one's head.



1. To place a primitive agricultural conveyance in a position anterior to the animal *Eguus caballus.*
2. It requires a number of people greater than one to perform a terpsichorean series of low dips and twisting steps on the toes.
3. To accumulate an excess of temperature beneath a circular– tight-fitting clothing component.
4. Emanating from a culinary vessel into a site of pyrogenic activity.
5. Projecting short, loud noises erroneously towards the top of an arboreal plant.
6. To subject a slender illumination device to rapid carbonisation on its antipodal points.
7. To slay a brace of avian creatures with just a single petrous conglomeration.
8. Like sending dense shelly concretions through the air to fall in front of stout-bodied, artiodactyl creatures.

Answers 1. Put the cart before the horse. 2. It takes two to tango 3. Get hot under the collar 4. Out of the frying pan and into the fire. 5. Barking up the wrong tree. 6. Burn the candle at both ends. 7. Kill two birds with one stone. 8. Casting pearls before swine.

Cont'd from previous page....

Unfortunately, some work is not covered by the project, these are usually larger more expensive or specialist jobs such as: repairing or fitting gas and electrical appliances, plastering, painting or decorating, roofing or replacing guttering, large areas of fencing or work requiring large tools such as cement mixers etc.

If your job is not covered by our project because it is too large or expensive we may be able to refer you to another agency or trades person to help you. We may also try to help you find funding for larger jobs you cannot afford to pay for.

This is a free service but donations would be most gratefully received. If you require more than basic materials for your work we may make a small charge for the difference.

- When you have been referred to the Age Concern Handyperson Scheme you can expect to hear from us within 10 working days.

- We will make an appointment to visit you to assess the work needed.

- You will be given the name of the person calling on you and they will have an identity card which you should ask to see.

- They will then be able to agree with you on the work to be undertaken and when it will be carried out.

Still not sure if we can help you,
then give us a call on 0121 358 0309 or 358 1959



AGE Concern

North Birmingham NHS
Primary Care Trust

HANDYPERSON SCHEME









Supported by:

HEALTH THROUGH WARMTH
npower

WEST MIDLANDS POLICE

North Birmingham Primary Care Trust and West Midlands Police are working in partnership with Age Concern Perry Barr and Age Concern Kingstanding to provide a service for disabled and older people ensuring they are safe and secure in their own homes.

The Handyperson scheme operates in the areas of Kingstanding, Oscott, Perry Barr and Sutton Coldfield. If you are over 60 or disabled and need help with those little repair jobs or small adaptations around the

We are offering free help with any of the following.....

Home safety and energy checks.
Home Security improvements including door and window lock fitting, door bars and spy holes.
Door, window, frame repairs and adjustments.
Security chains, doorbells.
Fitting and servicing smoke alarms.
Fitting second stair rails and grab handles.
Minor plumbing repairs, unblocking sinks, changing tap washers.

Taking down/putting up curtains, rails, shelves, pictures, floor coverings.
Replacing electrical fuses, plugs and light bulbs.
Moving small items of furniture.
Fixing water leaks.
Replacing broken toilet seats.
Tiling small areas of bathroom / kitchen.
Repairing garden gates and small areas of fencing.
Fitting draught excluders ...cont.



HALLOWEEN



Two men were walking home after a Halloween party and decided to take a shortcut through the cemetery just for laughs. Right in the middle of the cemetery they were startled by a tap-tap-tapping noise coming from the misty shadows. Trembling with fear, they found an old man with a hammer and chisel, chipping away at one of the headstones.

"Holy cow, Mister," one of them said after catching his breath, "You scared us half to death -- we thought you were a ghost! What are you doing working here so late at night?"

"Those fools!" the old man grumbled. "They misspelled my name!"

Trick Or Treat

Halloween Scrambler

IGNOLB	OSKPOS
NUPPIMK	UHGLO
*CORKTIATTERR	RUDCAAL
THICW	SKAFRINENTEN
KEENSLOT	TASB
OBO	THOSSG
*CABALCTK	LADUCNOR

*2 or more words combined

Answers to these puzzles - next issue!

JACK'S WORD SEARCH

TREATS
JACK O LANTERN
SKELETON
MUMMY
BLACK CAT
HAUNTED HOUSE
GOBLIN
VAMPIRE
CANDY CORN
GHOUL
WITCHES BREW
SPOOKY
HALLOWEEN
COSTUMES
PARADES
CAULDRON
PARTIES
GHOST
COBWEBS
MONSTERS



HALLOWEEN

31st October

The History of Halloween

The tradition of Halloween began way back in the fifth century BC by the Irish Celts, who organised their year according to the agricultural calendar and marked the transition from one year to the next on October 31.

The story goes that during the transition spirits would return to earth, looking for living bodies to possess for the following year. The Celts would then dress up in ghoulish costumes and parade around the community to frighten them away.

Years later, the tradition of trick-or-treating is thought to have grown from a ninth century European custom, souling, when early Christians would make house calls begging for soul cakes. It was thought that even strangers could help a soul's passage to heaven by saying prayers, so, in exchange for a cake they promised to pray for the donors' deceased relatives.

Around the eighth century, the Christian church made November 1 All Saints' Day to honor all of the saints that didn't have a special day of their own. The mass held on All Saints' Day was called All Hallowmas (the mass of all Hallows -- saintly people). The night before was known as All Hallows Eve. Eventually this name became Halloween.







The witch is a central symbol of Halloween. The name comes from the Saxon *wica*, meaning *wise one*. When setting out for a Sabbath, witches rubbed a sacred ointment onto their skin. This gave them a feeling of flying, and if they had been fasting they felt even giddier. Some witches rode on horseback, but poor witches went on foot, carried a broom or a pole to aid in vaulting over streams. In England when new witches were initiated they were often blindfolded, smeared with flying ointment and placed on a broomstick. The ointment would confuse the mind, speed up the pulse and numb the feet. When they were told "You are flying over land and sea," the witch took their word for it.

Jack-O'-Lanterns

An Irish myth tells of a man named Stingy Jack, who one day invited the Devil to have a drink. He convinced the Devil to change into a sixpence in order to pay for the drink, but instead of paying for the drink he pocketed the sixpence beside a silver cross which prevented the Devil from changing back. Jack made a deal with the Devil before letting him free. For one year the Devil could not harass Jack. Next Halloween the Devil met up with Jack again, and Jack made another deal with him to be left alone. Jack died within the year and was turned back from the Gates of Heaven. He went to the Gates of Hell and the Devil told him to go away, as Jack had made him promise not to claim his soul. Jack didn't want to leave because it was dark and he couldn't find his way. The Devil tossed Jack a glowing coal and Jack put it inside a turnip, and ever since with this Jack-O'-Lantern, Jack has been roaming the faces of this earth. Scots children hollow out and carve large turnips and put candles in them. Irish children use turnips or potatoes. In parts of England they use large beets. When the Scots and the Irish came to the US they found pumpkins, which make a perfect Jack-O'-Lantern.

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.

BUILDER - ADAM WHITEHOUSE

Whitehouse Building Services

27 Birch Croft Rd. S/C

0121 311 2751



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



FURNITURE RESTORATIONS

Burns, watermarks, upholstery etc

DANNY WRIGHT

Mobile: 07971 266 010



CENTRAL HEATING Fitting & Repairs

MPH Gas Services Corgi registered

PETE CROSS - 0121 329 2963

MIKE MORRALL - 01827 874077



PLUMBER

WATER AND GAS CORGI REGISTERED

MICK DOUGHTY of Sutton Coldfield

Home 0121 329 2779



ROOFER

ROY SWINDALE

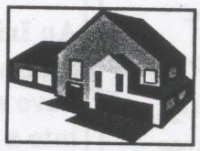
Home : 0121 357 6114



Have you used one of these contractors?

****

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

CARPET/UPHOLSTERY CLEANER

STEVE CORFIELD

Mob: 07980 742197

After 7pm 0121 357 6749



COMPUTERS Personal, custom built PC's, Upgrades & Repairs

STEVE HOOPER

Mob: 07817 281681

Home 0121 240 8786



ELECTRICIAN—CB ELECTRICAL

Stonnall, Staffs—COLIN BARTLETT

Mob: 07719 854812

Home / fax 01543 375354



CARPET FITTING SERVICE

Carpets & vinyl supplied & fitted. Samples brought to your home for your selection.

STEVE TURNER

Home :0121 378 4367

Mob : 07889 899035



WASHING MACHINE REPAIRS

WASHER SHOP, 155 SOUTH RD. ERDINGTON

Mr. Simmons

0121 382 2305



PLUMBER

WATER AND GAS CORGI REGISTERED

BRIAN WALKER of Four Oaks

Home: 0121 353 7772



CARPENTER RCM

Robert's Carpentry & Maintenance Services

Home : 01922 459984

Mob : 07855 026726



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

0121 354 8593

email :- suttonms@hotmail.com

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

COMMITTEE 2005-6

OFFICERS

CHAIRMAN	Julie Leeson	0121 308 4089
SECRETARY	Pauline Commander	0121 382 1385
TREASURER	Jayne Robinson	0121 308 5641
WELFARE	Anne Forbes	0121 384 3639

Other Members

Publicity/Bulletin	Mike Shaw	0121 686 2415
Bulletin	Vicky Pennicott	0121 686 6523
Assistant welfare	Sue Foster	0121 686 1297
Member	Dee Dunstan	0121 686 6476
Member	Paul Dunstan	0121 686 6476
Member	Neil Harris	0121 605 0223
Member	Brent Morgan	0121 378 3636

HOMEPAGE (CONTINUED)

We are in the process of producing a

"DIRECTORY of SERVICES"

This will be a very useful handbook of all the important and appropriate local Services and Information Centres relevant to our members. Sue Foster on the committee is currently undertaking this task, and would welcome ideas.

When complete, this directory will be held at Clifton Road Centre. More details to follow

SKITTLE ALLEY

FOR HIRE.



Due to the popularity of our skittles evening, Graham Keeley is very happy to offer the hire of his Alley to all our members.

Contact :-
Home 0121 240 4246

Mobile 0772 457 3645

HAPPY BIRTHDAY

OCTOBER

11th BETTINA TAYLOR

11th BELINDA STANLEY-HUGHES

24th MARIA BURLEIGH

26th ASHLEY JONES

27th LYNNE SHAKESPEARE

NOVEMBER

7th HAROLD POWERS

9TH LISA YATES

DECEMBER

5TH RICHARD BURGESS

20th SUE FOSTER

Special congratulations to Sue on her "Milestone" Birthday.

WANTED

We still have approximately 50 names, on our books, with no recorded Birthday Dates. It would be good to get some more of you on board so we can include you in this list. Contact us at The monthly Westfield Court meeting, or give me a ring :-

Mike Shaw 0121 686 2415

MS HOMEPAGE

CARAVANS 2005

The caravans at Billing and Brean are still available in October. Prices and application forms are available at Clifton Road Centre. A deposit is required for *every* booking.
☎354 8593 /308 5641
Instructions for use of all equipment and facilities will be issued with the keys.

Caravan bookings for 2006 will be available from January.

Caravan users will now be referred to as "People affected by MS" (PAMS) and "Others"

CHRISTMAS STARS

We now have the next series of the "MS Stars."

These will be on sale at the November monthly meeting and at the Clifton Road Centre.

Prices/Details to follow

STAMPS

Do you remember collecting used postage stamps?

We have had an offer to do the same thing again.

Details to follow

CLIFTON ROAD CENTRE

UPDATE

The MS centre is open as usual between
10.00am - 2.00pm

The building work has now started and consequently the car park is very restricted for space. It is all set up with port-a-cabins, materials and workmen's' vehicles etc.

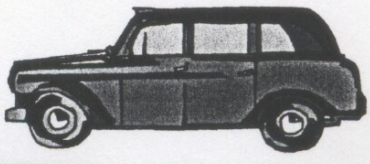
The MS room is fully functional.

WE STILL LOOK FORWARD TO SEEING YOU AS USUAL



Parkers Taxi's

It has come to our attention that Ring-and-Ride aren't the only providers of transport for disabled people. Parkers Taxis have a purposely adapted vehicle that will take up to a maximum of ***3*** *Wheelchairs (& their occupants!) plus other passengers where feasible. For further details phone their Head Office on 0121 355 6969 or preferably Brian on 07721 429675*



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MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MS

Multiple Sclerosis Society

Charity No. 207495

MiScellany

OCTOBER 2005

Enjoy the Wonderful Colours of Autumn

