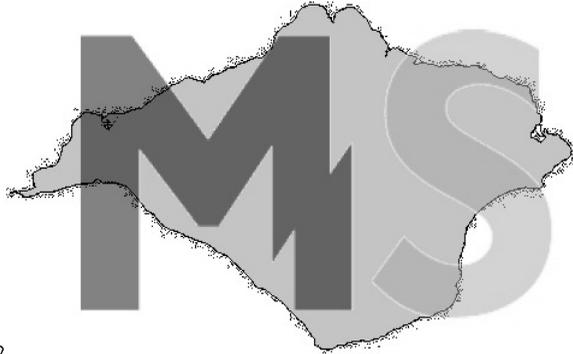


**NEWS LETTER FOR
THE MS**

Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



MARCH 2013

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Disabled toilets. Ironically they are the only toilets big enough to run around in.

The opinions printed in this Newsletter are not necessarily those of the Multiple Sclerosis Society, the Branch Committee, nor anyone involved with the production of this publication.

Charity number 207495

Action on hearing loss

Action on Hearing Loss User Forum December 2012

Speaker: Jack Richards re Tinnitus

Tinnitus is the production of head noise and it can be caused by many things usually outside, and not as was generally thought the damaging of the sensory hairs in the cochlear. Research has now suggested that the condition is not caused in this way, but is in the aural pathway in the brain. In 10% of the population who experience Tinnitus, 9% do not 'suffer' the excruciating pain and aggravation caused by the constant sounds in the ear. In almost every case there is a form of treatment that will help. Anxiety is one of the things that exacerbates it and heightens the problem. You need to break the circle and sometimes it can mean that drugs are needed initially, retraining your mind and not living in silence which encourages you to concentrate on the tinnitus. Maskers can be used to combat the constant sounds.

For the 1% who do suffer, they do need help because of the seriousness of their condition and there is help available. Although GPs do not seem to regard it as a serious problem, for those who suffer, it invariably is. There are centres of excellence throughout the country and on the Island we have access to Susan McCormack who is in Audiology. It is necessary to insist with the GPs that they refer the patient to her individually. With 'patient choice' we should be able to request being sent to a preferred clinician. There is now a support network and it can be accessed by anyone who needs it. On the Island we are lucky enough to have access to Jack and he can be contacted via Action on Hearing Loss.

ALF MURDOCH

Location Quiz



1. South American nut
2. West country pasty _____
3. _____ bun
4. _____ parkin
5. _____ green beans
6. _____ pride (flower)
7. _____ ham
8. _____ crab
9. Not Costa coffee but _____
10. _____ mummies
11. _____ mounties
12. This bear came from darkest _____
13. _____ pie (song)
14. The great, grey, green, greasy _____ river
15. From _____ with love
16. _____ pony (Island)
17. _____ corgi
18. _____ white dog
19. _____ sole
20. Sweet _____ moon (song)
21. From _____ to _____ (fund raising route)
22. Ticket to _____
23. _____ geese
24. _____ ink
25. _____ town
26. The day we went to _____ (song)
27. It's all _____ to me
28. _____ smokies
29. _____ triangle or shorts.

- | | |
|-----|---------------------------|
| 29. | Brazil |
| 28. | Cornwall |
| 27. | Chelsea or Bath |
| 26. | Yorkshire |
| 25. | Kenyan |
| 24. | London |
| 23. | Parma |
| 22. | Norfolk or Cromer |
| 21. | Costa Rica |
| 20. | Egyptian |
| 19. | Canadian |
| 18. | Pern |
| 17. | American |
| 16. | Lampopo |
| 15. | Russia |
| 14. | Shetland |
| 13. | Welsh |
| 12. | West Highland |
| 11. | Dover |
| 10. | Georgia |
| 9. | Landsend to John o Groats |
| 8. | Ryde |
| 7. | Canada |
| 6. | India |
| 5. | Durham |
| 4. | Bangor |
| 3. | Greek |
| 2. | Arbroath |
| 1. | Bermuda. |

GREEN MILK BOTTLE TOPS

It's not a myth, I have found a company on the net who would pay £100 for a ton of clean, non-contaminated green milk bottle tops. So I thought I'd look into seeing if we could all help our MS branch by collecting them.

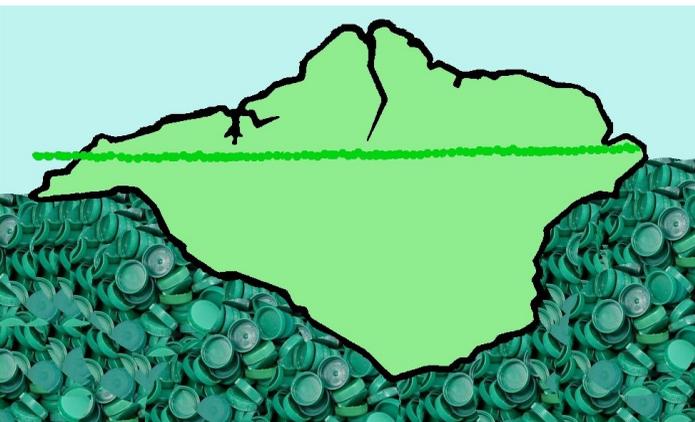
ONE TON OF TOPS.

Give or take a handful, you need 725,800 tops to make one ton. Easy peasy I think.

Then I measure one and realise that if you laid them all down side by side, they'd reach from one side of the Island to the other, east to west. OK, go and pick them up again and put them into black bin bags. You would need 200 - yes, two hundred black bags to do that. Where would you keep all that lot!

Right start collecting now anyway. Buy one bottle every day and save the lids. It will only take you 1,994 years to collect 200 bags full. Put another way, 91,000 gallons of milk. Carrying it home was no mean feat either. If you bought it all at once it would have weighed 384 tons!

Now I don't want to put any of you off collecting, keep on going please. However, could some of you who do save the bottle tops please let me know what you do with them?? I've only been able to find one company that have a genuine UK address and



say they will buy them. So - how do I get 200 black bags full of bottle tops up to the midlands and still have change from 100 quid?

(PS I collect mine and give them to a bloke called John. I don't know what he does with them, but he can't get in his garage!)



Of king sized beds and Vitamin D

So how did my romantic weekend away with the wife get hijacked by an Information Event at Winchester on the benefits of sunshine and vitamin D - I don't really know it just sort of merged. I had booked the hotel at Salisbury and then she let it slip that there might be something going on that weekend nearby we could just pop along to.

To start with we turned up at Yarmouth at the new prescribed time of at least 30 minutes before sailing only to find the quay deserted. I've never been so early for a ferry in my life but luckily we knew to go to lane 4 and await loading. 10 minutes before sailing time the ferry came in, a ticket collector appeared and took our requirements which was wheelchair access to the passenger side. No mention was made of putting on our hazard lights but we did anyway. On driving onboard we met the most helpful deck officer of all time who just couldn't do enough for us and asked us why we hadn't told anyone we needed wheelchair access!!!

A simple drive to Salisbury - got in the wrong lane once on a roundabout and was suitably abused by a white van man and an hour later we were making ourselves comfortable in our Premier Inn room. I can't recommend enough the staff and facilities you get staying at Lenny Henry's favourite hotel chain, not to mention the confidence in the knowledge that wherever you go in the country you will always get the same level of facilities and service. Most importantly you know that the disabled room will be wheelchair friendly. You just need to remember to pack your own coffee and a decent loo roll! The only difference you can get is a bath or a wet room so it pays to check with the hotel. In Salisbury only one of their disabled rooms has a wheel in shower and it happens to be at the far end of the building but well worth the extra 60 yard walk. On top of that it also has a king sized bed and I mean huge! I'm 6ft 1

and I couldn't touch both sides of the bed with my arms out stretched!!

The info day was at a Holiday Inn just outside Winchester with lift access to the conference floor and unfortunately only one disabled toilet but not too big a problem. My wife will talk to anyone she meets like they were long lost friends. She soon met up with a local couple swapping stories etc. They asked what month she was born in as most people with MS are born in May or June. At this point I switched off as I am definitely not into astrology and will gladly eat my hat if there's even a grain of truth in it!

The buffet was excellent and almost made it worth attending on its own. Afterwards we were ushered into the conference room for the first presentation by a member of the MS Research Team. In spite of technical difficulties with the microphone system, a very good impression of Norman Collier was given and yes, they did change the batteries at one stage. We were enlightened as to how the 5 - 6 million a year gets spent and what strands of research are the flavour of the month. She also fielded some very sticky questions extremely well from members of the disgruntled old guard over the slower than predicted arrival of a stem cell therapy. The focus at the moment is on halting and repairing Progressive MS which will have its flow back to help those suffering with the Relapsing Remitting earlier stage of the disease. High on the list of successes for managing symptoms and improving sufferers quality of life are Botox and Pilates. This is more inline with what you would expect "A" list celebrities to be into, not a recommendation for someone who is wheelchair bound with MS.

The second speaker, in jeans and a baggy jumper, Dr Seeram Ramagapalan took the stage and began his presentation with,

"Hi I'm Ram". With this, he soon endeared himself to us.

This was the finest lecture on MS I've attended over the past 10 years and that includes attending three national conferences. It was beautifully delivered in a friendly manner, none of the, I'm the expert talking down to you. Ram was a practical and obviously passionate expert on the disease. He ran through the history starting with the first described occurrence in the 14th century and touching on all the major landmarks in diagnosis before addressing the relevance of DNA. He was the first professional I've heard who actually put a percentage likelihood on the chances of a daughter getting MS when a parent has it (3%). Did you know that the chance is doubled to 6% if the child has had glandular fever? If you do not have the Epstein Barr Virus in your system then you won't get MS - mind you over 90% of us do have it.

He then went on to explain DNA. I almost understood how you get half from each parent etc and that there are certain genes that make you more susceptible to developing MS. This is his speciality. A light bulb moment occurred when he said there are three components as to whether you get MS or not - genetics, environment and CHANCE!!!

Moving on to the geographical spread of MS, the further you get from the equator the more likely you are to get it. But don't all rush off to emigrate to Africa or such like as it only really makes a difference living there for the first 15 years of your life! He dispelled a couple more myths ie. Asian countries do have a form of MS but they just call it something different. Also, regarding the story of the Faeroe Islands that never had a case of MS till the British Army set up a base there in 1940. Was it a virus they brought with them? No just a neurologist who knew how to diagnose MS!!!!

So why is the sun and the equator so important? Simply put you

need regular strong sunshine for your body to produce Vitamin D which appears to prevent MS developing. We pale faces need about 15 minutes of midday summer sun on unprotected hands and head every day of the year. He did warn that getting your kit off this time of year would not be beneficial as the sun is too weak even when its out and you will just end up with frostbite. Yes you do get some from your diet but not in the quantities needed. There is great discussion over the necessary dose required for a tablet form substitute as its between 5,000 and 10,000 times the dose you can currently buy from a chemist. Please note it is vitamin D3 (and not with added calcium) that you need, this is not poisonous in large quantities as is vitamin D2!!

As for the terrible prevalence of seeing younger and younger people with MS these days, well I'm afraid that could be attributed to modern practices of slapping on the sun screen to protect them from skin cancer during those crucial first 15 years. Nothing like being between a rock and a hard place as a parent.

In the questions session someone asked about the relevance of which month you were born in having an effect on whether you developed MS. At this point the hairs on the back of my neck started to stand on end and my wife gave me one of her looks! Yes it's true! Because the mother is exposed to less sunlight during the earlier months of pregnancy with babies born during April, May and June there appears to be a provable scientific link. Ah!!

So it was back to the king sized bed (further details of which would be far beyond modesty and good taste to recount here) and to find some form of sauce from the restaurant that would make my wooly hat taste better.

Thanks to Terry for an interesting report.

Personal Independence Payment

Motability thought it would be helpful to keep you up-to-date about planned changes to disability benefits and, in particular, to Disability Living Allowance (DLA) which most Motability customers use to pay for their vehicles on the Scheme.

From 8 April this year, the Department for Work and Pensions (DWP) is introducing a new benefit called Personal Independence Payment or PIP for short. By 2018, PIP will have replaced DLA for disabled people aged between 16 and 64.

What is PIP?

PIP is a new benefit to help disabled people with the extra costs of being disabled. Like DLA, PIP will have two components: a 'daily living' component and a 'mobility' component. Each component will have two rates of payment: a 'standard' rate and an 'enhanced' rate. You will be able to lease a Motability car by using the enhanced rate of the mobility component of PIP which will be set at the same level as the Higher Rate Mobility Component of DLA. Like DLA, PIP will not be means-tested or taxable, and can be paid whether you are working or not.

Who will receive PIP?

PIP will replace DLA for disabled people aged between 16 and 64, even if they currently have an 'indefinite' or 'lifetime' DLA award. Disabled children will continue to receive DLA until they reach the age of 16. DLA will also continue to be available for those aged 65 and over on 8 April 2013.

How will the DWP decide who gets PIP?

Regulations to finalise the assessment criteria for PIP will not go before Parliament until early 2013. The eligibility criteria for PIP will be different from those for DLA today and existing DLA recipients will not be automatically transferred across to PIP. This means that even if you already receive DLA, you will need to make a claim for the new benefit when the DWP invite you to do so at some point between 2013 and 2018. The DWP will then assess your claim and decide what level of PIP benefit you should receive.

When will DWP invite me to apply for PIP?

From October 2013, children reaching the age of 16 and existing DLA recipients whose fixed term DLA award ends, or who report a change in their condition, will be invited to apply for PIP. From October 2015, all other DLA recipients including those with 'indefinite' or 'lifetime' DLA awards will be invited to apply for PIP. The process of reassessing current DLA recipients should be complete by 2018.

Can I choose not to apply for PIP and stay on DLA instead?

No. If DWP invite you to apply for PIP, you will need to make a claim for the new PIP benefit within four weeks of being invited to do so. If you do not make a claim for PIP, DWP will suspend and then stop your DLA payments completely. It is very important that you do not ignore any communications from DWP; please read any letters you receive carefully and respond within any deadlines.

Will I still be able to use the Motability Scheme once I apply for PIP?

The Motability Scheme will work with PIP in the same way as it does with DLA. Motability will continue to lease cars, powered wheelchairs and scooters to those people who receive the enhanced rate of the mobility component of PIP, which will have the same value as the Higher Rate Mobility Component of DLA. If you are awarded the enhanced rate of the mobility component of PIP, then your Motability lease will continue as you move from DLA to PIP.

What happens if I am not awarded the enhanced rate of the mobility component of PIP?

If you are not awarded the enhanced rate of the mobility component of PIP, we will not be able to continue to lease a vehicle to you. If that happens:

The leasing agreement ends.

We will arrange with you for your vehicle to be returned.

We will refund any Advance Payment on a pro-rata basis,

e.g. if the agreement ended after one year of a three year lease, two-thirds of the Advance payment would be refunded;

and subject to terms and conditions, we may be able to offer the vehicle for sale.

Are these changes happening in all parts of the UK?

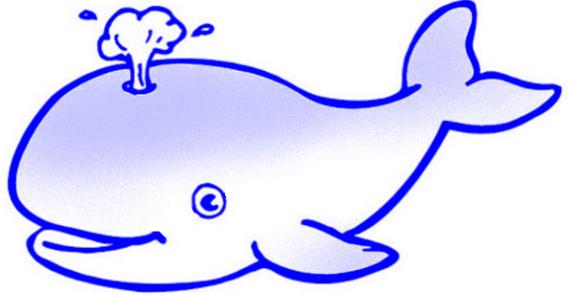
The changes explained above will apply to England, Wales and Scotland. The devolved administration in Northern Ireland is working with DWP to consider how changes will be introduced in Northern Ireland.

Do I need to do anything now?

No, you do not need to make a claim for PIP until you are contacted by the DWP at some point between 2013 and 2018.

Jokes

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.



The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, 'When I get to heaven I will ask Jonah'. The teacher asked, 'What if Jonah went to hell?' The little girl replied, 'Then you ask him miss'.

My neighbour knocked on my door at 2:30am this morning, can you believe that, 2:30am?! Luckily for him I was still up playing my bagpipes

A lady says to her friend,
“My husband is always talking down to me, pushing me about and talking behind my back. ”

Her friend says, “What do you expect? You're in a wheelchair.”



BACON & LENTIL SOUP

Soup is one of the most versatile ways to make something warming, tasty and nourishing. So many of us these days just turn to the packet soup, can or, worst of all, cup'a'soup. It can be almost as quick and easy to make something really special. Large batches freeze well too.

Donna Hay's chunky soup makes a hearty winter warmer

Ingredients

- 2 tsp vegetable oil
- 1 onion
- 2 rashers of bacon, finely chopped
- 1 tsp thyme leaves
- 150 g red lentils
- 1.25 litres chicken stock
- Finely grated parmesan, to serve
- soured cream, to serve



Prep time: 10 min - Cook time: 25 min - Serves: 2

Method

1. Heat a saucepan over medium-high heat. Add the oil, onion and bacon and cook for 4 minutes or until lightly browned.
2. Add the thyme, lentils and stock, cover and simmer for 20 minutes or until the lentils start to break down. Stir in salt and pepper.
3. Ladle between bowls and top with parmesan and sour cream to serve.

ALFAKODO

I don't know where this type of puzzle originates but it sounds a bit oriental. There are no solutions printed for it because you have to persevere until it all falls into place.

Letters A to Z have a number value. Some are shown in the right hand cells. Create the remaining values using the clues in the centre cells.

A	$H+D$		N	$U \times U$	
B	$I+H$	20	O	$X-M$	4
C	$G \div U$		P	$B \div K$	
D	$A \div A$		Q	$S+O$	
E	$W+D$		R	$M+Z$	
F	$L \times U$		S	$P+U$	13
G	$X-D$		T	$I+J$	
H	$P+O$		U	$F \div L$	3
I	$E \div K$		V	$O+E$	
J	$M+D$		W	$Y-A$	
K	$M \div N$	2	X	$W+W$	
L	$O \times K$	8	Y	$S \times K$	
M	$P+L$		Z	$S-L$	

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Don't forget to visit our website.

www.wight-ms.org.uk

Grateful thanks to Tim Sell and his staff at Crossprint for their help by printing our newsletter. Telephone 01983 524885

SOCIALS



22nd March
The Bear Café
Lake
Menu as soon as possible



26th April
The College
Newport
Menu as soon as possible



Look out for further details of socials and Friday Club meetings on our website.
wight-ms.org.uk

Please mark the dates in your calendar now
Please telephone Fay on 01983 865637 to book your place and to let her know your choice of meals. Then, on the day, remember what you ordered!!