

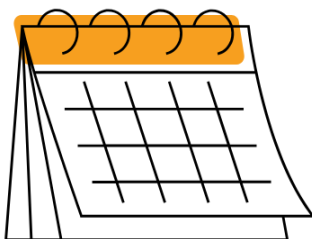


## June Newsletter 2026

We had a busy Spring at the Centre, with maintenance, new therapists, and a visit from our local MP, Tom Rutland! We've been glad to welcome back Clinical Continence Nurse Specialist, Emily Badakhshan who provides a free monthly Bladder and Bowel Clinic. Nutritional Therapist Janine Thornton joined the Centre, providing Medicinal Eating workshops which have been very popular. Later in the newsletter, find a recipe recommended by Janine, as well as more information about the services she provides.

At the end of May we carried out some redecoration of the Centre including a refurbished kitchen, and a freshly painted Chamber Room. Thank you to Aviva and Kreston Reeves for providing a team of volunteers to carry out the painting, and to Brewers for donating paint and equipment. Big thanks to Colston Ltd for carrying out the work on the kitchen, and to Howdens for generously donating the materials.

We are always looking for ways to improve our service, from redecoration to recruiting new therapists. To do this, we seek feedback and ideas from our members so keep an eye out for the Annual Survey which will be appearing in your email inbox soon!



### Dates for your Diary

**Annual General Meeting (AGM)**

- Monday 29th June (2.00pm)

**Summer BBQ Social** - Saturday 25th July

# Maintenance Week!



After the late May Bank Holiday, we closed the Centre for two days to carry out some much-needed redecorations of the Centre.

We repainted the Chamber Room, fixed cracks and painted the Gym, and refurbished our Kitchen.

None of this would have been possible without the help from the groups of volunteers from Aviva and Kreston Reeves and the hard work from Gary, Przemek, and Rory at Colston Ltd.

Special thanks must also go to the other companies behind this redecoration, Howdens who provided the materials for the Kitchen refurbishment, and Brewers for donating the paint and decorating equipment.



Our Centre is able to not only survive, but flourish, with the generosity of our volunteers and those companies who are able to donate resources. So we want to exclaim our gratitude at their generosity.

We hope you have enjoyed (and noticed!) the improvements. Having a yearly closure means we are able to improve aesthetics to continue providing a calm, relaxing, and beautiful Centre for our members to come and access the services, classes, and therapies they rely on and enjoy.

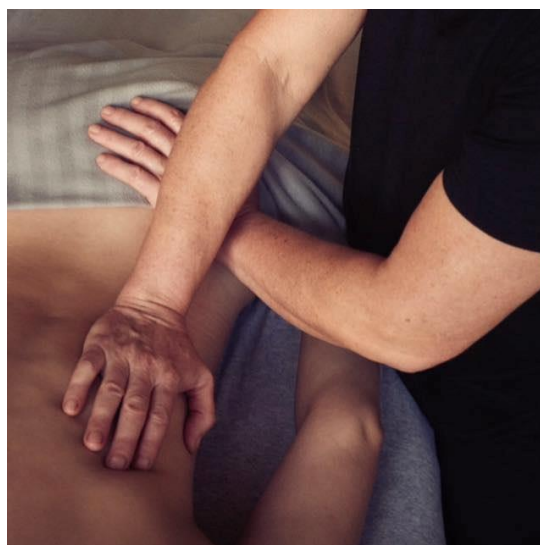
# Massage with Jenny

More Appointments Available

*By Popular Demand*

Jenny is qualified in Advanced Clinical Massage, specialising in the treatment of chronic pain, muscular tension, and mobility issues. This type of massage can be particularly beneficial to people living with MS where pain, stiffness, fatigue and reduced movement have a real impact on day to day life.

Jenny uses a range of techniques including myofascial release, trigger point therapy, stretching, acupressure, and simple home exercises to reduce symptoms and improve overall well-being.



Jenny takes time to understand your symptoms, pain, and movement limitations and can use muscle and mobility assessments to help identify the root cause of discomfort. This then allows Jenny to create a treatment plan tailored to you.

" I highly recommend Jenny for massage therapy. Her combination of myofascial release and deep tissue massage has been particularly helpful in managing the muscle tightness, stiffness, and discomfort associated with my multiple sclerosis. Jenny provides adaptive treatments to my individual needs, providing both relief and improved mobility and I particularly find they help me recover after I have had an exercise session. "

" Jenny's massage technique is exceptional and delivered with great care and expertise. She takes time to understand each person's individual MS symptoms, creating a bespoke treatment. Her warm friendly personality immediately puts you at ease and I look forward to every session. "

Due to growing demand, Jenny has increased her clinic hours on Wednesdays. If you'd like to book an appointment with her, call 01273 594484 or email [info@mssussex.com](mailto:info@mssussex.com).

# Visit from MP



On Friday 15th May, we were delighted to welcome local MP Tom Rutland for his first visit to our Centre.

As volunteers worked in the garden, Chair of Trustees, Alex Nicholls and Centre Manager, Emily-Jane Stuttard gave him a tour of the Centre. Of course we asked Alan Taylor, (Secretary to the Board of Trustees, Ex-Manager, and Chamber Operator Trainer), to talk about Oxygen Therapy and how it benefits our members.

We enjoyed sharing with Tom how our services support our members and how we improve access to essential services such as physiotherapy or bladder and bowel assessments that can have long waiting lists on the NHS.



We're grateful to Tom for taking the time to visit, listen, and learn about our Centre and the impact it has on the lives of his constituents in Shoreham and Southwick.



Thank you to everyone who came along to talk with Tom - you represented our Centre brilliantly.



## Chris raised over £1,000 for the Centre, running the London Marathon in April.

Chris, a member, took on the extraordinary challenge of running the London Marathon, all in support of our Centre.

Thank you to everyone who sponsored Chris, I'm sure that knowing he had the support of everyone at the Centre helped him complete the 26.2 miles!

In total, Chris raised £1,386. All of this money will go directly towards supporting our members.

As an independent charity, we rely completely on donations such as those from generous individuals like Chris who take on fundraising challenges in support of our Centre.

**Want to take on a challenge and raise money for Sussex MS Centre? Contact Rebekah on [events@mssussex.com](mailto:events@mssussex.com).**

## She did it... 'My Way'

Sarah, one of our therapists, completed the London Marathon 'My Way' walking 26.2 miles along the coastline of Brighton. Sarah raised an amazing £460 for the Centre.

Thank you Sarah and Chris for taking on a challenge and raising money for Sussex MS Centre!



## Bladder and Bowel Clinic

*Free, but donations gratefully accepted*



**Monday 6<sup>th</sup> July & Friday 7<sup>th</sup> August**

Clinical Continence Specialist, Emily Badahkshan can carry out bladder assessments and scans as well as provide helpful advice.

If you'd like to book an appointment, please call 01273 594484 or email [info@mssussex.com](mailto:info@mssussex.com).

**VOLUNTEERS  
NEEDED**

**Could You Help?**

This September, we are hoping to put on a **1 Mile Sponsored Walk** in Brooklands Park, Lancing. In order to pull this off, we need to recruit some

volunteers who will form a committee and take on some responsibility for organising this event.

Please take a look at the following roles, to see if you would be interested in volunteering to be part of this amazing, inaugural event.

Recruitment Volunteer	<ul style="list-style-type: none"><li>○ Sponsor Recruitment</li><li>○ Participant Recruitment</li></ul>
Registration Volunteer	<ul style="list-style-type: none"><li>○ Participant Registration (Prior)</li><li>○ Participant Registration (Day Of)</li></ul>
Facilities Volunteer	<ul style="list-style-type: none"><li>○ Refreshments</li><li>○ Facilities Recruitment</li></ul>
Resources Volunteer	<ul style="list-style-type: none"><li>○ Race Resources - Signage</li><li>○ Medals</li></ul>

Anyone who takes on one of these volunteer roles would be fully supported by Rebekah.

If you think you would be able to volunteer as one of these roles, please let Rebekah know by emailing [events@mssussex.com](mailto:events@mssussex.com) or call 01273 594484.

## Therapist Recommends...



Janine Thorton, Nutritional Therapist, has recently joined the Centre. Providing group workshops as well as private one-to-one sessions, Janine uses targeted nutrition, lifestyle and supplement protocols to help you re-balance your health. Below is a recipe she recommends!



**Kale, Walnut & Salmon Salad**

Serves 2

## Ingredients:

### Salad

- 2 fillets of frozen wild caught salmon (or 1 can of cannellini beans)
- 1 large bunch of kale
- A pinch of sea salt

### Dressing

- Zest from 1 unwaxed lemon
- 2 tbsp. fresh lemon juice
- 6 walnuts
- 1/2 tsp. salt
- 4 tbsp. cold pressed walnut oil

## Directions:

1. Cook the salmon in the oven according to the instructions on the packet.
2. While the salmon is cooking, strip the leaves from the kale, tear them into pieces and place them in a large bowl. Add a pinch of salt, then massage the leaves for a couple of minutes to soften the kale.
3. Finely grate the six walnuts into a small bowl. Add the lemon zest, lemon juice, and salt, then gradually whisk in the walnut oil to create a dressing.
4. Toss the massaged kale with the dressing, flake over the warm cooked salmon, and serve immediately.



**SUMMER  
RAFFLE**

**GRAND DRAW  
WEDNESDAY 24<sup>TH</sup> JUNE,  
11.45AM**

**TICKETS ARE £1 EACH,  
£5 FOR A BOOK OF 5**

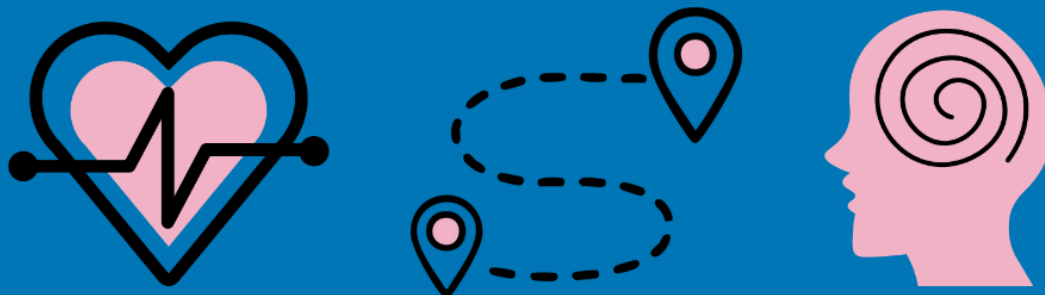
**1<sup>ST</sup> PRIZE: £100 ONE-  
FOR-ALL VOUCHER**

**2<sup>ND</sup> PRIZE: AFTERNOON TEA  
FOR 2 AT THE GRAND HOTEL**

**3<sup>RD</sup> PRIZE: 2 TICKETS FOR  
BRIGHTON RACECOURSE  
GRANDSTAND**

**...AND MANY MORE!**

**TO BUY YOUR TICKET, CALL 01273  
594484 OR EMAIL  
INFO@MSSUSSEX.COM.**



## Did You Know?

Sussex MS Centre offers bursaries to our members.

**Physiotherapy**      **Travel**      **Counselling**

If you're interested in accessing one of our bursaries,  
please contact EJ on [info@mssussex.com](mailto:info@mssussex.com) with subject 'Bursary'

**Thank you for your continued support.**



**Sussex MS Centre**

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