# ***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 10.30am '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 241 9300***
***Email: -*** *suttonmsinfo@btinternet.com*

Committee 2010-2011
Chair Paul Dunstan 0121 686 6476
Secretary Pauline Commander 0121 382 1385
Treasurer Jayne Robinson 07958739046

Caravan– For Bookings and further information please contact Teresa Jennings ONLY, onh 0121 350 9936



MULTIPLE SCLEROSIS SOCIETY SUTTON COLDFIELD & DISTRICT

Multiple Sclerosis Society

Charity No. 20749

# Miscellany

**September 2010**

Congratulations to Alan and Carolyn on their special day



A BIG thank you to those who took part in the abseil at Fort Dunlop, across the whole event over £10k was raised and our branch will receive £1200







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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;


Jennie Groom on 079 58 60 60 15 e-mail jennie-g@hotmail.co.uk or
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# Campaign for Sativex

People with multiple sclerosis (MS) are being denied access to the new symptom relief treatment Sativex.

Over the past few weeks the MS Society has learned that several Primary Care Trusts (PCTs) have refused to fund the treatment, claiming it's not cost effective.

**Have you been denied Sativex?**
We have published a new guide on our website to help you challenge this. The guides gives information about your rights, how to make a request, what exceptional circumstances are and how you can appeal.
If you don't have internet access please phone 0208 438 0700 and ask for the Policy and Campaigns team, who will send you a paper version.

**Let us know**
If you or your branch members have been denied Sativex then contact the policy and campaigns team on campaigns@mssociety.org.uk and let us know.

**About Sativex**
The cannabis based mouth spray was licensed by the Medicines and Healthcare products Regulatory Agency (MHRA) in June to treat people with MS who experience serious symptoms of spasticity. A full fact sheet with more detail is available at www.mssociety.org.uk/research/fact_sheets.html

# MS Nurses under threat

A number of MS nurse posts across the UK are under review and at risk of being cut. In some cases, posts are being frozen (where nurses have left and the post hasn't been recruited to) or cut altogether.

In July the MS Society held a meeting in parliament (the All Party Parliamentary Group) where MPs gathered to support our ongoing campaign to protect MS nurses and to encourage local health bodies to endorse their roles.

There are approximately 220 MS nurses across the UK, just one nurse for every 450 patients with MS.

**Take action!**
We are campaigning about the importance of keeping specialist nurses at the front line. If your MS nurse is under threat tell us!

If you live in England email the policy and campaigns team at campaigns@mssociety.org.uk

# Diary Dates

## *October*

| | |
|---|---|
| 6th Oct | Mother Of Pearl – George Hook (Westfield Court) |
| 11th October | Physio and Beautician |
| 13th October | Social evening at Horse and Jockey |
| 25th October | Physio |

## *November*

| | |
|---|---|
| 3rd Nov | Action For Birds – John Glews (Westfield Court) |
| 8th November | Physio and Beautician |
| 22nd November | Physio |

## *December*

| | |
|---|---|
| 1st Dec | Details to be confirmed (Westfield Court) |
| 6th Dec | Physio and Beautician |
| 13th Dec | Buffet at Clifton Road |

Branch closed for Christmas

Closed 13-12-2010 re-open 10-01-2011

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

Monday 11th October
Monday 8th November
Monday 6th December
Monday10th January



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

Monday 11th October
Monday 25th October
Monday 8th November
Monday 22nd November
Monday 6th December
Monday10th January





# HOMEPAGE

## *Belated Happy Birthday to*

| | | |
|---|---|---|
| Jayne | Robinson | 01-Aug |
| Jane | Hall | 02-Aug |
| Marie | Slater | 02-Aug |
| Jennifer | Jack | 06-Aug |
| Carolyn | Chapman | 07-Aug |
| Vivien | Bennett | 11-Aug |
| Karen | Fisher | 13-Aug |
| Stanley | Povey | 13-Aug |
| Dee | Dunstan | 16-Aug |
| Susan | Bond | 27-Aug |
| Jo | Warde | 04-Sep |
| Fariba | Alidoust | 05-Sep |
| Louise | Carr | 06-Sep |
| Anne | Shand | 11-Sep |



## *Happy Birthday to*

| | | |
|---|---|---|
| Roy | Davis | 01-Oct |
| Robin | Lloyd | 10-Oct |
| Tez | Hynes | 21-Oct |
| Lisa | Yates | 09-Nov |
| Anthony | Allen | 12-Nov |
| Sylvia | Butler | 21-Nov |

*(If we have missed yours or if these entries are incorrect please let us know!)*

*(If you would rather we did not mention your birthday please let us know!)*

# NEW OPPORTUNITY
# Computer courses at the Elwood Centre

**Do you have a physical disability?**
**Are you new to IT?**
**Would you like to develop practical IT skills and increase your computer confidence?**
**Then why not try a basic computer skills course at the Elwood Centre?**

The centre has a fully accessible IT suite with specialist equipment to enable people with physical disabilities to use the computers.
You don't need any previous experience and by the end of the course you will be able to:
- Obtain information from electronic sources
- Produce documents using text and images
- Generate, send and print email messages using a web email account (Yahoo or Hotmail)

Course start date 2 November 2010 to 22 February 2011
Time Tuesday Evenings 7pm to 9pm
Course fee £10 in total (subsidised by Adult Education)
Location The Elwood Centre, 270 Reservoir Road, Erdington B23 6DE

**Contact the Elwood Centre on 0121 675 2600**
**If there is no answer please leave a recorded message and we will get back to you by the end of the next working day.**
**As an adult education learner, you would be entitled to information, advice and guidance about progression from your course.**





## "Planning for the future".

Planning for the future can be an emotional and complex subject, but making plans sooner rather than later could make things much easier for you and your family, and could save a lot of money.

**West Midlands firm Blakemores Solicitors is hosting a free, informal seminar on common legal and financial issues that affect people with MS, their carers and their families.**

**This can include:**
Providing for the next generation and byond;
Asset Protection and planning for care fees
Powers of Attorney and Deputyships;
Probate & Estate administration.

**Venue: 40 Great Charles Street,**
**Birmingham, West Midlands B3 2AT**
**Date: Thursday 25th November 2010**
**Time: 14.00hrs**

If you would like to attend the event or if you would like any more information, please contact Ravi Francis on ravi.francis@blakemores.co.uk or 0121 234 6490.

**The MS Society does not endorse the advice or information offered by Blakemores Solicitors or any other similar provider**

Anyone free for a few drinks and a bite to eat on Wednesday 13 October??
The Support Team, who are part of the MS Sutton Coldfield and District Branch, would like to invite you to a social evening at The Horse and Jockey Pub, Jockey Road, Sutton Coldfield on Wednesday 13th October from 6.30pm.
The last event was deemed to be a great success. If you came in July it would be really lovely to see you again and if you couldn't make it please feel free to join us. Many of us came on our own so don't be shy.
Please pop along for a few drinks, or a bite to eat, even if just for an hour. It would be great to see you, if there are enough of us we could make up a team for the pub quiz on that evening!
The pub is wheelchair friendly with a downstairs disabled toilet.



St Giles
hospice

# EXTEND EXERCISE GROUP FOR PEOPLE WITH MULTIPLE SCLEROSIS

**New group starting on Thursdays**
**16th September to 16th December 2010**
**11am to 1pm (including lunch and support) at**
**St Giles Hospice, Lindridge Road, Sutton Coldfield, B75 6JB**
**For further info please contact**
**Julie Robinson**
**Tel: 07711 696 308**
**Email: Julie at JRVitality.com**

# If you can't reach it you can't drink it!

**The Hydrant** and **The Sports Hydrant** are breakthrough drinking aids - ingeniously simple, low-cost solutions to the potentially life threatening issues caused by dehydration in healthcare, sports and leisure.
The unique, one piece, cap/handle/clip attaches them securely onto beds, chairs, wheelchairs, car seats, belts, rucksacks, bikes, school desks, pushchairs and many other places. This gives the user instant access to fluids so they can drink at any time without assistance.
Being unable to reach a drink without calling for help is frustrating and can lead to dehydration. As a result of personal experience following a major spinal operation, Mark Moran established Hydrate for Health with one simple goal: making it easy to drink independently by closing the gap between the drinker and the drink.

**The Hydrant is a finalist in the Nursing Times Products Awards 2010**

## The Hydrant

Designed to give those with limited mobility a way to increase independence and reduce the chance of dehydration by being able to drink whenever they want to without assistance.

**The Hydrant** system is a 1 litre water bottle, a unique*, one piece, cap/handle/clip, a drinking tube with a bite valve and a small clip to attach the tube to clothing if required. The bottle is hung from the bed, chair or wheelchair and the user simply takes hold of the tube, inserts the bite valve between their lips then bites and sucks. The bite valve opens under pressure and closes when released so there is no leakage.
For further details visit the website – hydrateforhealth.co.uk






**The OpenLondon 2010 guide book is now published.**

**The definitive travel guide to accessible London. If you have access needs, OpenLondon is *the* guide to exploring and enjoying London to the full.**

- **Assessed places to stay**
- **Accessible restaurants**
- **Inspirational information about places to visit**
- **Practical advice on getting around**
- **Information resource contacts**
- **Index for mobility, hearing and visual needs**

**To order your copy at £9.99 (plus £4.99 P&P) please email info@tourismforall.org.uk, or call 0845 124 9971.**

**On behalf of Tourism for All UK**
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**www.tourismforall.org.uk**