



Southwick Recreation Ground, Croft Avenue,

Southwick, West Sussex, BN42 4AB

www.mssussex.com

01273 594484

Classes and therapy timetable

Monday	Chiropody– Julia	9.30am-4.15pm (every 6 Weeks)
	Alexander Tech CLASS– Rebecca	10.00am-11.00am
	Alexander Tech INDIVIDUAL- Rebecca	11.30pm-2.30pm
	Massage– Eva	10.00am-4.00pm
	Drop in Belly Dancing– Galit	11.45am-12.45pm
	Drop in Pilates– Lynne/James	1.15pm-2.15pm
Tuesday	Shiatsu– Amanda	9.30am-2.00pm
	Massage– Viola	10.00am-3.00pm
	Acupuncture– Evette	10.00am-1.20pm
	Drop in Keep Fit– Lynne	10.15am-11.15am
	Physiotherapy– Diane	11.45am-3.30pm
	Drop in Keep Fit– Lynne	6.15pm-7.15pm
Wednesday	Massage– Eva	9.00am-2.30pm
	Reflexology/Reiki– Julie	10.00am-3.45pm
	Drop in Yoga– Julia	10.30am-12.00pm
	Drop in Tai-Chi– Mo	1.00pm-2.00pm
Thursday	Acupuncture– Evette	10.00am-4.20pm
	Indian Head Massage/ Reflexology– Sonia	10.00am-3.45pm
	Drop in Pilates– Micci	10.30am-11.30am
	Seated Acupressure/ Shiatsu– Al	11.00am-2.00pm
	Drop in Seated Yoga– Louise	12.00pm-1.00pm
	Drop in Keep Fit– Lynne	2.30pm-3.30pm
Friday	Shiatsu– Amanda	9.30am-1.00pm
	Massage– Viola	9.30am-11.30am
	Beauty/ Holistic Therapies– Sarah	9.30am-2.30pm
	Drop in Voice Works– Rose	11.00am-12.00pm
	Osteopathy– Virginia	12.00pm-2.00pm
	Drop in Physiotherapy Gym– Viola	1.00pm-2.00pm
	Physiotherapy 1:1— Viola	2.15pm-4.15pm

Sussex MS Centre, Spring 2019

We have galloped head on into 2019 here at the Centre! We are looking forward to what we hope will be an exciting year for the Sussex MS Centre.

Although Christmas is a distant memory for us now, we would like to give a special mention to those that really went out of their way to make our 2018 Christmas festivities at the Centre so successful. Firstly a huge thanks to trustee Peter Cook, who went above and beyond in his gathering of prizes for our annual Christmas Raffle. Our annual raffle, alongside the raffle for the signed Albion t-shirt raised an incredible £2400 for the Centre! We would also like to say a big thank you to all of the volunteers from both the Centre and Lloyds Bank that came along to help at our Christmas Lunch. It ran like a dream and 65 of us tucked into a delicious 3 course meal thanks to the efforts of many.

Our wonderful new Centre Manager Emily-Jane (EJ) joined us at the end of November and after a whirlwind of events that we threw her way before Christmas, has settled into her new post like a natural. If you are yet to meet EJ, pop in for a chat.

Alongside welcoming EJ to the Centre, we have a couple of other new faces that we would like to mention. Therapist, Rebecca Rees, joined us at the start of January and is offering the Alexander Technique as both a group class or a one to one session. Rebecca will be here at the Centre every Monday. Pop in or call reception if you would like to book for either the group or individual sessions. Our dedicated team of volunteers is also growing, with our most recent recruits being Audine and Neil, both joining our chamber operator team.

Expanding our fantastic team of chamber operators has enabled us to open up extra oxygen treatment sessions each week. We have noticed over the last year that the demand for oxygen therapy is growing, so we are pleased to be at the stage that we can now put on extra sessions for our members. An updated timetable can be found on page 4, bookings can be made as usual in the Oxygen Bookings folder at reception.

We hope to see all of our members and friends here at the Centre over the coming year. We also hope that we can bank on as much support as possible for our planned fundraising events and social activities. Read on to find out more about these!

Oxygen Treatment

Oxygen session updates

We have seen increasing demand for places in the oxygen chamber over the past year, and have been keen to introduce new sessions to our calendar.

We have grown our wonderful team of volunteers over the last few months, and with a few new friendly faces running the chamber have now been able to put on the extra sessions we were hoping for.

We have added 3pm sessions to our Tuesday and Wednesday schedule, and are now running two early evening sessions on a Wednesday. Alongside these new treatment sessions, we will continue to offer our 7.30pm session which is run on *alternate Tuesday evenings*.

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00AM	24FT	24FT	33FT	16FT	24FT
10.30AM	33FT	33FT	16FT	33FT	16FT
12.00PM	16FT	16FT	24FT	24FT	24FT
1.30PM	33FT	33FT	24FT	33FT	33FT
3.00PM		33FT	16FT	16FT	
5.30PM			16FT		
7.00PM			33FT		
7.30PM ALT WEEKS		33FT: ALTERNATE WEEKS			

Please book as usual via the Oxygen Bookings folder at reception.

If you would like to talk more about oxygen treatment, or are yet to try it, have a chat with EJ, Emily, Jane or a Chamber Operator.

Updates from the board of trustees

Thank you Nikki & Christopher

Both Nikki Manchee and Christopher Fox-Walker have recently stepped down from the board of trustees. We would like to thank both Nikki and Christopher for their dedication to the board over the last few years. Although stepping down from the board, Nikki is continuing to volunteer weekly as our Tuesday afternoon receptionist and plays a big role in leading our Social Committee, while Christopher still uses the Centre regularly and takes a very active interest in the world of Oxygen Treatment.

Role as Treasurer

We are now looking to fill the position of Treasurer on the Board of Trustees and urge any expressions of interest to be put forward to the Centre Manager, EJ. We are ideally looking for a qualified accountant or somebody with substantial book keeping experience to fill this role.

If you would like more information or an informal chat please contact Jill Brookes (through EJ) or to apply please email info@mssussex.com and ask for an 'expression of interest' form. This needs to be completed as part of the application process. Once we have received any applications then two trustees will meet with you to discuss the role.



Chris Ash Edwards **Martin Bennett** **Peter Cook** **Alison Clough** **Virginia Keefe**
Chairman *Senior Oxygen Operator* *Membership Secretary* *Therapist Liaisons*



Jill Brookes **Alan Taylor**
HR *Company Secretary*

Building project update

Raise the Roof!

There have been some developments with our plans to improve the facilities at the Centre by replacing our elderly prefabs with purpose built premises. A recent meeting with Adur and Worthing Council, indicated their full support for our building project. We want to ensure we do not lose the lovely 'feel' of our Centre. However we would like to have an up to date, modern, airy new building with more space for our exercise and classes area; a larger chamber to increase Oxygen Treatment provision; a larger kitchen fit for purpose for our social activities, a space for meetings and so the wish list goes on!

We are also investigating adding a hydrotherapy pool, although that needs careful consideration. We will be working with Stewart Henton, the architect who took us through adding the annex in 2007 and refurbishing in 2009.

Nothing is going to happen immediately – there will be the small matter of raising over a million to carry out the project. Many MS Centres around the country have replaced their original portakabins so it is achievable, and every person I have spoken to says it's the best thing they have done.

We have a "Building Project" comment book on the reception desk for you to note any suggestions or concerns, or you can email Jane on jane.taylor@mssussex.com.

Building project update

Strategic Plan

What do we want, when do we want it...?

The trustees and staff are currently updating our strategic plan—the document that helps us sets out aspirations and targets for the future of the Centre. If you have an opinion or idea that would help us to improve our service for the MS community in Sussex over the next five years, please would you let us know. You can speak to staff or a trustee, write it in the comment book or post it in the box under the trustee noticeboard.



DO YOU HAVE MULTIPLE SCLEROSIS AND SUFFER FROM FATIGUE?

The purpose of the study?

This study will be exploring a wide variety of different measuring tools for multiple sclerosis related fatigue. We will look at your walking, balance, muscular strength and personal experiences of fatigue through physical assessments and an interview.

The assessments are completely non-invasive and involve walking short distances indoors with sensors attached, on top of clothing, to your limbs (and running shoes, which we will provide). An interview about your experience of fatigue will take place after the physical assessments, which will be audio recorded.

Please note that this experiment is not a treatment and will not affect any medication or existing care. All information is confidential.

The sessions will take place at the University of Brighton, Eastbourne campus. The whole process is estimated to take 2 hours.

ARE YOU ABLE TO
WALK AT LEAST
100M?

DO YOU WANT TO BE
PART OF A NOVEL
STUDY?

IF YES, GET IN
CONTACT WITH
REBECCA FOR MORE
INFORMATION.



REBECCA PLAYER

*University of
Brighton PhD
Student
Registered
Osteopath*

rfp14@brighton.ac.uk

07491977740

Support in living with MS

Looking for support with
multiple sclerosis?

You are not
alone

Meet thousands of
others who understand



www.mymsteam.com

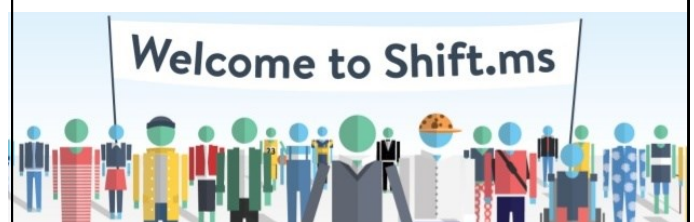
Facebook: [MyMSTeam](#)



For those of you that use
Twitter, a useful source of
information and social
network for people with

MS is **@shiftms**

Shift.MS is the social network for
people with multiple sclerosis.
Weekend tweets come from
someone in the MS community



Counselling at the Sussex MS Centre

Lynne now has availability for counselling sessions. If you would like us to put you in contact with Lynne for a chat about the service that she offers, speak confidentially with EJ, Emily or Jane at the Centre.

SKYDIVE FOR THE CENTRE

A huge adrenaline fuelled thanks to Centre member Matt, who recently launched himself from 15,000ft, in a skydive over Queenstown, New Zealand.

Matt has so far raised over £650 for the Sussex MS Centre, which is an absolutely incredible effort!

Matt still has his Virgin Money Giving site open. If you would like to sponsor Matt and his leap please visit:

<https://uk.virginmoneygiving.com/MattBoyd>



Would you like to challenge yourself to a similar challenge? We can help you to organise your own sponsored skydive!

For more information email Emily on events@mssussex.com

Fundraising events

i360 Sponsored Abseil, April 2019

On 27th of April 2019 the British Airways i360 are hosting a sponsored abseil for the Sussex MS Centre. The 450ft abseil from the British Airways pod is quite the challenge, and for the adrenaline junkies out there its a great sponsored event to get involved with. We still have limited spaces available!

Please note; this event may not be suitable for everybody, please request an information pack to find out more.



Brighton Marathon 2019

The Brighton Marathon is also coming up in April 2019. We currently have two runners taking on the challenge to raise funds for the Centre. If you know anybody that might be interested in taking our one remaining place for BM2019 please get in touch.

**For more information on upcoming sponsored events email
events@mssussex.com**

Universal credit: an update

How will Universal Credit affect you?

- ◇ If you currently receive Income-Based ESA (Employment Support Allowance) you will need to transfer to Universal Credit sooner or later.
- ◇ Transfers will begin in July 2019 and the DWP hope to finish them in four years.
- ◇ Like all previous transfers (incapacity Benefit to ESA and DLA to PIP) **you must re-apply** if you want to continue to get the benefit.
- ◇ The only way to apply will be online. You must have an email account and a bank account in order to apply.
- ◇ Your Work Capability Assessment (the form about your disability that you used to apply for ESA) should be transferred from your old ESA to Universal Credit.
- ◇ PIP and DLA are not affected by Universal Credit.
- ◇ People who get Contribution-Based ESA and are in the Support Group (i.e. get the higher rate) should not be affected.
- ◇ It is not so clear for people who are in the WRAG (Work Related Activity Group) for ESA, there will be updates available as soon as this becomes clear.
- ◇ Currently those people making a first claim for a benefit because they are unable to work and who live in Brighton must apply for Universal Credit not ESA.
- ◇ If you get ESA and notify the DWP that your condition has changed, or you apply for another benefit such as housing benefit, you will be transferred to Universal Credit. Please talk to us before you notify the DWP because if you do this you may lose something called transitional protection.





SUSSEX
MS CENTRE
small charity, big impact

Co-op Local Causes

**We are thrilled to have been chosen as a
Local Cause by Co-op Southwick**

Co-op give 1% of what members spend on Co-op branded food products in stores and selected services, as well as the money raised from carrier bags and Co-op scratch cards to local projects. This year Co-op Southwick have chosen our wonderful Centre as a local cause.

Yes, you can help! If you are an existing member, simply follow the link below and choose to support the Sussex MS Centre as your chosen Local Cause or search for the

Sussex MS Centre Local Cause No. 28440

<https://membership.coop.co.uk/causes/28440>

**Choose us as your
Co-op local cause**
Go online [coop.co.uk/membership](https://membership.coop.co.uk/membership)



Beauty therapy

'taster sessions' with Sarah



Friday 15th March /9.30am– 2pm

£10.00 per 1/2 hour session

On the 15th March beauty therapist Sarah will be holding a day for our members to book in for taster sessions for some of the therapies she offers. Sarah joined the MS Centre in 2013 and qualified as a Beauty therapist in 2000. You can book half hour sessions for the following therapies with Sarah on the 15th March:

- ◇ Facials
- ◇ Mini Manicure
- ◇ Massage
- ◇ Reflexology
- ◇ Indian Head Massage

**Talk with reception to book in
your taster session!**

Try something new: group classes

Belly Dancing



Drop in classes every Monday with Galit
11.45am - 12.45pm

Belly Dance has the power to transform us as it helps align body and mind through movements which evolved through the ages.

This fun and light hearted class focuses on improving posture, strengthening core stability and discovering the joy of shaking your bum! Low impact, suitable for all abilities, ages, shapes and size.

Galit has a deep understanding of the mechanics of movement, which makes her classes accessible for anyone regardless of age and ability. Her teaching style is a combination of humour and depth.

What to wear

Wear comfortable clothes that you can easily move in. Baring your belly is NOT required!!_Traditionally Belly dance is done in bare feet but dance shoes can be worn if preferred.

Alexander Technique

Beginners introduction to Alexander Technique– group session



The Alexander Technique is a simple practical method of effective self-help skills that can improve our balance, patterns of movement, coordination, posture and improve our general state of well-being and energy levels .

Mondays 10am-11am

Starting Monday 11th March

Running for 7 Weeks.

What to wear

Please wear loose comfortable clothing to move around in freely.

Thanks!

Southwick Camera Club

You may have noticed these two friendly faces buzzing around the Centre before Christmas - Colin and Peter from Southwick Camera Club kindly popped in, cameras in hand over a few weeks to try to capture the Centre in full action. Colin and Peter took some great snaps of some of the classes, the chamber and general photos of the Centre in action.

Jane is busy updating our leaflets and promotional material while EJ is making headway with a new website, so its great to have a few recent photos that show the Centre's lovely characteristics.



Thank you so much Colin and Peter and the Southwick Camera Club for arranging this.

Southwick Traders Association.

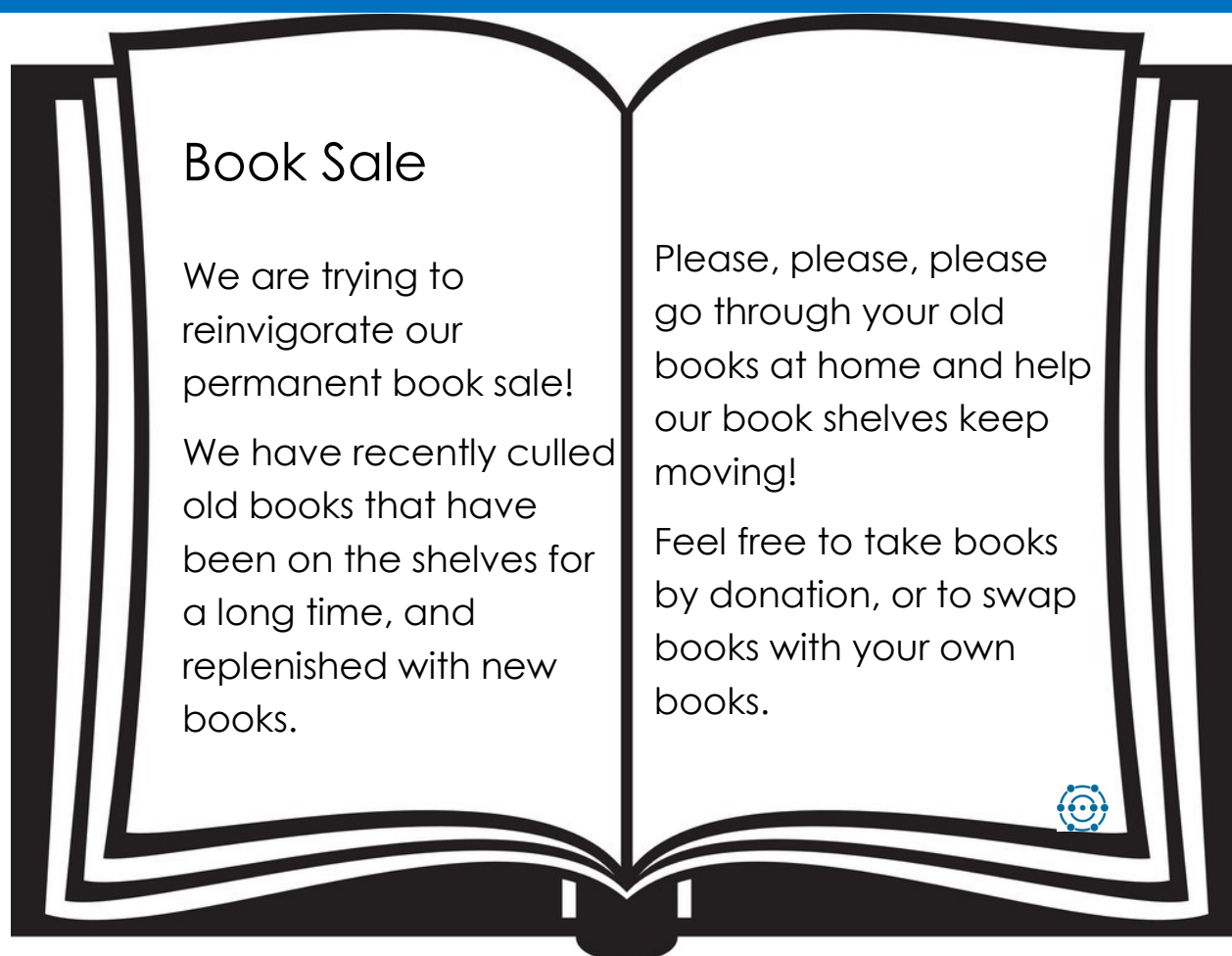
A huge thanks to the Southwick Traders Association for raising an amazing £368 for the Sussex MS Centre in their Christmas Raffle over December.

London and Brighton Plating

You may have noticed the plaques around the Centre have been looking rather bright and new recently. A huge thanks to Keith Button, and London & Brighton Plating in Portslade for shining our lovely plaques!



General Centre update



Information and advice at the Centre.

We have a range of information booklets, leaflets and magazines on offer in the café area. Our wonderful reception Volunteers have over the last few weeks been checking all of these and ensuring they are current, relevant and up to date. We have an 'Holidays' and 'Carers' folder which are now up to date too. These can be found behind reception, clearly marked.

Next to reception there are two shelves of MS books, and alternative and complimentary health books. Please feel welcome to borrow these, they can be signed out at reception.

Personal Hygiene at the Centre

We now stock disposable cardboard urinal bottles, and we also have all-in-one absorbent pads for medium to heavy incontinence.

Please ask EJ or Emily in the office should you require these.



Upcoming events

Social events

Our social committee have been busy getting dates in the diary for upcoming social events which we hold here at the Centre once a month. Our latest social event was a knees up for our Scottish Lunch in January which was a great success! We have a couple more dates for you to add to the calendar below, more details will follow closer to the time.



Quiz and Fish 'n' Chips

Friday 15th March From 6pm

£4.00 Members/ £6.00 Guests/ £6.00 Member & Carer

A night with Elvis

Friday 26th April

More details available at the end of March



Other events

Charity Auction

Saturday 2nd March 8.30pm– Southwick Sports Club.

Southwick Sports Club have been supporting the Sussex MS Centre over the last year through fundraising events. The charity auction they will be holding on the 2nd March will be mostly the auction of sports memorabilia and funds raised will be going towards our Centre.

The Southwick Sports Club have already fundraised £1125.00 over the past year for the Centre through Raffles, a Race Night and Bonus Ball. Our gratitude and thanks goes out to the Southwick Sports Club, and we would love the support of any of our members in attending their Charity Auction in March.

If you would like to attend please email Emily on events@mssussex.com

Other ways to support the Centre

You can easily support the Sussex MS Centre in a variety of different ways. We are now linked up to a range of causes that reward charities when you shop! All we ask is that you select the Sussex MS Centre as your chosen charity for AmazonSmile and Give As You Live. If you normally shop at Co-op, why not become a member and select us as your chosen local cause?

AmazonSmile

Every time you shop at smile.amazon.co.uk Amazon will donate to the Sussex MS Centre, just remember to choose us as a charity when you login to AmazonSmile!

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



Give As You Live

Give as you Live is the free and easy way to raise free funds for Sussex MS Centre, simply by shopping online.

From holidays and travel, to clothing and gifts, you can raise hundreds of pounds from all your online purchases.

Spread the word to friends and family to support the Centre.

giveasyoulive.com/join/sussexmscentre



Co-op Local Cause

Become a co-op member and you can choose to support us via Co-op, selecting the Sussex MS Centre.

Local cause number. 28440

Choose us as
your local
community
cause



The iDrop



SUSSEX
MS CENTRE
small charity, big impact

Thrill-seekers assemble!

Join us for our 2019
fundraising abseil on

Saturday April 27th

Step out from the
British Airways i360 pod
450ft above Brighton beach

For more information email Emily:

events@mssussex.com

£40.00 p/p registration fee

We ask all participants to aim to raise £300.00 in sponsorship for this event