MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

October 2011

MiScellany

SUTTON COLDFIELD GOLF CLUB RAISES £5,500 FOR MS!



The President Ken Brown and Captain Neil Aston of the Sutton Coldfield Golf Club have presented the Sutton Coldfield branch of the Multiple Sclerosis Society with a cheque for £5,500. Captain Neil Aston's mother, Mavis Catherine Aston had suffered from MS and this is one of the reason's he was pleased to be able to help this worthy cause. The money will be used to purchase much needed equipment including exercise machines & hoists to be used at our drop in centre situated at Clifton Road Youth Centre. The money was raised by a number of events by members and guests for the captain's charity throughout 2010/11.



Dave McCormick & Alan Tudor from the Conservative Club Sutton Coldfield ran in the Great Midlands Fun Run and raised £700 with a promise of another £200 in the new year. Myself, Vicky Martin & Denise Zeff attended the cheque presentation at the Conservative Club on Jockey Road, Boldmere.

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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

Alidoust Fariba	5th September
Louise Carr	6th September
Jan Bradley	11th September
Anne Shand	11th September
Roy Davis	1st October
Kate Jukes	3rd October
Robin Lloyd	10th October
Tez Hynes	21st October
Gaynor Andrews	12th November
Jayne Cotton	8th November
Lisa Yates	9th November
Anthony Allen	12th November
Sylvia Butler	21st November
Josephine Watts	15th December
Susan Foster	20th December
Julia Duncan	12st December
Ruth Wootton	22nd December



(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!)

MSRC Website:

www.**msrc**.co.uk



Multiple Sclerosis
Resource Centre

Have you visited the MSRC Website?

With almost 2000 pages, we are proud that our website is the most comprehensive Multiple Sclerosis information and news source on the Internet.

This month why not browse our About MS section?

Multiple sclerosis (MS) is a chronic, disabling neurodegenerative disease. It strikes most often during early adulthood, and most common neurological disorder among young adults and was thought to affect about twice as many women as men, although recent research points to an increase in this sex ratio to 4 : 1.

Many aspects of MS, including its cause, are not well understood. It is unknown whether MS represents a single disease, or if its symptoms are the result of different diseases that have the same neurodegenerative effects. There is, however, a growing understanding of how the permanent physical and mental disabilities caused by MS arise over time.....

We also have a very efficient site specific Google search engine, if you wish to look for something of particular interest to you related to MS on our site.

Please recommend our site to anyone you know affected by MS.

CASTLE BROMWICH SINGERS
August 2011

Multiple Sclerosis Society

Sutton Coldfield & District Branch

144 Yorkminster Drive
Chelmsley Wood
Birmingham
B37 6TR

For the atten; Dave Bull

Hello Dave,
It is with great pleasure I can advise you that we presented Multiple Sclerosis Society – Shirley Branch with a cheque for £3000 in May 2011, this was in addition to the "tin collections" at our carol singing in December 2010 which was approx £300.
This was a very happy evening when various representatives from M.S came along to receive cheques.
take photo's, gave a talk about M.S and share tea/coffee with us.

Our chosen charity for this year April 2011 – March 2012 is ALZHEIMER'S SOCIETY.
I enclose a copy of the letter which has gone to many contacts we have, which I am sure you will find of interest.
Tickets will be available mid September for advance bookings, but will also be available at door.
Posters/leaflets will go into local shops, library's etc mid September & early October.

Any advertising you are able to offer us is very welcome for which I am sure you will agree another worthy cause.

Thank you for your support in the past and copy of MiScellany February 2011.

Look forward to hearing from you.

Yours sincerely,

Pauline J Bodfish (Mrs)
On behalf of Castle Bromwich Singers

CASTLE BROMWICH SINGERS
AUGUST 2011

144 Yorkminster Drive
Chelmsley Wood
Birmingham
B37 6TR

Hello from Castle Bromwich Singers,

We are now in our 45th year of raising money for charity. This year our chosen charity is;-
ALZHEIMERS SOCIETY
Our rehearsals are going well for this years show,
"FORGET YOUR TROUBLES"
which is to be held at;-
Arden Hall, Water Orton Road, Castle Bromwich Birmingham B36 9PB
Where facilities are good for car parking, access, no stairs to climb, toilets, including disabled.
Bar available ((except for Wednesday Nights). Tea/coffee are available during interval each evening

SHOW WEEK;-
WEDNESDAY 19th October is for people with disability's. You must have your own transport.
A complimentary show for you to enjoy. * You need to book for this –It's FREE

THURSDAY 20th October, FRIDAY 21st October, SATURDAY 22nd October 2011
Tickets will be available during September/ October and at the door.
Cost; £7 ea Children under 16 years £3.50 ea.
Discount for party's of 10 or more
Raffle each night with great prizes.

Do you enjoy hearing songs from the shows, mixed with a little comedy. Enjoy a night out and support our charity.
To book your tickets ring;- STELLA 0121 748 7635 or PAULINE 0121 628 2257

If you belong to a club, are a Nursing Home. Rest Home or looking for entertainment for your members why not give us a call on the above numbers.
WE BRING OUR MUSIC TO YOU. Look forward to hearing from you.

Pauline Bodfish
On behalf of ;-
Castle Bromwich Singers

Choices Leaflets

This newsletter sees the launch of another Choices leaflet – Disabled Living Centres

'Disabled Living Centres' provides a comprehensive list of all the Centres in the country along with their contact details and opening hours.

If you have any feedback on these leaflets or if there is any other subject you would like to see covered, please contact Emma via email: emmae@msrc.co.uk

You can download this leaflet along with our existing Choices leaflets from our website below.

You can also contact the office if you would prefer to receive them by post on **01206 226500**.

[MSRC Choices Leaflets]


CHOICES

DISABLED LIVING CENTRES

ENGLAND

Bedfordshire

Bristol

Buckinghamshire

Hearty September Recipes



Chicken Stew – Linda Tsang

INGREDIENTS: 4 skinless chicken breasts (2lb/1kg) diced, 4 small potatoes quartered, 2 each of carrots and onions quartered, 2 stalks of celery sliced, 4 cups of water or chicken stock, 1 teaspoon each of dried thyme, Italian spices, salt and pepper.

METHOD: Bring to a boil over high heat. Reduce heat and simmer for 20 minutes. If desired thicken with 1 heaped teaspoon corn starch dissolved in water, add to stew, mix well and bring to a boil, stirring constantly.

DUMPLINGS – Barbara McLellan

INGREDIENTS: 1 cup of flour – can be rice flour and buckwheat or all rice flour, 2 teaspoons gluten-free baking powder, pinch of salt and sugar.

METHOD: Cut in 2 tablespoons dairy-free spread (whatever kind you use). Pour in about half cup or more rice milk (also add any herbs you want), dumplings should be runny. Put by tablespoon onto stew for 20 minutes – 10 minutes covered and 10 minutes uncovered.

Above recipes taken from The Best Bet Diet Recipe Supplement 2002.



Breaking MS News

There have been quite a few exciting developments in MS research over the past month.

Phase 3 study of Masitinib in progressive MS

The pharmaceutical company AB Sciences has started recruitment of the first patient in the phase 3 study of Masitinib in primary progressive MS, or relapse free secondary progressive MS. The trials are in America and some European countries. We have checked with the pharma company to see if these are in the UK and unfortunately they are not for this trial, they are mainly France, Germany and Spain. The trial should be completed in 30 months.

This is great news to hear of a drug being trialled for progressive forms.

To read more you can visit the AB Sciences website: http://www.ab science.com/

A new clinical trial using adult mesenchymal stem cell transplantation for MS.

A team of researchers at three landmark Cleveland institutions have come together to launch a new clinical trial of an experimental treatment for multiple sclerosis (MS). Researchers at the Cleveland Clinic, University Hospitals Seidman Cancer Center, and Case Western Reserve University are collaborating on a ground breaking study that will test the easibility and safety of using the body's own stem cells to treat MS.....

Oral MS medication, Gilenya, may increase risk of macular edema in some patients.

The first U.S. Food and Drug Administration approved oral medication for multiple sclerosis poses a potential risk of macular edema, particularly in patients with a history of uveitis, according to a neuro-ophthalmologist.

MS patients who receive Gilenya (fingolimod, Novartis) should undergo baseline and follow up examinations 3 to 4 months after initiation of treatment, Robert C. Sergott, MD, said at the Wills Eye Institute Alumni Conference in Philadelphia.

"The macular edema issue is one that we as ophthalmologists are very familiar with and most neurologists are not familiar with," he said. "It's our obligation then to help them take care of these patients because we have an intersection of MS with a medication that can cause visual loss.....

For more details of these stories and others please check the website regularly, or by clicking the link below.

MSRC Latest MS News

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

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

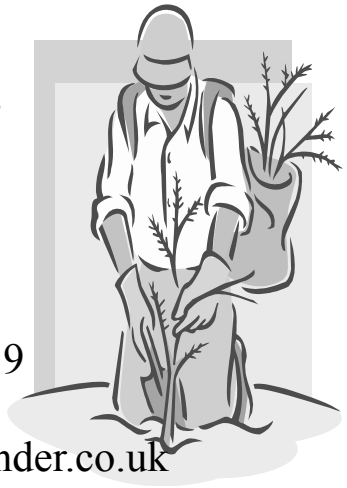
Ray & Son's



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

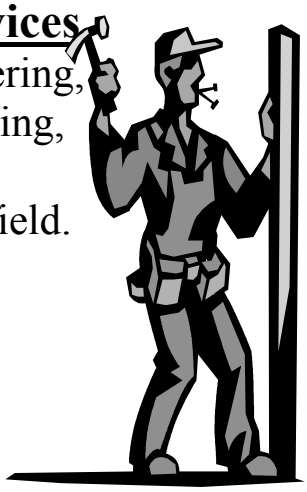
Pete Fisher

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 October

Date	3rd & 31st	Beautician
Date	10th & 24th	Physio

Month November

Date	28th	Beautician
Date	7th & 21st	Physio

Month December

Date	19th	(tbc)	Beautician
Date	5th & 19th	(tbc)	Physio

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



Monday 3rd October
Monday 31st October
Monday 28th November
Monday 19th December (tbc)

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



Monday 10th October
Monday 24th October
Monday 7th November
Monday 21st November
Monday 5th December (tbc)
Monday 19th December (tbc)

MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
Now cancelled
Check with Paul Dunstan for further details

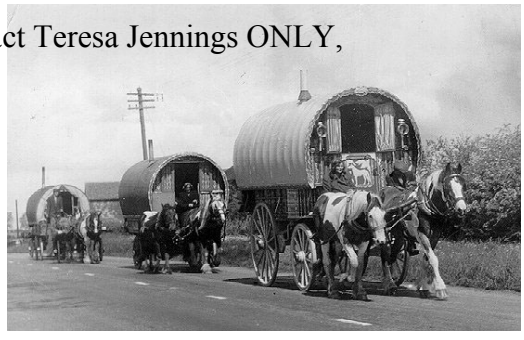
ADVICE & INFORMATION CENTRE
Monday and Friday 10.30am 'til 2.00pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield B73 6EB
0121 354 8593
email :- mssutton@talktalk.net

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.