

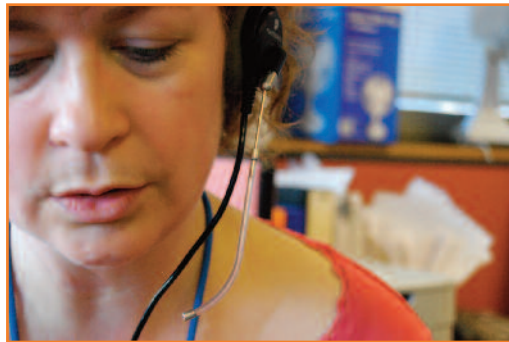
Disability benefit process labelled a 'fiasco'

A report from the Public Accounts Committee has labelled the roll out of disability benefit Personal Independence Payment (PIP) a 'fiasco'. The committee is responsible for overseeing government expenditure, Margaret Hodge, chair of the committee, has stated the Department for Work and Pensions has "let some of the most vulnerable people in society down".

New claims for PIP – which replaces Disability Living Allowance – started in April 2013. People complete a paper application form and most then have a face-to-face assessment to determine whether they're eligible for the benefit.

However, thousands of people have experienced delays of up to a year in the claims process, often not hearing when their assessment is, or what decision has been made. In the meantime, many receive no

financial support at all. The MS Society has heard from lots of people worried and distressed about the process and lack of decision, which also prevents people from claiming other key benefits – like Carers Allowance.



Claire Nurden, Senior Policy and Campaigns Officer at MSS and co-chair of the Disability Benefits Consortium, said: "We agree with the Public Accounts Committee that the department should make sure that new systems and policies are fully tested before they are implemented nationally. It's not

fair to use disabled people as guinea pigs in a process that doesn't work.

"In the meantime, the government must put plans in place to provide support for those in severe financial hardship as a result of the delays, and halt any plans to extend the benefit to more people until the system is fit for purpose."

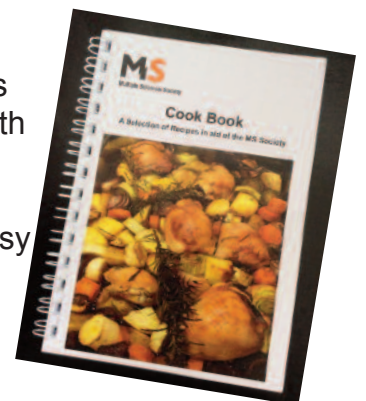
New local MS Cook Book

As most of you will know, Canterbury & District Branch has been working on an MS Cook Book over the past few months. It has now been printed and ready to go, retailing at £6. As promised, the book does not mention it has been produced by the Canterbury branch, it is promoted as a general MS publication but it does include all the South East contact details at the back (including the new email addresses).

The book contains over 60 recipes kindly

donated by MS members and local chefs, many with little personal memories attached, and it is in A5, wire-bound format for easy handling in the kitchen, and is in black and white with a number of colour pictures included.

If you would like to purchase a copy, contact Judy Lee on: j.lee349@btinternet.com.



From the Vice Chair

Brian Wood

Contact Details

Chair	Lorraine Hudson 01843 209522
Vice Chair	Brian Wood 01843 294872
Treasurer	Angela Varley 01843 652552
Secretary	Katie Leverett 07708 286371
M/ship Secretary	Brian Wood
Lead Fundraiser	Lorraine Hudson
Fundraising volunteers	Kathy Wood 01843 294872 Katie Leverett
Committee member	Roger Varley 01843 652552
Lead Support	Pending
Support Volunteer	Jane Denton 01843 867403
Social Secretary	Vacant
Transport	Philip Shearsby 07787 933569

Communications Team

Newsletter Editor	Denise Smith ~ denise@dspublishingservices.co.uk
Publicity Officer	Vacant
Website Editor	Vacant

www.facebook.com/mssociety
www.twitter.com/mssocietyuk

MS Newsletter is published by the Thanet Branch of the MS Society. We give regular updates about what is happening in the MS community. All views expressed in this publication are individual and not necessarily the views or the policy of the charity and its supporters.

Multiple Sclerosis Society. Registered charity numbers 1139257/ SC041900. Registered as a limited company in England and Wales number 07451571.

As I write this, summer seems to be here, well for a few days at least. There was a very enjoyable Kingfisher river trip earlier in June and a good time was had by all, although a bit less rain wouldn't have come amiss I'm told.

The Bat 'n' Trap organised for the 17th June had to be cancelled due to lack of interest; this is a shame as previous years we've had a good time with our friends from the Morris Minor club and a great free BBQ to boot.

As you may have read in the last newsletter, as part of our 45th year celebration, we're intending to have an Information/Awareness day in September at Quex Park with the speaker being a Neurologist from the QEQM. With the turn out being low at monthly meetings and non-existent for Bat 'n' Trap, we're wondering if this should go ahead. Lorraine has booked the venue and the speaker has confirmed, now we need you to let us know you intend to be there. So please could you phone or email me at brianwood66@hotmail.com or 01843 294872. Please could you do this by 16th July at the latest - if the response is poor it gives us time to cancel.

The grapevine has been active lately and it seems some are discontent with the committee and organisation of outings. There is no objection to anyone organising a trip/outing; in fact we welcome it. What has to be born in mind is that every member must know and have the opportunity of taking part. We have been criticised by National Centre before for not doing this, also now we have to ensure that Transport Audits, Register of Members Present, and Risk Assessment has been done. If this is not done then members may not be covered by insurance should there be an accident. I know, what a palaver but we are in the clutches of Health and Safety these days.

If anyone is really discontent then you can make a request, via Lorraine, to attend the next committee meeting and put your points, positive or negative, to the committee. We're all volunteers and should be working for the good of all MS members in Thanet not just those we see on a regular basis.

Next year may well see some members of committee standing down, so if you're interested in joining committee, no time like the present to let us know. You can the start to come along to committee meetings and get involved so you can be prepared for taking over whichever role comes vacant.

Enough already, time to go and watch football, golf, tennis or cricket, or why not just enjoy the sun. Hope to see you at next meeting.

Brian Wood

New Carers' Week research reveals public ignorance of caring

Research published to mark Carers Week 2014 shows there is an invisible army of carers in the UK who are struggling behind closed doors and not receiving enough support.



To help change this, Carers' Week launched an exciting new initiative – the Carers' Week Quest. By encouraging improved collaborative working in local communities, the Quest aims to reach out to the thousands of carers who are missing out on services

The Carers' Week survey also found that the majority of people (91 per cent) don't realise the scale of unpaid family care in the UK, even though one in eight people are currently caring for someone.

Over 2000 people were asked what their most pressing concerns would be if someone close to them were to need care. The top three were revealed as:

- Money worries – being able to cope financially
- Emotional strain – finding it too stressful/upsetting
- Not knowing how – not having the relevant experience or skills.

and support.

Support available for families and carers

Around three quarters of people with MS will rely on care and assistance from family and friends at some point in their lives. It's vital for the MS Society (MSS) to recognise and support the work these families, carers and friends do every day.

The MSS has information on financial support, practical help, rights at work and self-care for people who have caring responsibilities. It provides a dedicated helpline, grants and an online discussion forum specifically for carers.

MS Nurse Service

The MS Nurse Service has been over stretched since Maureen Speed has had to go on extended sick leave; this has left a very high case load for the other two nurses to attend to.

I wish to explain to you that the MS Specialist Nurse Service is not an emergency service and if you have an emergency for what ever reason regarding your MS you need to contact your GP straight away.

The nurses are unable to respond to any phone calls in a time frame that an emergency needs. If you call the nurses, the answer phone does state that it can take up to three days for them to get back to you.

During this extra case load period, this time may be extended and I want to draw your attentions to this. The nurses are doing their best and are still able to give an excellent service and I am sure you will agree with me

that they already go above and beyond their call of duty in the hours they already put in.

So I wanted to explain the situation to you all so that you are aware of the challenges they face and to ask you to be understanding if you are experiencing a delay in their response to you.

If you have been affected by a long delay in getting a response to any calls you have made, or any appointments that have been cancelled or delayed, or experienced any discord with the service you are receiving, please let me know as I can formulate these and work with the Hospital Trust to show the evidence that we need more MS Nurse support.

Rita Holme
Service Development Officer - Kent & SE
London, MS Society
DD: 020 8827 0211
Switchboard: 020 8438 0700

Events

Date Wednesday 2 July
Time 7pm-9pm
Event Monthly meeting
Venue Randolph House, Zion Place, Margate
Cost Free

Date Saturday 5 July
Time 10.30am-4pm
Event Canoeing at Bewl Water
Venue Bewl Water Outdoor Centre, Lamberhurst, Kent

Date Tuesday 8 July
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Tuesday 8 July
Time 12-2pm
Event Thanet Disability Forum
Venue St Mark's Church, Ramsgate
Cost Free

Date Thursday 17 July
Time 7pm-9pm
Event Evening meet-up
Venue The Promenade, Station Road Marine Trc, Margate
Cost Free

Date Tuesday 22 July
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Tuesday 5 August
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Wednesday 6 August
Time 7pm-9pm
Event Monthly meeting
Venue Randolph House, Zion Place, Margate
Cost Free

Date Tuesday 12 August
Time 12-2pm
Event Thanet Disability Forum
Venue St Mark's Church, Ramsgate
Cost Free

Date Thursday 14 August
Time 7pm-9pm
Event Evening meet-up
Venue The Promenade, Station Road Marine Trc, Margate
Cost Free

Date Tuesday 19 August
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Date Tuesday 2 September
Time 10am-12noon
Event The daytime meet-up/drop-in
Venue Costa Coffee, Westwood Cross
Cost Free

Please ensure you ring Philip Shearsby on 07787 933569 in good time if you need transport.

Thanet Disability Forum

Join us every 2nd Tuesday, every month St Mark's Church, Ramsgate from 12-2pm. For further information please visit our website at www.thanetdisabilityforum.weebly.com

Physio

Tuesdays at 4.30pm ... Physio at the Q.E.Q.M. Please call Philip on the day to make sure it is still on. If you would like to request transportation please call Philip by 6pm Monday.

Useful contact details

BEC (Benefit Entitlement Check) 0800 0729006. Free and confidential check to see if you are getting what you are entitled to.

National MS Helpline:
0808 800 8000

If you know someone who would like to join our branch or would like to know more about us please contact:

Lorraine Hudson
01843 209522.

Branch support helpline:
07968 123059

Branch support email:
mshelplinethanet@gmail.com



Canoeing at the Bewl Water Outdoor Centre near Lamberhurst, Kent

Saturday 5th July 2014

Sportability are offering a day of canoeing at Bewl Water Outdoor Centre, just off the A21 near Lamberhurst in Kent.

It will start at 10.30am at the Centre for a briefing and kit-up; with kick-off at approx. 11.00am. There will be a session on the water, then a short break for lunch (please remember to bring your sandwiches!) and then for those that are up for it, another session out on the water, finishing at approx. 4pm.

The sessions will consist of two opportunities - using either a canoe or a Kayak. You might even try both! For those who are more confident and perhaps with some experience, the single seater kayaks are a preferred option. But for complete beginners, or those who feel they need a bit more support there is the open canoe. And, for even more security two of these can be lashed together to form a catamaran - a very stable craft!

This event is available to everyone, whether you have canoed before or not. Absolute beginners are very welcome. There will be instructors and/or recovery crew in safety boats throughout the activities.

Lif jackets and waterproof jackets will be provided, but attendees should please bring a change of clothes - even if you don't go in, you may still get very wet!

You will be required to complete a medical questionnaire and consent form prior to participation, at the request of Bewl Water Outdoor Centre.

Full details of the location and directions can be found by visiting the website of Bewl Water Outdoor Centre, and going to their 'Where Are We?' page.

Contact Sophie, on sophieturley@yahoo.com or call her on: 0771 9705516 to reserve your place. Or contact Valerie or Ann on 020 8959 0089 or email info@sportability.org.uk

Royal Parks Foundation Half Marathon



A spectacular London run

The Royal Parks Foundation Half Marathon is an exciting event in the racing calendar.

Starting and finishing in Hyde Park, this fantastic route takes in superb views of some of the capital's most iconic landmarks, including Buckingham Palace, the London Eye and the Houses of Parliament.

Event information:

When - 12 Oct 2014, 9:30am

Location - Hyde Park

Postcode - SW3 1ED

Registration fee - £35

Minimum Sponsorship - £400

MS Walk 2014

Walk along the Thames

Following on from last year's event, MS Walk 2014 is set to be a great day out. The path follows the River Thames past some of the city's most famous landmarks.

There are two routes to choose from. A 20km route starts from the historic Cutty Sark at 10am. Then a shorter, accessible 10k walk will begin at 12 noon from Tower Bridge.

Finishing at Battersea Park, everyone will be welcome to join a great post-event reception in a nearby venue.

Event information:

When - 28 Sep 2014 10:00am - 6:00pm

Location - Cutty Sark or Tower Bridge

Postcode - SE10 9HT

Price - £5 registration fee, then raise as much as you can!

Feature: Celebrate and donate

Weddings and special occasions

Every year many of the MS Society (MSS) supporters celebrate their birthdays, anniversaries, engagements and weddings with them and raise much needed funds for the MSS along the way.

Hosting a party?

The MSS can provide you with a free party pack containing everything to help make your event a success and also add a splash of orange to your party. Why not consider adding a fun activity like a raffle, tombola or guess the weight of the cake to your party? If you would like something a little more formal, why not prepare a meal and ask your guests for a donation?

Sign up now to receive your free party pack.

Your help enables the MSS to continue to support people affected by MS and fund world class MS research. However you wish to celebrate your special occasion, they're able to help.

Donations instead of gifts

Instead of receiving presents for your special occasion why not ask your guests, family and friends to make a donation to the MS Society instead? You can do this by setting up an online fundraising page at www.justgiving.com/mssociety.

It's easy to do and means your friends and family can make a secure online donation using their credit or debit card and leave a personal message for your special occasion.

If you would like your guests to make their donation on the day, MSS can provide Gift Aid donation envelopes.

Weddings

Buying MSS wedding favours are a great way of showing your support and making a personal donation to the Society. They have pin badges, ribbons and wedding cards available for your special day. They ask for a suggested donation of £1 per item.

Or you could make a donation to the MSS instead of buying wedding favours.

To order or find out more please contact the MSS at

celebrate@mssociety.org.uk, or telephone 0845 481 1577.

Some couples choose to ask their wedding guests to make a donation to the MSS instead of receiving gifts. Once again, you can set up an online fundraising page at www.justgiving.com/mssociety.

To request donation forms please email celebrate@mssociety.org.uk.

Tell people about your big day

If you raised money on your big day, the MSS, and your local branch of Thanet, would love to hear about it. For the MSS, please email your story and pictures to: celebrate@mssociety.org.uk. To let MS members in Thanet know, email the editor: denise@dspublishingservices.co.uk.

Thank you for your support, and hope your celebration is one to remember!

Order your party pack now to start fundraising from: <https://beatms.mssociety.org.uk/NetCommunity/new-design/event-registration-pages/event-registration-forms-2013/event-registration---celebration-2013-other>

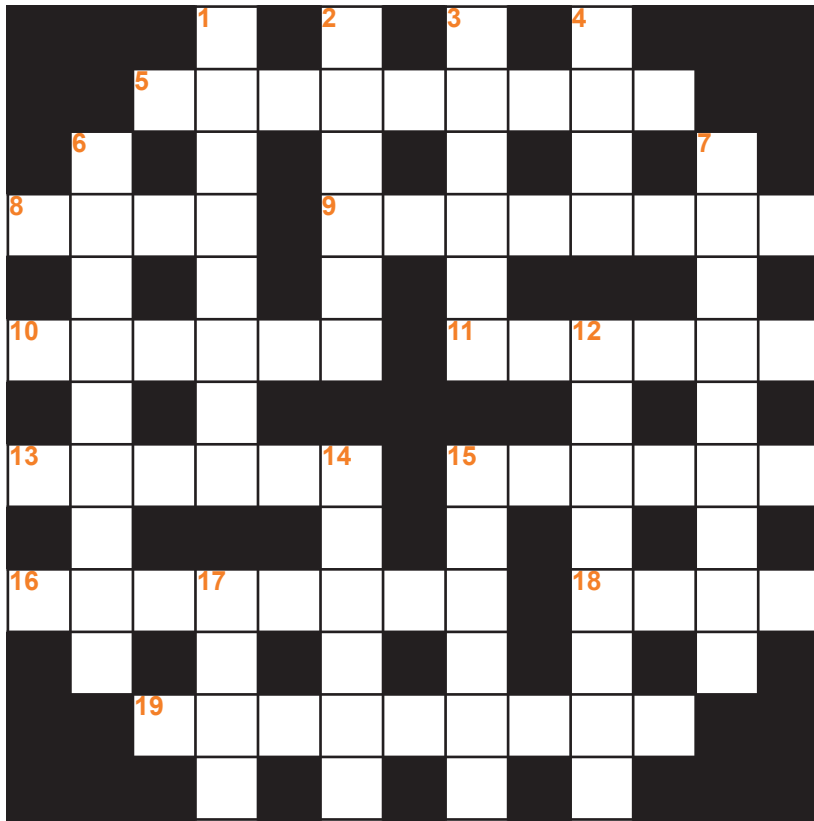


Women affected by MS at a birthday party raising funds for the MS Society

“ Tim and I celebrated our 30th birthdays recently. I have MS and I wanted to use the occasion to raise money for the MS Society to help fund research into new treatments and to hopefully help find a cure. We were thrilled to have raised over £2,000 for the MS Society and had a fantastic time doing it. ”

Jo and Tim

July crossword from Fidelio



printed by kind permission of Eric Dobby Publishing Ltd

Across

- 5 Acting (9)
- 8 Gape (4)
- 9 Long / - lobby (8)
- 10 Having one dimension (6)
- 11 Expose (6)
- 13 Magazine; shiny (6)
- 15 Frogman (6)
- 16 Lawyer (8)
- 18 Carol - : film director (4)
- 19 Ancient institute of learning (9)

Down

- 1 Acuity (8)
- 2 Snooker accessory (6)
- 3 Wooden club (6)
- 4 Greek God of Love (4)
- 6 Buttered paper around cutlets, etc (9)
- 7 Atoll (4,5)
- 12 Artificial enclosure for animal study (8)
- 14 Native of New England (6)
- 15 Prohibition statute (US) (3,3)
- 17 Solemn promise (4)

Answers next month

July Sudoku

Fill the grids so that each row, column and 3X3 box contains the numbers 1 to 9.

Answers next month

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

Answers to May crossword

Across: 1 recidivist, 7 envelop, 8 Romeo, 10 lung, 11 debacles, 13 Wahine, 15 Pierre, 17 agreeing, 18 Oder, 21 krait, 22 Middle C, 23 Adirondack

Down: 1 riven, 2 cold, 3 dapper, 4 verbatim, 5 similar, 6 yellow jack, 9 obstetrics, 12 ancestor, 14 Harvard, 16 gnomon, 19 Dalek, 20 idea

Solution for the May Sudoku

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



TREAT ME RIGHT

MS

Multiple Sclerosis Society



- Home
- About
- Sign up
- Treatments info
- Treatments access
- Your questions
- Real stories
- Share your story

Treat Me Right - MS Week 2014 - Sign Up



Join the campaign

4997

4997 have joined us already

Help us fight for the right treatment at the right time for people with MS, whatever their situation, wherever they live.

Sign up

Find out more

TREAT ME RIGHT

Share your support



Treatments



Treatments access



Your questions



Real stories



Share your story

MS

Multiple Sclerosis Society



Contact | Privacy | Media | Terms of use | Free MS Helpline 0800 800 8000

© Treat Me Right Multiple Sclerosis Society. Registered charity nos 1139257 / SC041990. Registered as a limited company in England and Wales 07451571