



The Belle

Issue Number 86 | Spring 2020



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Sussex MS Centre: Spring 2020 ...

Welcome to the Spring 2020 Belle!

Christmas seems like a long time ago, but we'd like to give a special mention to those people without whom our wonderful 2019 festivities would have looked very different. Firstly big thanks go to Peter Cook, Trustee, for organising another fantastic raft of raffle prizes, and to the many companies who donated. Our raffle raised a brilliant £1,200 for the Centre! Thanks also to our amazing Social Committee for organising a delicious three-course Christmas lunch, to volunteers who contributed food and to the lovely Lloyds team, who helped run the day so seamlessly.



New faces to welcome this year on our dedicated team of volunteers are Richard and Jon (chamber operators), Annie (chamber operator and reception) and Maria and Helen (reception). Helen has also taken on the role of Clerk to the Trustees. Speaking of Trustees – we're still looking for new Board members so if you're interested please speak to EJ!

We hope you enjoy this issue of The Belle. There's something for everyone – ranging from a fabulous article from member, John, about a visit to Bedlam Brewery to a moving story from member, Sarah, and from information about computing and its benefits for people living with MS to a look at Sativex, the first cannabis-based medicine to be licensed in the UK.



... Welcome to The Belle!

We have more health talks in the café and even a workshop on making fermented food (a real must for people looking at their gut health)!

After the storms at the start of the year, Ali, Jane and I are looking forward to the sun and, as we watch bulbs coming into flower, volunteers Bev and Colin are already planning our next moves in the garden. Our organic onions and garlic are doing really well and we plan to harvest these from May onwards – look out for produce on the table! – when we'll be planting up a new crop of veggies...

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

Finally, I'd like to thank my husband, David, for volunteering to take precious time out from book-writing in order to design and produce The Belle for us. Oops, I forgot to thank him last time!

EJ Stuttard (Centre Manager)



Talks and Workshops ...

Wednesday
MAR 25
11:00 am

Hypnotherapy with Sandrine Burch

A qualified hypnotherapist from Renaissance Hypnotherapy, Sandrine uses a range of techniques borrowed from Cognitive-Behavioural Therapy, Neuro-Linguistic-Programming and classical hypnotherapy, working with hypnotherapy to promote healing and positive development. She will introduce you to what hypnosis and hypnotherapy are so you can decide if this might be useful for you. For more information email: sandrine@renaissance-hypno.co.uk

Thursday
APR 16
11:30 am

Nutrition with Monique Kleinveld

Monique is a qualified naturopathic medicine and nutrition practitioner, a food intolerance and health screening therapist, and a functional medicine clinician. As she works to find the root cause of health issues (not just treat symptoms) and give the body what it needs to repair itself, she will provide an insight to better health for members. For more information visit <http://www.healthy-u.org.uk>

Wednesday
MAY 20
12:00 pm

MS Society Talk with Amanda Brace Regional External Relations Officer | MS Society

An introduction to the MS Society and what they do. A discussion about what the local branch has on offer for people and how to become a member. The MS Society is a community of people living with MS, researchers, fundraisers, campaigners and volunteers.



... at the Centre

Friday
APR 24
11:30 am

Fermented Food Workshop with Olivia Wall (Free: donations welcome)



Come and learn the traditional art of making your own probiotic- rich fermented vegetables.

An intensive 1.5 hour workshop looking at the benefits of good gut health, making delicious raw sauerkraut, tasting lots of different ferments such as kimchi and traditional dill pickles, and having lots of fun. **Limited numbers: advance booking at reception essential!**



Thursday
JUN 11
1:00 pm

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 patients' lives. All Wellspect products are available on prescription through the NHS.



A Member Recommends ...

Alison and I were delighted to visit Bedlam Brewery just before Christmas ... and even more delighted when Peter and Sue arrived unexpectedly to make an MS Centre foursome. The brewery regularly supports our social events, so it's only fair to redress the balance.

Bedlam was formed several years ago by a group of beer-enthusiast friends, occupying an unused cowshed on Albourne Wine Estate. In 2018, the Society of Independent Brewers gave Bedlam four gold medals at its Independent Beer Awards, naming Phoenix American Extra Pale Ale as Overall Cask Beer Champion for South-East England. Success bred success, and a move to bigger premises on Saint Helena Farm in Plumpton took place last year.

Bedlam is committed to using eco-friendly techniques. The brewhouse is solar powered, sales of Turtle Recall help a charity to safeguard the Loggerhead Turtle's future, and cake from the mash tun helps to feed cattle on Saint Helena Farm. The 'mooring stampede' we heard testified to its popularity. Apparently the cake reduces cow-generated methane by 40%!

The history of ale and beer stretches back through countless millennia. The distinction is generally regarded as the presence of hops in beer, but not necessarily in ale. Beer-making is essentially simple, though complexity lies in the details: even minerals dissolved in the water added to the mash can influence characteristics.

The influence of the Campaign for Real Ale (CAMRA) and the advent of microbreweries have transformed brewing by allowing craft beers to be made in small batches and innovative



... Bedlam Brewery

experimentation to be undertaken. Bedlam's Clemency, for example, contains an infusion of orange marmalade.

Hop flowers add character. The longer they are boiled, the greater the bitterness even though flavour and aroma can be reduced. Yet only about 2,000 tons of hops are now harvested annually in Britain, promoting importation from Germany and the USA.

Just as different grapes make different wine, so individual hop varieties, alone or compounded, will influence the characteristics of beer. Bedlam's Porter, for example, uses British Fuggles and Goldings Hops to give chocolate and coffee overtones.



Tasting is believing, so go to Bedlam when wheelchair-friendly tours recommence this summer (www.bedlambrewery.co.uk will give details). You'll encounter the friendliest reception imaginable from Sally and Ben, and you can buy not only beer but also a very special ale-and-onion pickle.

Bedlam is actually a corruption of Bethlehem, so the visit will be heaven: not hell...

John Walter



Running for MS – Sarah's Story



So, I've taken the plunge and signed up to run my first Brighton Marathon on April 19th, 2020 – and I'm starting my fundraising campaign for the wonderful Sussex MS Centre.

I became aware of the Centre not long after I was given my own diagnosis of Relapsing Remitting Multiple Sclerosis in June 2015, a day we won't forget. It's a daunting diagnosis to be given for a condition with an unknown outcome.

Back then I had some big issues with limb numbness, chronic fatigue and cognitive problems. I could barely run for the bus, not through lack of fitness, just that my legs didn't want to move. It was like I was trying to run through treacle, a worrying experience when we didn't know what was going on at the time.



Fatigue affected me at worst to the point where I could only manage one 'big' task a day, whether walking the dog, doing the food shop or cleaning the house. For the rest of the day I was wiped out. So, to be saying now that I'm going to be running the Brighton Marathon feels like a miracle.

In 2016 I received through the NHS the immunosuppressant therapy, Lemtrada. I will be eternally grateful for this treatment as it has for the moment given me my life, legs and brain back. So, while I'm feeling so well in remission, I wanted to take this opportunity to challenge myself, to test where my limits are physically and mentally. Living with MS is an unknown future, and I don't want to take it lying down. Receiving a diagnosis like that has made me stronger in many ways and I'm ready for a fight.

Sussex MS Centre is a wonderful charity, a real community of users of all ages. I use the Oxygen Chamber, which helps with my fatigue and sensory symptoms. I'm now finding that the longer the distances I run, the bigger the hit it's taking on my body, but the Oxygen Therapy is really helping me manage it. In the short time I've known Sussex MS Centre I've been made to feel so welcome and I wanted to be able to give back in some way.

I feel incredibly fortunate to be where I am right now, the condition is stable, and I feel well enough to take this challenge on. I would be most grateful if you could spare whatever you can, be that pence or pounds, it all adds up and it will for sure make a huge difference to the Centre and the lives it supports.

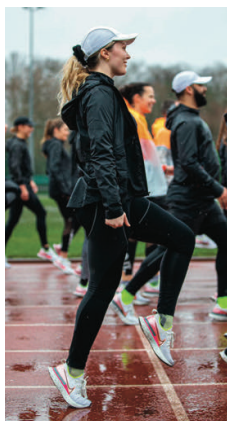
Thank you
Sarah Brett-Sheridan xx

You can sponsor Sarah online at
<https://uk.virginmoneygiving.com/SarahBrettSheridan> **or speak to Ali.**



Thank You, Runners!

Sarah, Ali, Sean and Adam (son of Alison and John Walter) ran the **Brighton Half Marathon** for us in February. Sarah, Adam and Becca Haynes (a friend of one of our members) will run the **Brighton Marathon** for us on 19 April. You can sponsor Adam at <https://uk.virginmoneygiving.com/AdamWalter2> and Sarah at <https://uk.virginmoneygiving.com/SarahBrettSheridan>.



Meanwhile, huge thanks go to two volunteers training to run the **London Marathon** for us: Rose (Jane Taylor's daughter), who is supported and sponsored by Nike; and John Stoddart, Manager of the Gym Hub in Worthing, part of the Impulse Leisure group. Impulse Leisure have a family-friendly sports centre and gym right next to us in Southwick – we're really excited to be beginning to develop a relationship with our health-conscious neighbours!

Sponsor John at <https://uk.virginmoneygiving.com/JohnStoddart> and Rose at <https://uk.virginmoneygiving.com/RoseCarroll>



Thank You, Members!

We are so grateful to members who have been busy raising money behind the scenes in many interesting ways!



Maurice Shipsey who sings with BREMF (Brighton Early Music Festival) collected £324.49 for us during a concert in November.

February was amazing with members cheering up the relentlessly gloomy and cold month with some rip-roaring events! Carol Brown held

another Bridge Afternoon fundraiser at the Centre, raising an incredible £946 within two hours, while

she and her friends served the 44 players with a beautiful afternoon tea of sandwiches, cakes and meringues.

At the end of the month, Lina and Adam Guratsky held a Quiz night with curry, a Pudding Auction and Raffle for just under 100 people in Hassocks, raising a whopping £1,130!



Sponsored Walk Saturday 12th September

Unbelievable though it seems right now, summer will eventually arrive – and one of the highlights of late summer is the Centre's annual sponsored walk! Put the date in your diary now – Saturday 12th September – and join us for a leisurely nine-mile wander from Shoreham to Upper Beeding by the Downs Link along the lovely River Adur. Start time is 10am, and refreshments will await at Shoreham airport for when you finish.



Register and pick up your sponsorship forms from either Ali or Reception or email events@mssussex.com or ring 01273 594484

If you don't want to (or can't) do the walk, why not help out as a marshal? Please speak to Ali about possibilities!



Centre Socials

Throughout the year, our fabulous Social Committee puts on a wide range of events. Last year's included a Fish 'n' Chips Quiz Nights, Ladies Barber Shop Afternoon with Cream Tea, a Summer Barbecue, an Elvis Night, Christmas Carols and Christmas Lunch. If you've not yet been to one, they're a great way to meet people, make new friends and have fun with others living with MS.



To keep up-to-date with the full calendar of forthcoming social events, please go to our website (<https://mssussex.com/news/>) or look out for posters in the Centre. Dates are to be confirmed.



Your Centre Needs You ...



Since our last shout-out we've welcomed some great new volunteers to help us with our daily operation. And you can join them!

We still need help with supermarket collections, at sponsored events and to run stalls at events. So, if you enjoy chatting to people and having

fun, please speak to EJ or Ali, or put your name down on our Volunteers' List. It doesn't matter if you're not available for every event: even once a year would be a fabulous help!

Our volunteering machine is a force to be reckoned with! Here's some of what we achieved together in 2019:

- **2,175 therapy sessions for 164 different members**
- **1,152 'dives' (oxygen therapy sessions) totalling 4,223 individual 'dives' for 247 members**
- **8 great events (masterminded by our Volunteer Social Committee), each attended by an average of 45 people**

None of these could have happened without our great volunteers.

Did you know that in 2013 we were awarded The Queen's Award for Voluntary Service. The highest award given to local volunteer groups across the UK to recognise outstanding work done in their communities, it's the MBE for volunteer groups – yet another reason for the Centre to **celebrate our volunteers!**



Help Keep Our Doors Open

Our Centre is a very special place. But did you know that it receives no statutory funding whatsoever? We rely totally on the generosity of people like you to keep us running!

Keeping the Centre open and operating five days a week, paying for classes and subsidising regular activities (where required) costs £150,000 per annum. A small fraction of this comes from your subscriptions and donations with the remainder being made up through our bidding to trusts and grand-awarding bodies, and from members' and volunteers' fund-raising 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.

Remember, too, that, if you're a UK tax payer, you can increase the amount that the Centre receives if you fill out a Gift Aid form.

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. And why not add 25% to your donation through filling out and returning the Gift Aid form on page 17?!



Standing Order Form

To The Manager

Name of Bank:

Address of Bank

.....

Account Name(s)

Account Number

Please pay to

Lloyds Bank

Credit 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)

.....

.....



Charity Gift Aid Declaration

Charity Name: Sussex MS Centre
Registered Charity Number: 801075

giftaid it

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:

MY DETAILS TO CLAIM GIFT AID

TITLE ____ FIRST NAME/INITIAL ____ 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!

You can support us for free while you shop online! We have been linked to the reward schemes below for 18 months now and well over £2,000 has been received in this time! Thank you to those of you that are doing this. Just 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 the 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 easy way to raise funds for Sussex MS Centre by shopping online. From holidays and travel to clothing and gifts – with more than 4,400 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



Supermarket Sweep!

If you shop at the Co-op or Waitrose, you can help the Centre by getting involved in two really worthwhile fund-raising schemes.

The Co-op will donate 1% of any money you spend on Co-op branded goods using your Co-op membership card – so long as you've chosen us as your local cause. If you're not already a Co-op member, you can join in-store or at <https://www.coop.co.uk/membership> (where you can also choose us as your local cause). If you need any help with setting this up, please speak to Ali or EJ in the office. Please note that our number for this year (2020) is **35901**.



Meanwhile, **Waitrose** is running its own Community Matters scheme. Individual stores share £1,000 between three local causes every month. But first we need to be nominated. So...

Waitrose
Community Matters

We support good causes.
You decide who gets what.



Please would you take five minutes to fill in a form at your local Waitrose store to nominate us as its local cause?

If we're successful, the number of green tokens popped into the store's box each month will decide what proportion of the money goes to each cause – so, if your nomination is successful, tell everyone you know to pop in their tokens for Sussex MS Centre!



Special Thanks to ...

We are very fortunate to have so many good friends within the local community, who willingly give of their time and expertise in order to support us. The last six months have been no exception, and in this edition of The Belle we would like to give our heartfelt thanks to...

Southwick Square Traders Association for supporting us over the past two years with the proceeds from their Christmas Raffle.

LINDEN
TREE
FLOWERS

Lindsay at **Linden Tree Flowers**, Southwick Square, for providing us with her stunning flower arrangements for some of our events throughout the year.



Marjan, Jackie, Amanda, Michaela, Maz and Ros from the Hove pool of **Lloyds Bank**. Not only did they help out at our Christmas dinner, smoothly serving a three-course meal to sixty members (while still managing to have some fun), their team raised money for us into the bargain, which Lloyds Bank generously match-funded.



... Friends in the Community



Infinity Foods for generously supporting our Volunteers' Party for the second year running through providing an exciting and much-appreciated range of healthy and fragrant gifts.



Shoreham Port for helping us increase our understanding of Social Media - Kate spent a voluntary day with us training EJ & Ali on a range of programmes from Facebook, Twitter and Hootsuite to Canva (making infograms and posters). Thanks in advance, too, for generously offering tickets to Centre members for boat tours of Shoreham harbour in May.



The Co-op for again making us a local cause and for all their continued support, providing food for events, engaging staff in fundraising activities such as our Sponsored Cycle and allowing us to do supermarket collections. For more information about how you can help the Co-op do even more to raise money for us, please see page 17.



Computing Can Help With MS

Technology can make your life easier!

Technology such as computers, tablets and smartphones offers help to people with MS:

- Voice control helps communication and can control lights, plugs, heating etc.
- Dictation (or 'speech-to-text') software helps get ideas down using the voice.
- 'Text-to-speech' software helps where fatigue affects concentration and memory.
- Wrist and arm supports, alternative keyboards and mice can make typing easier and controlling the computer more comfortable.
- Audiobooks are great when readers are fatigued, or where holding a book steady is difficult or impossible.
- Apps can help with anxiety, stress and mindfulness.
- reminder apps help with organisation, combining to sync calendar appointments, reminders, notes etc across platforms, and reducing the amount of input required.



Help With Computing

Several organisations can help with your computing needs.

My Computer My Way is an **AbilityNet** run website packed with articles on how to use built-in accessibility features. The free website (mcmw.abilitynet.org.uk) covers Vision (adjusting screens for maximum benefit); Audio (adjustments for better hearing, communication and speech); Motor (stamina and dexterity); Cognitive (attention, learning and memory).

If you have any questions you can phone AbilityNet on **0800 269 545** or email enquiries@abilitynet.org.uk

AbilityNet also offers visits from disclosure-checked volunteers (many of them former IT professionals), who can help with most major computer systems, laptops, tablet devices and smartphones.
<https://abilitynet.org.uk/at-home>



Meanwhile, **IT Junction** (part of **OneStop Junction**, run by volunteers) offers local people the chance to gain basic online and IT skills. All services are tailored to the needs of the individual, meaning that they can cater for any level of learner.

Find them online at www.itjunction.org.uk and in person in **Worthing** and **Lancing** (Mondays), **Heene**, **Sompting** and **Worthing** (Wednesdays), **Heene** and **Durrington** (Thursdays) and **Goring**, **Southwick**, **Fishersgate** and **Worthing** (Fridays).



Sativex...

Sativex, the first (and so-far only) MS cannabis-based drug to be licenced in the UK, is used to treat the common MS symptom of muscle stiffness and spasms (also called ‘spasticity’).

What is Sativex?

Sativex is the brand name for the drug, nabiximols. Delivered through an oral spray, it contains two cannabinoids (chemicals derived from the cannabis plant) – an equal mix of tetrahydrocannabinol (THC) and cannabidiol (CBD). Patients begin with one dose a day, then slowly increase to a maximum of 12 per day until they achieve the maximum relief from symptoms.

How well does Sativex work?

Around half the people in one study of Sativex found it reached the target of reducing symptoms by 20% within four weeks. For the rest, however, it didn’t work so well, and if the 20%/four-week target is not met, patients usually stop taking it.

Currently Sativex is licenced to treat only spasticity but some say it helps with other MS symptoms including pain, bladder problems, sleeping difficulties and tremor (uncontrolled shaking of the leg or arm). A 2014 study partially backed up this anecdotal evidence, concluding that, while Sativex didn’t improve tremor, it was ‘probably effective’ for spasticity, pain and bladder problems.

Can I get Sativex?

In 2019, the National Institute for Health and Care Excellence (NICE), the body that recommends which drugs are available on the NHS in England, decided that Sativex could be given to people with ‘moderate’ to ‘severe’ spasticity – but only when other treatments have failed.



... for People living with MS

Sativex has been available in Wales since 2014, but the MS Society is working to see it made available on the NHS in Scotland and Northern Ireland too. Even if you live in a part of the UK where Sativex is available on the NHS, it may still be hard to get it, as either the NHS may not agree to pay for it or local practitioners refuse to prescribe it. Even so, it's worth talking to your doctor.

Side effects of Sativex include:

- feeling sick
- feeling sleepy
- dizziness
- tiredness
- diarrhoea
- headaches
- dry mouth



Sativex can worsen some MS symptoms, such as fatigue, but most side effects tend to lessen after a few weeks. They can also be decreased by reducing the number of doses. While, because of the presence of THC in Sativex, some people report experiencing a 'high' similar to that felt when smoking cannabis, other symptoms associated with cannabis (including poor memory, fuzzy thinking, mental health problems and dependency) are absent.

Users of Sativex can still drive and perform, as long as it does not cause them to feel sleepy or dizzy, or affect their concentration or eyesight. This applies, too, to other activities such as operating machinery. In addition, Sativex should not be used by anyone who is pregnant or breastfeeding, is under 18, or has experienced certain serious mental health problems. **(All information taken from the MS Society website.)**



MS Society



2019 was a busy year for the MS Society. As well as all our existing activities and services, such as the Helpline (0808 800 8000) and information booklets, we launched or extended 4 services across the England:

- Welfare benefits advisor service
- New email journey for people newly diagnosed with MS
- National rollout of the online Living Well with MS self-management programme
- Physical activity coaching

All details can be found at <https://www.mssociety.org.uk>

Other highlights for 2019 include helping to secure 10 MS nurse posts, success for our campaigns to license Ocrelizumab and Sativex, the launch of our Stop MS appeal and the announcement of £1.3M funding for 13 new research projects looking at a wide range of topics from myelin repair to robotic trousers! We also continued to campaign for changes to social care and benefits so that everyone can get the support they need.

2020 will see the launch of our online Fatigue Management course and the continuation of our Virtual Living Well with MS workshops. A new service - workshops for friends and family – started in February.

The backbone of what we do are our volunteers and local groups. We have over 270 local groups across the UK. Local groups are on hand to provide friendship, support and information. There are social meetings, exercise classes, advice services and fundraising events. Let us know if the group nearest you doesn't have what



Working Together to Stop MS

you're looking for, as we are always looking for new ideas and new volunteers. You could start your own social group or activity with our help.

Find your nearest group below or put your postcode into our main website <https://www.mssociety.org.uk>

Uckfield Heathfield & Lewes Group | 07599 935 054
email: uckfield@mssociety.org.uk

Eastbourne & South Wealden Group | 07580 469300
email: eastbourne@mssociety.org.uk
Also on Facebook and Twitter @MS_Eastbourne

Hastings & Rother Group | 08007 076 645
email: hastingsrother@mssociety.org.uk
Also on Facebook and Twitter @MSHastingsRoth

East Grinstead & District Group | 01342 719 237
email: eastgrinstead@mssociety.org.uk

Brighton & Worthing Group | 07827 706 449
email: brightonworthing@mssociety.org.uk
Also on Facebook

Horsham, Crawley & District Group | 07810604097
email: horshamcrawley@mssociety.org.uk

Mid Sussex Group | 07870 788 917
Group email: MidSussexSupport@mssociety.org.uk

Chichester & Bognor Regis Group | 07761 692 828
email: chichesterbognorregis@mssociety.org.uk



Get Active!



Sportability is about getting out of wheelchairs, off crutches and sticks and into canoes, gliders, microlights or sailing boats.

To help you turn your back on 'disability' and **JUST DO IT**, Sportability are actively encouraging people with MS to join in activities such as: Archery; Blokart Sailing; Canoeing; Falconry; Fishing; Gliding; Micro-light Flying; Quad Biking; Sailing; Scuba; Shooting; Sky Diving; Tennis. Since they're organised in regions, travel can be kept to a minimum.

For more information go to: <https://www.sportability.org.uk/> or email info@sportability.org.uk. Alternatively talk to Jane, Ali or EJ.



Wheelchair Basketball with Sussex Bears

Fancy trying wheelchair basketball? The Sussex Bears' wheelchair basketball teams train on Friday evenings (7:30–9:30pm) in Lancing and compete in the British Wheelchair Basketball National Leagues.

They're currently looking for players to join their teams – from development and junior leagues to national leagues for the new season. So, whether you're new to the game or experienced, why not have a go? (Special sports chairs are available at the venue.)

For more details go to: <https://www.sussexbears.co.uk/wheelchair/>



Plegridy & Medical Information Exchange

Following a recent recommendation from the National Institute for Health and Care Excellence (NICE), the NHS can now prescribe Plegridy, a disease-modifying drug for relapsing remitting MS, though it can only be prescribed by your neurologist.

How does Plegridy work, and how do you take it?

Plegridy works by reducing both inflammation and the immune response that attacks the body's myelin, reducing the number of relapses by about one third (30%), compared to taking a placebo. In clinical trials, MRI scans showed people taking Plegridy had fewer, smaller or no new areas of active MS (lesions), so it may also slow down the build-up of disability associated with MS.

If you're prescribed Plegridy, your MS nurse will show you how to self-inject (under the skin once every two weeks), discuss practicalities, and offer advice, training and ongoing support.

Common side effects and contraindications include flu-like symptoms and injection-site reactions. It's important that you tell your MS team if you have any health problems or are taking other medicines. Please note that Plegridy may not be suitable if you have severe depression or suicidal thoughts.

Medical Information Exchange

Did you know that some Centre members are happy to share their experience of disease-modifying drugs. If you would be prepared to share your experience or wish to know about a particular drug, please contact EJ, Ali or Jane. We're currently updating our list, so if you are already on it, please confirm your details are correct!



Oxygen Therapy Timetable

	9.00 am	10.30 am	12.00 pm	1.30 pm	3.00 pm	5.30 pm	7.00 pm
MON	1.75 (24ft)	2.0 (33ft)	1.5 (16ft)	2.0 (33ft)			
TUES	1.75 (24ft)	2.0 (33ft)	1.5 (16ft)	2.0 (33ft)			2.0 (33ft) *
WED	2.0 (33ft)	1.5 (16ft)	1.75 (24ft)	1.75 (24ft)	1.5 (16ft)	1.5 (16ft)	2.0 (33ft)
THU	1.5 (16ft)	2.0 (33ft)	1.75 (24ft)	2.0 (33ft)	1.5 (16ft)		
FRI	1.75 (24ft)	1.5 (16ft)	1.75 (24ft)	2.0 (33ft)			
SAT							

* Tuesday evening's dive (running on alternate weeks) is at 7.30 pm (not 7.00 pm).

To help sessions run smoothly, please:

- try and arrive 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.



Our Trustees have voted to continue sending out the paper copies of The Belle, but if you don't *want* to receive a paper copy, please ring the Centre or email info@mssussex.com.

We like to keep you and your families informed about what's going on at the Centre, what MS support is out there and how you, your friends and your family can help us carry on!



Classes and Individual Therapies

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. **All classes** are mixed ability and drop-in, so no need to book, but we welcome donations. **If you've not attended a specific class before, please check in advance that it's running.** There will be **no classes from 8th to 13th April inclusive, Friday 8th or Monday 25th May** (Bank Holidays).

Mon	Chiropody (Foot Health)	Julia	9.30am–4.15pm (every 6 weeks)
	Alexander Technique	Rebecca	10.00am–3.00pm
	Massage	Eva	10.00am–4.00pm
	Drop-in Moving Body Awareness Class	Galit	11.45am–12.45pm
	Drop-in Pilates Class	Lynne/James	1.15pm–2.15pm
Tue	Shiatsu	Al	10.00am–3.00pm
	Massage	Viola	10.00am–3.00pm
	Acupuncture	Evette	10.00am–2.00pm
	Drop-in Keep Fit Class	Lynne	10.15am–11.15am
	Physiotherapy	Diane	11.45am–3.30pm
	Drop-in Keep Fit Class	Lynne	6.15pm–7.15pm
Wed	Massage	Eva	9.00am–3.00pm
	Drop-in Yoga Class	Louise	10.30am–12.00pm
	Drop-in Tai Chi Class	Mo	1.00pm–2.00pm
Thu	Acupuncture	Evette	10.00am–4.20pm
	Indian Head Massage/Reflexology	Sonia	10am–3.45pm
	Drop-in Pilates Class	Micci	10.30am–11.30am
	Drop-in Seated Yoga Class	Louise	12.00pm–1.00pm
	Drop-in Keep Fit Class	Lynne	2.30pm–3.30pm
Fri	Shiatsu	Amanda	9.30am–1.00pm
	Massage	Viola	9.30am–11.30am
	Beauty/Holistic Therapies	Sarah	9.30am–1.00pm
	Drop-in Voice Works Class	Rose	11.00am–12.00pm
	Osteopathy	Virginia	12.00pm–2.00pm
	Drop-in Physiotherapy Gym Class	Viola	1.00pm–2.00pm
	Physiotherapy One-to-One	Viola	2.15pm–4.15pm



SAT
13
JUNE

Sponsored Cycle 2020



32k: Shoreham-by-Sea to Slinfold Village

Registration fee per cyclist: £10.00

If you'd like to take part or you think you could get a team together, please contact Ali on events@mssussex.com or ring 01273 594484 to register.

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

