MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

Charity No. 1139257

Multiple Sclerosis Society

October 2012

MiScellany



George Richardson presenting a cheque for £2740 from Boldmere Masonic Lodge 4704 to the Sutton Coldfield MS Society. As Masons it was our pleasure to raise this money for your society.

INDEX

Page 1 Frontispiece
Page 2 Index
Page 3 Birthdays
Page 4 Castle Bromwich Singers
Page 5 News & Events
Page 6 Supported Short Breaks
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 ex pressed or implied.

BIRTHDAYS

Happy Birthday to you

Fariba	Alidoust	05-September
Tara	Ryan	05-September
Louise	Carr	06-September
Leslie	Williams	18-September
Kate	Jukes	03-October
Robin	Lloyd	10-October
Sultan	Akram	16-October
Tez	Hynes	21-October
Jayne	Cotton	08-November
Lisa	Yates	09-November
Denise	Zeff	16-November
Sylvia	Butler	21-November
Josephine	Watts	15-December
Susan	Foster	20-December
Ruth	Wootton	22-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!)

CASTLE BROMWICH SINGERS

September 2012

38 Chestnut Court
306 Chester Road
Castle Bromwich
Birmingham
B36 0LB

HELLO FROM CASTLE BROMWICH SINGERS

We invite you to join us on our journey for our show this year;-
" A WORLD OF MUSIC"
which is to be held at;-
Arden Hall, Water Orton Road, Castle Bromwich, Birmingham B36 9PB
Where facilities are good Car parking, access, no stairs to climb, toilets, including disabled.
Bar available before show, during the interval and after the show (except Wednesday)
Tea/Coffee are available each evening during interval.
A raffle each evening – great prizes – you have to be in it to win it.

WEDNESDAY 10th October is for people with disabilities. You must have your own transport.
A complimentary show for you to enjoy. You need to book for this – it's FREE.

THURSDAY 11th October FRIDAY 12th October SATURDAY 13th October
Starts at 7.30pm each evening. Programmes available.
Tickets available now or on the door
Cost;- £7.00 ea Children under 16years £4.00 ea
Discounts for groups of 10 or more.

Do you enjoy hearing songs from around the world, mixed with a little comedy?
Enjoy a night out and support our chosen charity, which is this year;-
LOWBROOK STROKE CLUB (affiliated to Stroke Association)
(They support people and their carers who have had a stroke – a well established club)

To book your tickets phone;- STELLA 0121 748 7635 PAULINE 749 5071 or
GREG 01675 592059

If you belong to a club, or 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.
Or visit our new website;- www.castlebromwichsingers.org.uk
We look forward to hearing from you.

Pauline Bodfish
on behalf of
Castle Bromwich Singers

NEWS AND EVENTS SECTION:

Report from MS Society Board meeting, 5 July 2012

Welcome to this update on key aspects from the work of the MS Society's Board of Trustees following its meeting on 5 July 2012. The full Board papers are available on the MS Society's website at www.mssociety.org.uk/board-papers

Regular reports

Key features in the Chief Executive's update to the Board and the latest management accounts were:

- There was considerable media coverage of MS Society-funded research into the incidence of childhood MS and Jack Osbourne's diagnosis of MS. The Society contributed comments from spokespeople, gaining significant publicity and raising awareness
- Work continues on the planning for the 60th anniversary celebrations, including discussions at Councils' annual meetings. Branches will get further information later this year to assist them with planning for celebrations locally
- Volunteers Week took place from 1 June – 7 June. Volunteers' stories were published each day on the Society's website, and promoted through social media such as Facebook and Twitter. The Board, all of whom are themselves volunteers, pass on their best wishes and thanks to all the Society's thousands of volunteers
- Carers Week took place from 18 June – 24 June. The Society published its Carers Operational Framework, recognising the work of carers and setting out the Society's plans for supporting carers in the future. 62 MS related local events took place during Carers Week
- The financial health of the MS Society remains good and, through hard work and dedication of volunteers and staff, we are on track to meet our income target for 2012

MS Life 2012

MS Life 2012 was held on 14 and 15 April 2012. The Board was provided with a review of the fourth MS Life event, at which we saw nearly 2,000 participants. The Board noted the very positive feedback from visitors, and the exceptional work of staff and volunteers to make the event so successful.

Changes to Short Breaks

The Board was briefed on progress implementing new plans for short breaks. This involved transferring the Society's respite care centres to new providers who would continue to provide services for people with MS. The Board was pleased that this difficult task had been achieved, and commented on the significant progress made in delivering our new, more personalised, approach to short breaks.

Supported Short Break

Provided by Carers Trust and local Crossroads Care schem n partnership with the MS Society.

Supported short breaks

Carers Trust is the new charity formed by the merger of Crossroads Care and the Princess Royal Trust for Carers. It brings together two networks – Crossroads Care schemes and carers centres. Crossroads Care has more than 30 years experience helping carers get a break by providing one to one support with caring in the home. Now, that same help is offered to people with MS, their carers and families, while on a break or holiday in a selection of locations around the UK.

What does this mean for me as a person who needs support?

You can take a break in your chosen location independently, or with your carer and family, and e reassured that your carer is benefiting from a break from caring.

What does this mean for me as a carer?

You can take a break or holiday away from home, with the person you usually care for, knowing that they are receiving the personal care and support they need.

How can I book a supported short break?

Breaks should be a minimum of 2 nights. There are 5 steps to booking your supported short break:

1. Decide where you want to go. Initially this new service is being offered for destinations in East Anglia, on the south coast of England and in some parts of Wales.
2. Ask the Crossroads Care scheme nearest your home to assess your support needs.
3. Contact the Crossroads Care scheme at your destination. Give them the assessment, and check they can provide the support you need on the dates you want.
4. If they can do it, go ahead and book your accommodation and any equipment hire.
5. When you've booked, tell the destination Crossroads Care scheme where you're staying so they can go and assess it for safe support working.

How much will it cost?

Each assessment will cost £30.Until 31st March 2013, a special rate of £21.50 per hour for the first 14 hours of personal support will apply. Additional hours will need to be negotiated with the destination scheme. This rate includes the support worker's travel expenses to and from your accommodation. It does not include any additional expenses or costs incurred if you want the support worker to accompany you on any excursions or activities.

How can I pay for it?

You can either pay for the break independently, with a grant, or following assessment by your local authority through direct payment, personal budget or other agreed funding.

I'm interested. Who do I speak to?

You can find your local Crossroads Care scheme on www.carers.org or telephone 020 7922 7741. Below are the destinations that are covered by the new service, along with contact details.

How can the MS Society help?

Our Guide to Short Breaks has lots of useful information on booking a break, from finding accommodation to getting insurance. Order a copy from 020 8348 0799, or download one from our website. Our Short Breaks & Activities Fund provides grants for people with MS and carers to take a break. Contact the Grants team on grants@mssociety.org.uk or 020 8348 0700.

We can support you through the process of planning your short break or holiday. Call 020 8438 0799 or speak to a support volunteer in your local MS Society branch.

North Wales

Anglesey, Gwynedd, Denbighshire, Wrexham, Flintshire
01492 516435
northwales@crossroads.org.uk

Mid and West Wales

Powys, Ceredigion, Pembrokeshire
01874 610900
mid.westwales@crossroads.org.uk

South Wales

Cardiff, The Vale
02920 677300
cardiff.vale@crossroads.org.uk

Merthyr Tydfil, Rhondda Cynon Taff
01443 480484
cwmtaf@crossroads.org.uk

Swansea, Neath, Port Talbot
01792 846351
info@crossroads-snpt.org.uk

East Anglia

Norfolk, Suffolk, Northwest Essex
01284 748811
eastanglia@crossroads.org.uk

South Coast

East Sussex, Brighton and Hove
01323 848422
eastsussex@crossroads.org.uk

West Sussex, Hampshire

What is Personal Independence Payment?

• It is a new benefit to help disabled people live full, active and independent lives.

• It will replace Disability Living Allowance (DLA) from April 2013 for eligible people of working age (**by this we mean people aged 16-64**)

• DLA has been in place for almost 20 years largely unchanged, the new benefit will better reflect today's understanding of disability which has changed a lot in two decades.

• If you are already getting DLA you will have to be reassessed for Personal Independence Payment

• Recipients of the benefit can choose to spend it in a way that suits them best.

How will entitlement to Personal Independence Payment be assessed and decided upon?

• The assessment for the new benefit to decide a person's level of need will be carried out by an independent health professional.

• **The assessor will consider the evidence provided by the person claiming* and professionals that support them on a regular basis.** Most people will also be asked to a face-to-face consultation with this assessor as part of the claim process.

• The assessor will provide advice to a benefit decision maker at the DWP. The benefit decision maker will then use all of this to decide entitlement.

What are the parts to Personal Independence Payment?

• Personal Independence Payment will have a **Daily Living component and a Mobility component.**

• Awards will be made up of one or both of these components.

• Each component will have two rates – standard and enhanced. The amount for each rate is still to be decided.

• Awards of Personal Independence Payment will be based upon the circumstances of the individual and will look at the impact of the disability or health condition and the extent to which someone is able to live independently.

I receive DLA – will I be entitled to Personal Independence Payment?

Everyone will be individually assessed against the new entitlement criteria This means we will look at your personal circumstances and the impact that your condition, or disability has on your ability to live an independent life.

• Entitlement to Personal Independence Payment will depend on how your ability to carry out daily living and / or mobility activities is affected by your condition or disability. It won't depend on what type of health condition or disability you have.

• Nor will it be determined by what award of DLA you currently get. You may be entitled to more, the same or less than your current DLA award.

• DLA in the past focussed on physical disability.

• Personal Independence Payment will strike a better balance to take into account the needs of those with mental health, intellectual, cognitive and developmental impairments.

When will you begin taking new claims for Personal Independence Payment?

• Broad implementation plans for Personal Independence Payment have now been developed.

• Will begin by taking a few thousand new Personal Independence Payment claims from Apr 2013.

• This will provide an opportunity to identify any potential improvements which emerge once the benefit is up and running.

• We will take new claims from all claimants from Summer 2013.

• If you have an indefinite award of DLA we will write to you about Personal Independence Payment and let you know when you will be reassessed for the new benefit.

• There will be no changes to your DLA benefit award resulting from the introduction of Personal Independence Payment before Autumn 2013.

• We are involving disabled people and their organisations in designing how we communicate information about reassessing them to make sure we get it right.

A more detailed version is available by request but due to ongoing amendments I won't email out until a later date – Paul Dunstan Chair

7	2			3	8			
1		3	4	6				2
	9		1	2	7	8	3	6
			8					
		1					7	4
				9		2	5	8
				1			2	5
		9	5	4	6	3		
4		5	7			1	6	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 col umns, and each of the nine 3x3 subsections must contain all of the num bers from one to nine, and each number consequently can occur in each row, column, and subsection only once.

Last Months Solution

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

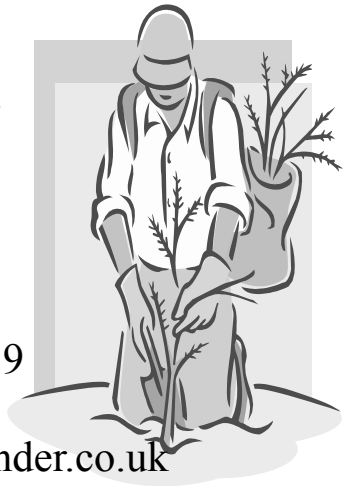
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Building and house
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Specialists in plumbing,
roofing & drainage work.
Call Ray on
07962249250
(based in Erdington)

Pete Fisher

Garden Services



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

BAS Building Services

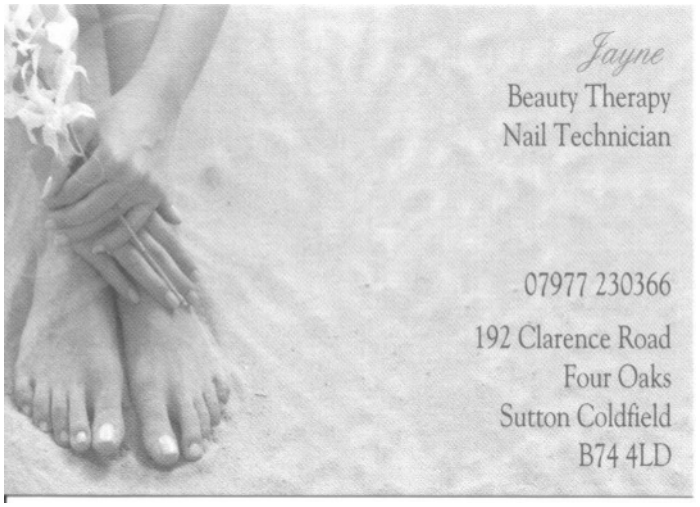


Doors, windows, guttering,
Facia/soffits, landscaping,
Fencing & brickwork.
Based in Sutton Coldfield.

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

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

Monday	1st & 29th	October
Monday	19th	November
Monday	10th	December



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

Monday	8th	October
Monday	5th & 19th	November
Monday	3rd	December
Monday	14th	January



Please note on Friday 26th & Saturday 27th October an Halloween Collection will take place at Sainsbury's, Lanes Shopping Centre, Wylde Green between 10am & 4pm on both days.
Volunteers needed for both days please contact Paul Dunstan with times as we are limited to no more than three collectors at a time.
It would great if we dressed for the occasion!! Some witches hats are available at the centre.

It's nearly Christmas.

The last day will be the 17th December 2012.

The first day back will be the 7th January.

MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT BRANCH

MONTHLY MEETINGS
Now cancelled
Check with Paul Dunstan for further details

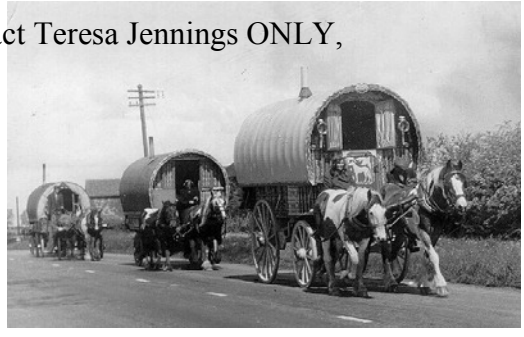
ADVICE & INFORMATION CENTRE
Monday and Friday 10.30am 'til 2.00pm
Clifton Road Youth Centre
Clifton Road
Sutton Coldfield B73 6EB
0121 354 8593
email :- mssutton@talktalk.net

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 is now 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.