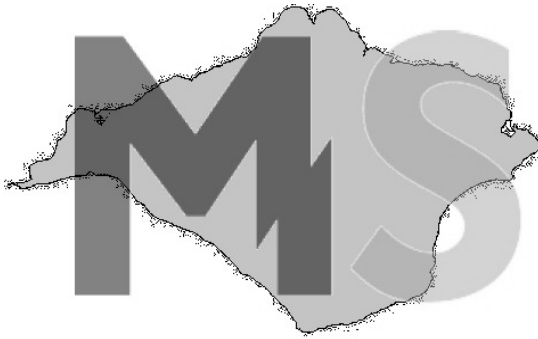


NEWS LETTER FOR THE



Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



July 2013

My thanks this month to John Debenham for all the work he puts into a website for Island Carers. His research has turned up much of the content this months issue.
Peter.

Thank you

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**My wife and I had words, but
I didn't get a chance to use mine.**

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

Quiz @ Arreton

The afternoon started off with some good news and some bad news. The bad news was that the male stripper failed to turn up and the pole dancers couldn't find the venue. The good news . . . we had a brilliant quiz and cream tea arranged.

This was held last month with the Parkinson's Society in the Arreton Village Hall. Our branch provided the quiz, the quiz master, the adjudicator and a very capable team. It was a shame that we only managed to muster one team of 6 members when the Parkinson's Society fielded three teams. The Parkinson's Society were already at the village hall as they had held a coffee morning there. They had prepared a delicious cream tea with copious supplies of plain and fruit buttered scones weighed down with lashings of strawberry jam and cream topped with a fresh strawberry.

The quiz was split into two sessions with the refreshments between. Jane had set the questions this year and decided to make them a bit more challenging. It was a bit more like University Challenge with Jeremy Paxman than The Weakest Link but the teams were quite evenly matched at the break. The scones were accompanied by an endless supply of tea or coffee. The chat and company meant that the quizmaster had a job to get the teams back to order for the second half. There were plenty more questions to answer and a picture quiz as well as a Christmas in June round. When the scores were all counted up, a team called "The Old Fossils" were clear winners over the MS team "The All Specs". A couple more rounds would have seen the MS team right on the heels of the Fossils as they rallied rather late.

A most enjoyable afternoon for all who took part finished at four o'clock and had raised funds to share between MS and Parkinson's Society.

Because the event was not as well supported as expected, bags of scones, pots of cream and jars of jam were sold off when the quiz was over.



FACT

One in six pensioners over the age of 75 years now receives free television licences and the current cost to the tax payer is £600 million.

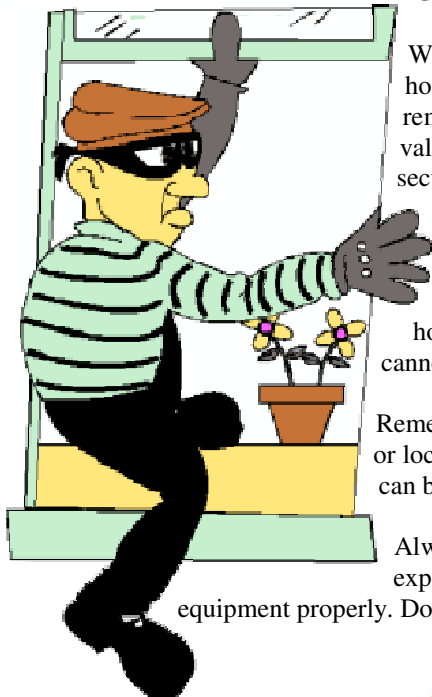
Summer Burglary Warning

Since 1996 a **Wheelchair Voucher Scheme** has been available. If you have been assessed as needing a wheelchair, on an individual basis, the cost of the appropriate wheelchair offered to you by the NHS, can be given to you in the value of a voucher. The idea is to give you a greater choice in the wheelchair you would like to choose for yourself.

The voucher can then be used to acquire an NHS wheelchair or you can use the voucher towards payment of a chair that you wish to buy privately.

However, the NHS wheelchair service does not offer the voucher scheme in all areas so you would need to check with your local health centres/PCT to see if there is a scheme in existence in your local area and if other specifications with reference to the use of the voucher are in force. The voucher is non taxable and cannot be exchanged for cash.

Summer Burglary Warning (From Hampshire Constabulary)



With warmer weather on the way, police warn homeowners to keep opportunist thieves at bay by remembering to lock doors and windows and hide valuables from view to help keep their property secure.

Being a victim of a sneak-in burglary can have both emotional and financial impact. Expensive items like phones, cameras and laptops often hold information with sentimental value, which cannot be replaced.

Remember to put away your tools in a secure building or locked shed. Not only could they be stolen, but they can be used by burglars to enter your property.

Always remember to dispose of packaging for expensive items such as TVs and computer equipment properly. Don't advertise what is in your house.

LOOK OUT THERE'S A THIEF ABOUT

You can register your property on www.immobilise.com so that if it is stolen and recovered by the police it can then be returned to you.

Crime prevention advice

- Keep ground floor or accessible windows shut and locked in rooms you are not using. Don't leave doors and patios doors open.
- Remember to lock up properly before going to bed.
- Remember insurance companies often will not pay out if a burglary is a result of an insecurity.
- Do not do business at the door. Often companies who tout at the door for gardening and home improvements turn out to be bogus.
- If you are in the back garden having a barbeque party, don't be tempted to leave the front door open for your visitors to let themselves in.
- If you are going out for the evening remember to use a timer switch on a lamp or radio to give the impression someone is home.
- Hot weather is a good opportunity to get out cycling. Remember to lock your bike using a decent 'D' lock even if leaving for a couple of minutes.
- Remember to shut car windows and sun roofs even if parked on your drive.
- If you are outside gardening, don't be tempted to leave doors and accessible windows open.
- Scrap metal has a high value, be careful leaving barbeques in the garden, they may be taken. Thieves will steal anything - **BE CAREFUL.**



Question of the Week

Question of the Week

"I am disabled and, having attended many IT college courses, I think I would be able to start a small business and become self employed. Are there any organisations that I could approach for help?"

Answer : From the beginning of 2013 disabled entrepreneurs have been able to get extra support to start up their own business.

The Access to Work scheme will pay for specialised equipment, support workers and travel costs when setting up a business or when choosing to work in other employment.

You can access Access to Work and the benefits above when you enrol on the New Enterprise Allowance (NEA). The NEA provides expert coaching and financial support for jobseekers with a business idea.

There are eligibility criteria - to be eligible for the programme a person must:

- Have a disability or health condition that stops them from being able to do parts of the job.
- Have work-related costs because of the disability or health condition.
- Be 16 or over; and
- in a paid job; or
- unemployed and about to start a job; or
- unemployed and about to start a Jobcentre Plus Work Trial; or
- self-employed.

For further details visit www.gov.uk/access-to-work.

CAR SECURITY CODE CLONING

Story from the Carers Website.

I locked my car. As I walked away I heard my car door unlock. I went back and locked my car again three times.

Each time, as soon as I started to walk away, I would hear it unlock again!!

Naturally alarmed, I looked around and there were two guys sitting in a car next to the store. They were obviously watching me intently, and there was no doubt they were somehow involved in this very weird situation. I quickly chucked the errand I was on, jumped in my car and sped away. I went straight to the police station, told them what had happened, and found out I was part of a new, and very successful, scheme being used to gain entry into cars.

Two weeks later, my friend's son had a similar happening....While travelling, my friend's son stopped at a roadside rest to use the bathroom. When he came out to his car less than 4-5 minutes later, someone had got into his car and stolen his mobile phone, laptop computer, sat nav, briefcase.....you name it. He called the police and since there were no signs of his car being broken into, the police told him he had been a victim of the

latest robbery tactic – there is a device that robbers are using now to clone your security code when you lock your doors on your car using your remote locking device.



They sit a distance away and watch for their next victim. They know you are going inside of the store, restaurant, or bathroom and that they now have a few minutes to steal and run. The police officer said to manually lock your car with the key -- that way if there is someone sitting in a car park watching for their next victim, it will not be you.

When you lock up with the key upon exiting, it does not send the security code, but if you walk away and use the remote button, it sends the code through the airwaves where it can be instantly stolen.

Useful information

DISPOSING OF YOUR OLD UNWANTED CAR

Don't just scrap your car - Giveacar is a not-for-profit social enterprise that can turn your old car into cash for any UK charity. They arrange free collection, then either sell your car at auction or scrap it.

The UK's first car donation scheme, Giveacar has won several awards and has now supported over 800 charities with the money raised from old cars.

Testimonials on the web site come from many charities including: Children with Cancer UK, Blue Cross, Parkinson's UK, MS Research and the Stroke association. For further details visit: www.giveacar.co.uk

source: Able Community Care newsflash.

NEW ISLANDER CARD

If you are unable to travel on local buses and trains without the assistance of a travelling companion, you should apply for a 'New Islander Card' which when produced at the same time as your English National Concessionary Bus Pass, will provide free travel for yourself and your travelling companion at any time, any day of the week on Isle of Wight bus and Island Line rail services.

To obtain a New Islander Card, you will need to provide a doctor's letter confirming that you cannot travel without assistance and this should be included with your application form, together with a colour passport style photo and proof of Isle of Wight residency. Application form is available from County Hall, Newport or Island library or Council Help Centre

DISABLE YOUR LOST/STOLEN MOBILE

If you key in the following digits on your mobile phone: * # 0 6 # a 15 digit serial number will appear on the screen. You are advised to make a note of this and keep it safe. If your phone is stolen or lost and you supply this number to your service provider they will be able to block your handset. Even if the SIM card is changed in your phone (by whoever has it) your phone will be totally useless and un-saleable. You will not get your phone back but nobody else will be able to use it.

Useful information

SALVATION ARMY – FREE LEGAL ADVICE SCHEME

The Salvation Army has launched a scheme offering free legal advice to people in need, whether they are facing a court case, drafting a will or need help with family or employment problems.

Anyone in need of advice can make an appointment to visit the Salvation Army Hall in Pyle Street, Newport where they will be able to talk to Gloucester-based solicitor, Graham Wallis, via Skype. Graham's father and IW Salvation Army Major, Keith Wallis, said it has been very popular in Gloucester and that his son had offered to help after he had been unable to find anyone on the Island to volunteer their time. Graham says he has seen a number of elderly people who are worried they will lose their money if they need to go and live in a care home. He makes it clear to people that whilst he is offering a free consultation, he is not their solicitor and they are not his clients. He can only offer advice and if they need a solicitor after their appointment, he will tell them, but they are under no obligation to use him just because they've seen him first.

For more information, or to book an appointment, please call 883373 or 07771 129681, or visit the Salvation Army Hall in Pyle Street.

SCAMS & JUNK MAIL

One rule to remember is: If it seems too good to be true THEN IT PROBABLY IS.

Action to Take:

- (1) Bin it
- (2) Delete it or
- (3) Hang up.

SIMPLE STEPS TO TAKE TO CUT THE AMOUNT OF JUNK MAIL/ TELEPHONE CALLS/E-MAILS

You can reduce the number of unsolicited letters and other mailings you get by registering for free with the Mailing Preference Service at www.mpsonline.org.uk or by phoning 0845 703 4599. You can reduce unsolicited calls by registering your phone number for free with the Telephone Preference Service at www.tpsonline.org.uk or by phoning 0845 070 0707. Also, you could ask your telephone company to block callers who withhold their number.

More useful info

Alarm Call System and Key Safe

Enquiries regarding the Alarm Call system should be directed to Wightcare on 533772 where you can find out about cost and capabilities of the system.

The Key Safe is quite a simple idea and can be fitted on an outside wall or in a porch so long as the porch is left unlocked . The safe is fitted by Age UK who can be reached on 525282. Don't forget though, if you are already a holder of a Carers Emergency Alert Card you should inform them if you have a key safe fitted.

Aspire to inspire before you expire.

National Property Register

Immobilise is the world's largest FREE register of possession ownership details and together with its sister sites the Police's NMPR (www.thenmpr.com) and CheckMEND (www.checkmend.com), forms a very effective tool in helping to reduce crime and repatriate recovered personal property to its rightful owners.

Immobilise can be used by members of the public and businesses to register their valued possessions or company assets, and exclusive to Immobilise all account holders registered items and ownership details are viewable on the police national property database the NMPR (www.thenmpr.com).

This online checking service is used by all UK police forces to trace owners of lost and stolen property. In addition Immobilise is checked daily by a huge range of recovery agencies and lost property offices.

As a direct result of Immobilise there are over 250 cases a week where property is returned or information collected that assists the police in investigating criminal activity involving stolen goods.

Immobilise is also the only ownership registration service supported by all UK police forces, the Greater London Authority, and the Mobile Phone Industry.

Accessible Britain

Sunny Days

In the Rough Guide to Accessible Britain one of the tourist spots which gets five stars, as rated by people who have visited, is Leeds Castle. Leeds Castle, set on two islands on the River Len in the heart of Kent in England, has been fortified for more than 900 years first having been built in 1119AD.

- A free, fully accessible mobility bus runs throughout the day from near the ticket office entrance.
- Fully accessible toilets for wheelchair users can be found throughout the grounds, at the main entrance, next to the Castle Shop, by the Fairfax Courtyard and near the Knight's Realm Playground.
- The car park has hard standing spaces reserved for visitors with disabilities. The maximum distance from the car park to the fully accessible mobility service is approximately 100 metres.
- The castle is accessible for the majority of visitors via the main front door where there is a ramp. As Leeds Castle is an ancient building, there are some restrictions. Visitors should be aware that there are approximately 45 metres of cobblestones across the drawbridge on to the Castle Island. Fire safety rules allow a maximum of two wheelchairs inside the castle at any one time.

There are lots of other things to see and do once at the castle and if you visit the accessibility page on the Leeds Castle website there is a comprehensive information list.



Leeds Castle
Picture looks strange?
Tell me about it.

WD-40

The product began from a search for a rust preventative solvent and de-greaser to protect missile parts. WD-40 was created in 1953, by three technicians at the San Diego Rocket Chemical Company.

Its name comes from the project that was to find a 'Water Displacement' compound. They were finally successful for a formulation, with their fortieth attempt, thus WD-40.

The 'Convair Company' bought it in bulk to protect their atlas missile parts. Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you.

When you read the 'shower door' part, try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as on glass. It's a miracle! Then try it on your stovetop. It's now shinier than it's ever been. You'll be amazed.



WD-40 Uses:

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars.
3. Cleans and lubricates guitar strings.
4. Gives floor that 'just-waxed' sheen without making them slippery.
5. Keeps the flies off of cows, horses, and other farm critters, as well
6. Restores and cleans chalkboards.
7. Removes lipstick stains.
8. Loosens stubborn zippers.
9. Untangles jewelry chains.
10. Removes stains from stainless steel sinks.
11. Removes dirt and grime from the barbecue grill.
12. Keeps ceramic / terracotta garden pots from oxidizing.
13. Removes tomato stains from clothing.



Car Ferry Service

This is not an advertisement. Other ferry operators offer a similar service for people with a disability. Travelling can be quite daunting, particularly so for people with mobility problems. In the past Wightlink have sometimes been well below a satisfactory standard and it is still a hassle to book accessible car space, even more so if you need to stay in the vehicle.

When I read of their Disabled Travel Scheme I was very sceptical about the savings offered. I tested it 'on line' by checking the price for 'standard' crossings and then trying to book on their disabled booking pages. I was pleased to see that the savings match those published. You still need to request a space near the lift and space to exit the car. If you need to stay in the vehicle, you must make that request using another phone number, or, as I was told on one trip, "Email the captain on the day"!!



Wightlink offers a comprehensive scheme for persons with all forms of disability entitling them to discounted fares.

When travelling the following discounts to Wightlink's public tariffs apply:

- Standard/Flexible : up to 30%
- Saver: up to 20%
- Super Saver: up to 15%
- IW Resident fares : up to 40%
- Foot passengers : up to 25%

Bookings

To book a discounted rate please have your "blue badge" to hand as Wightlink need the number to complete the booking. You'll also need it with you when you travel as it will be checked against your ticket when you check-in.

Continued over page.

To book:

- Telephone 0871 376 1000 (calls cost 7p per minute plus network extras).
- Book online
- Buy your ticket at the ticket office (subject to availability)

Please note the following:

- The blue badge holder must be travelling in the vehicle
- The blue badge must be shown on request of a Wightlink ticket inspector. Failure to produce a valid blue badge will result in a surcharge to the full public tariff being charged
- The blue badge must be valid for both outward and return journeys on the booking
- All bookings must be paid for at the time of booking. Tesco Clubcard vouchers are not accepted
- Discount does not apply to season tickets, books of tickets, promotional, freight, coach or group travel
- Discounts can only be applied at time of booking and cannot be applied retrospectively

If you do not have a blue badge

Wightlink Disabled Travel Scheme

Disabled persons who do not possess a blue badge may apply for a "Wightlink Disabled Discount Scheme" card allowing discounts on foot passenger travel only.

Applications should be made in writing to: Wightlink Marketing Department, Gunwharf Road, Portsmouth, PO1 2LA including proof of disability. Please allow at least 5 working days for the application to be processed and include a passport sized photograph.

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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



26th July
The Hare & Hounds



27th September
The Fleming Arms



23rd August
The Bear Cafe

We will inform you of menu details as soon as possible.

25th October
The Chequers



The committee would like to thank Mike and Teresa James who have kindly stepped up to take over from Fay in organising the socials.

Please telephone Mike or Teresa **just a week before** on 01983 407664 to book your place and to let them know your choice of meals. Then, on the day, remember what you ordered!!

If you have ideas for venues we could use for socials in the future, please give Mike or Teresa a call to discuss it.

PLEASE ONLY CALL BETWEEN 9 and 5