



The Belle

Issue Number 87 | Autumn 2021



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West Sussex, BN42 4AB
www.mssussex.com | 01273 594 484

Sussex MS Centre: Autumn 2021 ...



Welcome to the Autumn 2021 Belle!

The cover of this Belle may seem summery, but this is how the Centre garden is looking as I write – with some beautiful cosmos grown from seed by Chamber Operator, Colin Croucher.



It's lovely to have a touch of normality and enough content to compile a Belle for the first time in over eighteen months. The Trustees, Ali and I cannot thank you enough for all the support, encouragement and loyalty you have shown the Centre over these pandemic months. What an amazing community we have.

We've all experienced difficult times throughout the pandemic but, if you managed to access our services, we hope that the Centre provided some sustenance. Oxygen Therapy was interrupted for three months but it could have been much worse. Many of you generously donated to our Covid appeal, and we were delighted that so many trusted and encouraged us by returning to the Centre. None of it would have been possible without your support and the tenacity of Class Leaders, Therapists, Volunteers and Fundraisers. We're always grateful to you, but never more than now.

We continue to run with Covid-safe protocols and have brought back many classes and therapies, while the Social Committee



... Welcome to The Belle

hopes to reintroduce events in 2022. In fact, the pandemic has had some positives. It's made us introduce enhanced hygiene across the Centre and a new washing facility for chamber operations. Members now use their own oxygen masks. Online classes have found their way into the homes of members who couldn't otherwise access live classes, which even helped combat isolation. And we were recognised as local heroes by the Sussex Community Star and Care Awards.

It's been a hard eighteen months, but Ali and I are a tight team and together with our volunteers we've managed to keep the Centre afloat. Now things are busier, we're excited to welcome Helen Turner on board to help with admin and operations. Helen has a background in sales and marketing, and we look forward to putting some of her skills to good use.

Many of you donated to Jane Taylor's retirement gift last year. Because of Covid, it's taken until now to be able to present it to her. She was delighted with it and thanks all of you who contributed. Hopefully we'll soon be able to celebrate properly the fantastic contribution Jane made over her seventeen years here.

Speaking of celebrating, it's almost Christmas, time for our Grand Raffle Draw (see back cover). Thanks to Ali and Trustee, Peter Cook, for sleuthing some great gifts and to members, Maggie Mumby and Deb Stedman, for donating such creative prizes!

We wish you a very happy Winter and Christmas and look forward to welcoming more of you back to the Centre in the coming months.

Emily-Jane (EJ) Stuttard, Centre Manager



Nutrition Workshops at the Centre



We all know that eating the right foods is very important for people living with MS, which is why we're running a series of workshops given by nutritionist and member, Kathy Kohl (cost: £6 per session; please sign up at reception in advance). As Kathy herself admits, knowing what to eat is not always easy.

Diagnosed with MS at the age of 20 in 1985, I have tried countless diets, supplements, therapies and lifestyle changes. This led me to study nutrition with CNM (the College of Naturopathic Medicine) at Brighton University to gain a better understanding of how food can impact chronic conditions such as MS. Since graduating in 2012, my MS and my learning are ongoing as medical understanding develops and available food options change. It can be a minefield! In my talks, I hope to simplify the science and help others with MS enjoy tasty and nutritious food whatever the occasion.

Wednesday December 8th, 12.00pm – 1.00pm **MS-friendly Christmas foods**

Christmas is many foodies' favourite season, but it's tricky for those on 'special' diets. We'll look at simple recipes for Christmas favourites, and award-winning free-from shop-bought options. Recipes and tasters will be provided.



Workshops and Talk at the Centre

Kathy's nutrition workshops (complete with recipes and tasters) continue into 2022.

Wednesday January 19th, 12.00pm – 1.00pm

New Year's Resolutions? Detoxing and Not Re-toxing for 2022

With New Year's over, we'll focus on supporting our livers and digestive systems through food choices and nutrient supplements. Prepare for bright eyes, clear skin and regular 'motions'!

Wednesday February 16th, 12.00pm – 1.00pm

Which MS diet?

We'll compare popular MS diets (SWANK, OMS, Best Bet Diet, Wahl's Protocol), the science behind them, and how to incorporate them into our daily lives. Recipes and tasters will be provided.

Wednesday March 16th, 12.00pm – 1.00pm

Tasty Anti-inflammatory Foods

Inflammation is the precursor to many chronic conditions including MS. We'll look at the main culprits in our lives, and what we can do to prevent future inflammatory flare-ups.

Wednesday

**December 1
February 9**

12.00pm

Bladder and Bowel Challenges: an Introduction to Effective Therapies with Siobhan Freeman

Siobhan works for Wellspect, manufacturers of Lofric catheters and Navina bowel management systems. Her role is to develop awareness of therapies that can make a real difference in peoples' lives. **All Wellspect products are available on prescription through the NHS.**



A Member Recommends...

Virginia Keefe (Trustee) recommends sailing

Last summer, Oceans of Hope arranged for members of Sussex MS Centre to go sailing on a racing yacht out of Brighton Marina, so Barry Whitmore and I decided to go along. The friendly crew allayed initial anxieties and reassured us before we got on board.



I thought I was just going along for the view but, although seated, Barry and I were both surprised to be able to play an active part with the crew. In fact, Barry said the experience gave him a sense of freedom and confidence, and we both enjoyed it so much that we intend to join Sussex Sailability at Sussex Yacht Club, Shoreham.



...Sailing

Oceans of Hope organised further sailing days in the autumn, this time on *The Spirit of Scott Bader*, a 'light air' catamaran which caters for wheelchairs, and has a lift, toilet and even bunks if you need an afternoon snooze!

Buoyed by my one day's yachting experience, I found myself brave enough to take the wheel on both the outward and inward journey through a very busy Portsmouth Harbour! Near the Isle of Wight we were lucky to have a dolphin jumping and playing over the bow wave, which was magical.

I'm so pleased my Physiotherapist recommended sailing to me (as well as disability riding, *see pages 26–27*). They're both so good for my core strength, and so more fun than crunches!

You can find out more about Oceans of Hope by going to their website:
www.oceansofhope.co.uk.



Can You Run for the Centre ...



Can you Run for the Centre?

We have 5 charity places for the 2022 Brighton Half Marathon up for grabs!

Maybe you enjoy Half Marathons already. Or maybe you're a runner who fancies upping your gain, training and rising to the challenge of a 13-mile run to raise much needed funds for the Centre?

Whichever you are, if you'd like the chance to take part in this fantastic run by the seaside or know anyone who

might be up for the challenge, do please let us know! Whatever you manage to raise through sponsorship will be most gratefully received – and will contribute to the ongoing work of the Centre.

To claim one of the five charity places, find out more details or discuss possibilities, please email events@mssussex.com or speak to Ali, by ringing 01273 594 484 or speaking to her in person at the Centre.



... or Organise an Event or Challenge?

Now that life might be returning to almost normal, we're looking for new outdoor fundraising events to run in 2022, and it would be great to have your input! So, if you have an amazing idea, please tell us!

Alternatively, you might like to organise your own fundraising event or challenge. It could be as simple as a bake sale at work or a larger event such as a quiz night at your local pub. If you do run your own event, don't forget to let us know so that we can support you.

You could do a sponsored jog or run – perhaps 500 metres or Land's End to John O'Groats depending on your mobility! Or, if you want to be part of a ready-made event, perhaps you might fancy taking on an 'Ultra Challenge' to support us. For inspiration or to sign up, why not visit www.ultrachallenge.com?

Doing any or all of the above would really help the work of Sussex MS Centre. So, if you'd like to discuss possibilities or tell us about what you're doing, please contact Ali on events@mssussex.com or call on 01273 594 484.



Follow us on Twitter @MSCentreSussex

Thank You, Runners!

Thank you so much to all who have joined in the incredible fundraising effort to run for the Centre over the last couple of years – Ian, Issy, Andy and Kate who ran the long-awaited Brighton Half Marathon in October; John Stoddart who ran the London Marathon; and member, Sarah Brett-Sheridan, who ran both the Brighton Half and Full Marathon.



Sarah came highly commended as Fundraiser of the Year in the annual MSNTC awards 2021. She really enjoyed running for us in 2020 and 2021 and is forever grateful for the treatment she receives, which, alongside Lemtrada, has allowed her to run and hopefully keep running for many years to come. She has raised a staggering amount of money for the Centre and says, 'I am so proud that I can help raise awareness, represent the Centre and give something back for all that you and the volunteers do for us members.'



Member Shares Experience with Botox

Diana Cocks suggests Botox for bladder issues.

Wee is not something you really want to talk about, but many of us MSers have problems with it! I would like to share my experience in the hope it might help someone.

I've had problems with incontinence worsening over the years. Through the incontinence clinic at Hove Polyclinic, I was put forward for Botox of the bladder. First came a test at Princess Royal Hospital. It's called a Urodynamic test and involves a probe up your bum, but it wasn't nearly as bad as it sounds, as all of the nurses were so lovely and helpful, and it proved I had a suitable bladder for Botox.

Due to Covid restrictions I then had to wait 9 months, but when the chance came, I booked the first appointment – again at Princess Royal Hospital, but this time in the separate Urology department, which is like a private hospital.

Now for the yucky bit! You have to have a camera put up your urethra for the surgeon to have a look at your bladder. A needle to administer the Botox is put inside this. You have the option to watch it all on tv (which I did!). I had 21 injections, but the whole procedure only lasts a few minutes and is only slightly painful.

It only took about 24 hours to see any results. You have to be able to catheterise, which I do once in the morning and again in the evening. The results are fantastic. I feel more confident going out, not having 'accidents' during the day and not getting up during the night. If you are having problems like me, I would urge you to look into this procedure as a possible solution.



Free Online Mindful Living Course

Beginning at 10.30 on Wednesday 12th January, Diane Stanton will again offer her free online 8-week Mindfulness course, created especially for members, which will focus on creating positive change through empowered choices. A New Year tonic!

Diane's online course has already been very popular, so we are excited to be offering this opportunity to members again. The course is both a wonderful introduction and a lovely refresher to Mindfulness, a simple practice that anyone can learn. There is absolutely no need to have an understanding of meditation to join.



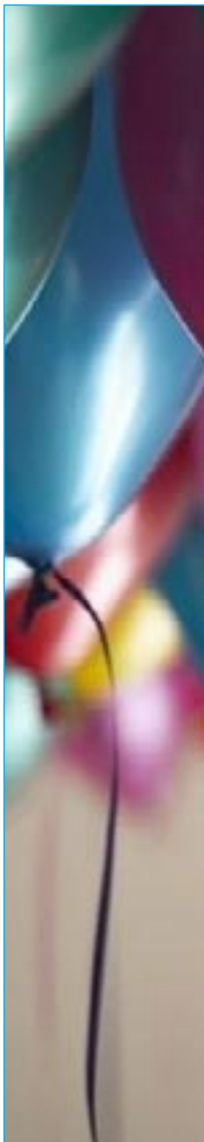
Mindfulness has been scientifically proven to reduce stress, strengthen the immune system, increase self-esteem, regulate moods and anxiety, increase feelings of positive connection with others, improve sleep and help the body to heal faster.

Diane is an experienced Mindfulness Teacher, whose vision is to support and guide you to a new sense of awareness and happiness through Mindful Living Practices. She has been teaching in Further Education for over 25 years and first studied Mindfulness in 2013. She says, 'My path to Mindfulness & Meditation came from my own desire to heal myself through a life changing health condition. I knew I had to share this way of being with others, as it has made such a difference to my own life.'

For more information, please email info@mssussex.com or ring the Centre on 01273 594 484 to speak with EJ or Ali.



Make Your Birthday Count!



Big thanks to all of you who have already made your birthday count through Facebook's birthday fundraiser platform. And, if you've not done this already, why not help contribute to the running of the Centre by setting up a Facebook fundraiser for your next birthday?

It's both free and easy. All you need to do is follow these seven simple steps:

1. Visit www.facebook.com/fundraisers?birthday
2. Click [Select Charity](#) and type [Sussex MS Centre](#) into the search facility
3. Choose how much you would like to raise.
4. Decide when you'd like your fundraiser to end.
5. Give your fundraiser a title.
6. Explain why you are fundraising.
7. Choose a photo that you'd like to use.

And that's it! Now you can share the link with friends and family. We will receive the funds without you needing to do anything else, except tell us so we can thank you! Wishing you a very happy birthday!



Thank You to All Our Volunteers!

Our volunteers are a force to be reckoned with! They soldiered on tirelessly during the worst days of the pandemic and have continued to do so throughout this year. During this time, too, we have been delighted to welcome six new chamber operators and three new reception volunteers.



Martin Bennett, Alan Taylor, Jane Taylor, Alison Walter and Chris Ash-Edwards celebrate Jane's retirement in November 2020.

Special thanks go to all our Trustees and to: Martin Bennett (Senior Chamber Operator) for his work on the chamber and adapting masks so we were ready for action; Sean Dunn (Ali's husband) and Stephen Jones for much sterling DIY work; Jane Taylor produced the narrative for our 2020 Accounts; David Stuttard (EJ's husband), who designed this Belle; and Helen Clark, Clerk to the Trustees, who attended online Board meetings every fortnight, taking lengthy minutes and helping us to keep on track for our re-opening.



Helen Clark



Help Keep Our Doors Open

Our Centre is a very special place. But did you know that we receive no statutory funding?

Staying open and operating five days a week (and some evenings), paying for classes and subsidising regular activities (where required) costs £165,000 per annum.

A fraction of this comes from your annual membership subscriptions and donations with the remainder being made up through money from trusts and grand-awarding bodies, and from members' and volunteers' fundraising activities.

Could you become a Monthly Giver?

We all have many demands on our resources, but if you felt able to contribute to the Centre even more than you do right now by becoming a monthly giver, it would be of enormous help to us and fellow members. A regular gift from you *will* make a difference! Please complete the form overleaf and send it to your bank.

You can use the form overleaf for either monthly giving or an annual subscription but not both. If you wish to do both by standing order, you'll need to ask for another copy of the form. These forms should be returned to your bank. Alternatively, you can set up a standing order by using electronic banking.

Remember too that, if you're a UK tax payer, you can increase the amount that the Centre receives from any gift by 25% if you fill out a Gift Aid form (see page 17).



Standing Order Form

To the Manager

Name of Bank:

Address of Bank

.....

Account Name(s)

Account Number

Please pay to:

Lloyds Bank, Name of Account: Sussex MS Centre

Sort Code: 30-98-74, Account Number 01813557

The sum of £

Amount in words

On the (date of first payment)

And on the following date monthly/annually

until cancelled by me in writing.

Signature(s) of account holder(s)

.....

.....

Please use reference: Donation/Annual Membership (please circle)

Please send this form to your bank.



Charity Gift Aid Declaration

Charity Name: Sussex MS Centre

Registered Charity Number: 801075

Boost your donation by 25p of Gift Aid for every £1 you donate.

Gift Aid is reclaimed by the charity named above from the tax you pay for the current year. Your address details are needed to identify you as a current UK taxpayer.

In order to GIFT AID YOUR DONATION please fill in the form below and return it to Reception:

My Details to Claim Gift Aid

Title ____ First name/initials ____ Surname _____

House Name/Number _____ Postcode _____

Signature _____ Date _____

Please notify us if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Thank you



Follow us on Twitter @MSCentreSussex

Support Us as You Shop for Free

Thank you to everyone who is already supporting us for free while shopping online. We have been linked to the reward schemes below for over two years now and certainly reap the benefit. If you have yet to do so, please select the Sussex MS Centre as your chosen charity for AmazonSmile and Give As You Live.

Amazon Smile

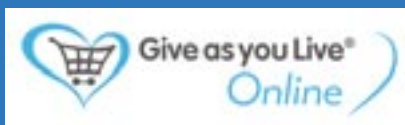
Every time you shop at **smile.amazon.co.uk**, Amazon will donate to Sussex MS Centre. Just remember to choose us as your charity when you log in to AmazonSmile!



smile.amazon.co.uk/ch/801075-0

Give As You Live

Give as You Live is a free and easy way to raise funds for Sussex MS Centre by shopping online. From holidays and travel to clothing and gifts – with more than 5,500 participating stores you can raise hundreds of pounds from your online purchases and it won't cost you a penny! Spread the word and support the Centre at



giveasyoulive.com/join/sussexmscentre



Co-op Local Community Cause Scheme

A big thank you to all shoppers who have helped us over the past three years by choosing us as your 'Co-op Local Cause'.

Between October 2020 and October 2021 we raised a mighty £5,695.29! And all to help support our Online and Live classes which are free and invaluable to many members.

And thank you to the Co-op for choosing to support us once more **this year**. Fundraising through the scheme between October 2021 and September 2022 will help to pay for physiotherapists to teach two physiotherapy gym classes twice-weekly throughout 2023.

How does the scheme work?

Join the Co-op for £1 and choose us as your 'Co-op Local Cause'. The Co-op will then donate to us 2% of any money you spend on Co-op branded goods using your Co-op membership card.

Step 1: Go to <https://membership.coop.co.uk/new-registration> to become a member. (You can omit this step if you are already a member!)

Step 2: Go to <https://membership.coop.co.uk/causes/58297> to choose us as your local cause.

REMEMBER: because this is a new year, you will still have to do step 2 again, even if you have already been part of the scheme in past years.



Special Thanks to ...

We are very fortunate to have so many supportive friends in the local community, who so willingly give their time and expertise. Thank you to:



HOWDENS
JOINERY CO.

all the team at [Howdens Joinery, Worthing](#), who raised funds for us by taking part in a Charity Football match.



[Portslade Cricket Club](#), who made us their chosen charity and gave us all the funds they raised from their 2021 Charity Day.



... Friends in the Community

Thanks also to:



Lloyds Bank, Hove for another splendid day of volunteering. Charlotte, Ash, Lucy, Jo and Jen restored our garden furniture, weeding the entire premises, planting annuals and pepping it all up.



Caroline Beebe for raising funds through selling her home-made cards and chicks tirelessly throughout the pandemic

Member, [Christopher Fox-Walker](#), for his continued support and useful suggestions. He and his wife, Lynda, kindly nominated us for the 2021 Sussex Community Star and Care Awards, writing an involved and time consuming application. The good news is we won it – which meant a lot to the Centre in difficult times.



Follow us on Twitter @MSCentreSussex

Superheroes

Earlier this year, two absolute superheroes each independently undertook a gruelling challenge to help raise funds for the Centre. We're absolutely humbled by them both. Here are their stories.



Ian Morley, whose wife is a Centre member, organised a 50-mile sponsored solo bike ride round East and West Sussex, designed a brilliant logo and slogan ('A Mask is for Life, Not Just for Covid') and organised his own press campaign before sallying forth on what turned out to be the wettest day of 2021. Three pairs of sodden shoes later, he completed his course in triumph, surpassing his goal of £390 (to buy 10 Oxygen masks) and raising a spectacular £1,500.

Equally heroic was member, Shirley Wechsler. A year ago she was having real mobility issues, but since coming to the Centre things have improved so much that she set herself a major challenge: a 5k run. Despite her right leg locking out halfway through, she soldiered on with the support of friends, and crossed the finishing line in 1hr 40. What's more, she raised over £2,000. Brilliant!



Airnergy Therapy Device for Hire

The Airnergy therapy device is a portable, compact and easy-to-operate machine for use in the home. By creating 'energised air', it helps feed every cell in your body with oxygen, which you then absorb and use more efficiently. The manufacturers recommend that you use it for at least 20 minutes three times a week – but preferably every day. Some people even use it twice daily.

Most people who benefit from the device live with MS or suffer from insomnia. They report increased energy, reduced fatigue and decreased brain fog. It is especially useful to those who are unable to travel for Oxygen Therapy at the Centre.



Members who have used it say:

'I had the best nights sleep every time I used it, I felt completely relaxed after using it and slept amazingly well. I'd recommend it to all those living with MS.' (Neil Slater)

'I used the Airenergy machine almost daily for several months during the pandemic. I have secondary progressive MS and formerly had oxygen once a week, so I was concerned when we were not able to attend the Centre. I found that the Airenergy machine "kept me on the straight and narrow." Although I didn't specifically experience noticeable positive changes, I feel that it helped me to stay well at that time. For this I'm very grateful.' (Ali Cardosi)

To discuss hiring an Airnergy device from us please talk to EJ or Ali.



High Dosage Oxygen Therapy

We have now increased capacity in the chamber to four people, so please contact us if you wish to resume Oxygen Therapy.

Meanwhile, we are taking this opportunity to reinforce protocols:

1. Please wear a face-covering into the Centre, and sanitise your hands on arrival.
2. Take a seat on the chairs marked 1-4 in the cafe area.
3. When the operator is ready for your session, remove your face-mask and put on your oxygen mask.
4. When invited, enter the chamber, be seated and connect up your hoses (ask for help if needed).
5. The next person may enter once you have secured your hoses in place (to help reduce any possible infection spread).

To exit the chamber this process should be reversed, i.e. the first person to enter should remove their hoses and oxygen mask, put on their face-mask and leave; once the first person has left, the second person should do the same, and so on. Please leave in the order that you entered, unless someone is in a hurry.

To help sessions run smoothly, please:

- try to arrive 10-15 minutes prior to your session, so we can start on time.
- ring us if you're running late. We'll wait up to 5 minutes if need be.
- cancel your dive with 24 hours to spare, so we can give your slot to someone from the reserve list who really needs it.
- remember not to take any prohibited items into the chamber.



Covid-Safe Protocols

Since re-opening in 2020, we have had no cases of Covid within the Centre. So, here is a reminder of our general Centre Protocols:

Before you enter the Centre please ensure that:

- you wash or sanitise your hands in the porch.
- you are wearing a face covering (if need be please collect one from the porch).

Once you have entered the Centre:

- where possible practise social distancing.
- you may remove your mask for classes once you are socially distanced in your space.
- you may remove your mask when you are drinking refreshments.

All staff and therapists take lateral flow tests twice weekly. We encourage members to be vaccinated and recommend that everyone have a booster vaccination (wherever possible).

A booster jab is being offered around six months after your last dose of vaccination. As before, the vaccine will be given in your upper arm. Protection against severe disease from the first two doses seems to decline very slowly, so don't worry if your booster vaccine is given a few weeks after the six-month time-point. The booster dose should help to extend your protection into 2022.

If you had serious side effects after either of your previous doses you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.
(Source: www.healthpublications.gov.uk)



A Member Recommends...

Zia Hussein recommends riding with Mid Sussex RDA



I had always been a keen runner and an active, athletic person until the diagnosis of MS back in 1999 during my final year of university. MS 'stole' my independence, my mobility, my balance, my posture, my confidence and my height! I sit down far too much either to rest or on a wheelchair for transport, so imagine I am only 3 feet from the ground a lot of the time!

Over time, I have been getting progressively stiffer and less motivated, so I was advised to consider horse riding therapy. I plucked up courage and contacted Mid Sussex RDA. The staff are experienced, knowledgeable, empathetic and very, very patient.



... Horse Riding

I instantly knew it was for me. It's a fantastic feeling going from 3ft off the ground to 7ft with the high panoramic view from the saddle! Seated on a well trained horse, I am able to look beyond the fields and towards the horizon. Magic!

My posture is now so positive and erect that even my physiotherapist is impressed. I have better balance. I sit in the saddle with confidence. And most of all I am mobile! It may be for just an hour or so, but the spiritual, mental and psychological effect is priceless. Horse riding is my new passion and joy! When I am riding I am free!

You can find out more about the Mid Sussex RDA group by going to their website at www.midsussex-rda.org



MS Specialist Nurses - November update

Brighton	Stephanie Verry stephanie.very@nhs.net or Nadia Abdo n.abdo@nhs.net	01273 265887
Worthing, Littlehampton to Southwick	Julie Green julie.green11@nhs.net or Nicky Davis tr.msteamworthing@nhs.net	01903 858178
Eastbourne, Seaford & Hailsham	Vicky Lester victoria.lester@nhs.net or Nadine Jamieson nadinejamieson@nhs.net	01323 514809 07773 199204
Chichester & Bognor	Katrina Orchard katrina.orchard@nhs.net	07768 145978
Horsham, Crawley & Chactonbury	Nadine Morley nadine.morley@nhs.net	01403 620446
Uckfield	Mary-Anne Horsfall Mary-anne.horsfall@nhs.net and Emily Ford Emily.ford1@nhs.net	01825 721527
Bexhill, Hastings & Rother	Holly Boyce holly.boyce@nhs.net Michelle Black michelle.black5@nhs.net	01424 755255
Mid Sussex & Crawley	Kelly Hill kelly.hill4@nhs.net	01444 419532



Benefits Advice

As you may know from past communications, our brilliant Volunteer Benefits Team led by Linn is no longer operating out of the Centre. However, they are still happy to help you if you need to renew a PIP claim and are happy to use Zoom. (Please note that, because we need to have a saved record of past claims, this service applies only to people who have already accessed the team.)

Alternatively, you can ask for help from Possability People for PIP renewals. They have a specialist MS advice service which can advise on whether you are likely to be eligible for:

- disability benefits
- new claims for Universal Credit because your MS prevents you from working
- new claims for PIP because your MS affects your daily life – or if you are receiving DLA (Disability Living Allowance) and have received a letter from the DWP telling you to apply for PIP.

If you choose to go to Possability People, we will be more than happy to pass on any documents, which we hold on the Centre's system – as long as you give us written permission. Permission must be in writing because these documents are subject to the Data Protection Act.

Contact at Possability People: Chris Marks-Billson

Email: ms@possabilitypeople.org.uk

Telephone: 01273 894040

Possability People support people living in the following post-codes: BN1, 2, 3, 5, 11, 12, 13, 14, 15, 16, 41, 42, 43 and RH20.



Online Classes

We are delighted to be able to continue offering online classes. To attend, please sign up by smartphone, computer or tablet to the free app, Zoom.

You must do only what is comfortable and safe for you. Please speak with your class leader if you have any concerns. All classes remain free, but donations are very welcome and help to keep us up and running.

Day	Time	Class
Mon	11.30 am	Pilates: James Powell. To join, go each time to https://tinyurl.com/hxzujvb1 then (if asked) type password: action
Tues	10.30 am	Chair Yoga for Every Body: Louise Windsor. To join, go each time to https://tinyurl.com/ycvq85zs then type password: 968415
	12.00 pm	Seated Physio Exercise: Viola Santa. To join, go each time to https://tinyurl.com/yawpyegu then type password: exercise
Fri	3.00 pm from 26/11	Pilates: Miki Floyd. To join, go each time to https://tinyurl.com/yc5ts3yz There is no password



Classes and Therapies Timetable

All individual therapies can be booked at reception or by phone. Payment (minimum £20) is paid directly in cash to therapists, all of whom are self-employed. **Classes must be booked in advance** to help keep us Covid-safe. All are free but we welcome donations.

Mon	Foot Health (chiroprody)	Julia	9.00am–2.00pm (every 6 weeks)
	Pilates	James	1.15pm–2.15pm
Tue	Acupuncture	Evette	9.30am–1.30pm
	Shiatsu	Al	10.30am–2.30pm
	Keep Fit	Lynne	9.15am–10.15am
	Keep Fit	Lynne	10.30am–11.30am
	Physiotherapy	Diane	12.00pm–3.30pm
Wed	Massage	Jenny	10.00am–3.00pm
	Mat Yoga	Louise	10.30am–11.30am
	Voiceworks	Rose	2.00pm–2.45pm
	QiGong	Rose	3.00pm–4.00pm
Thur	Pilates	Kay	10.15am–11.15am
	Chair Yoga	Louise	11.45am–12.45pm
	Reflexology	Sonia	10.45am–4.15pm
	Keep Fit	Lynne	1.30pm–2.30pm
	Keep Fit 1-2-1s	Lynne	3.30pm onwards
Fri	Shiatsu	Amanda	9.00am–2.00pm
	Beauty Therapy & Massage <i>see price list at reception</i>	Sarah	9.15am–12.15pm
	Physiotherapy	Viola	10.00am–4.30pm
	Osteopathy	Virginia	12.30pm–4.00pm





CHRISTMAS RAFFLE!!!

**GRAND DRAW:
WEDNESDAY 15 DECEMBER
11.45 AM**

Great prizes include:

- 1st: Year's Family Membership for National Trust**
- 2nd: £100 M&S voucher**
- 3rd: Flight in a two-seat glider with a qualified pilot**

and many, many more...

**What better way to support the Sussex MS Centre?
Buy tickets for yourself and get your friends to buy some, too!**

**Remember to fill the buyer's details* on each stub
and make sure you bring them to Reception
before 4pm on Tuesday 14th December!**

* Please ensure that the buyer's name, address and phone number
are written clearly on each stub.

**This newsletter is also available in large print.
Please ask if you need it.**

