



March Newsletter 2026

Despite the drizzly start to the year (with 40 consecutive wet days across the South East of England!) we have started off 2026 with renewed energy, excitement, and a slew of fantastic events including our Burns Night and our annual Volunteer Thank You Party.

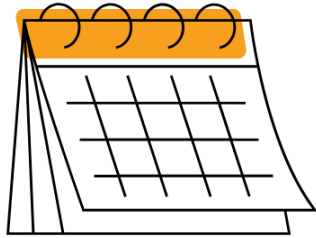
We have also welcomed a new Chairman of the Board of Trustees, Alex Nicholls, whose personal connection to the Centre, prior experience, and commitment to supporting our staff, trustees, and members make him an excellent addition to our charity.

Thanks you to Kreston Reeves Accounting Firm who chose us as their Charity of the Year and recently visited to see how their support is benefiting our members.

As we look towards the summer and (hopefully) sunnier conditions we are grateful to our dedicated volunteer gardeners who have spent the winter months preparing the raised beds so that they may bear plenty of fruit and veg which will be available to purchase from our cafe.

Thank you to all of our members and friends, old and new, for supporting our charity as it continues to grow and provide more services to our members.





Dates for your Diary

16th April - Nutrition Talk at the Centre

20th - 26th April - MS Awareness Week

26th-27th May - Centre closed for maintenance

1st June - Bladder & Bowel Clinic returns

Volunteer Thank You Party



Every year, one of the most anticipated dates on our calendar is the Volunteer Thank You Party. It is our chance to thank the many people who dedicate their time and energy to the Centre. From receptionists, to chamber operators, to class helpers, gardeners and our social committee - you may not realise just how many people keep this Centre the thriving, warm, and wonderful place it is.

Thank You to Infinity Foods

This year we were fortunate enough to have a donation from Infinity Foods which allowed us to gift fabulous goodies to our volunteers to thank them for all that they do for our Centre.

Thank you to Rachel Bellos and Phil Brown who arranged for this generous donation.





We were also excited to welcome back our longest serving volunteer, Colin, who recently retired after approximately 30 years volunteering as a Chamber Operator.

The dedication, care, and commitment that our volunteers show to our Centre is unique and something we do not take for granted.

As one member put it:

"Volunteers are love in motion."

To all of our volunteers, thank you! Our Centre would not be the same without you.

Introducing... Our New Chairman!

Alex Nicholls

His connection to the Centre began when his wife, Karen, became a member three years ago.

Alex was formerly the Estates Manager for King's College in London before he obtained Colston Ltd and brought it from a small ceiling and partition business to a commercial trades building contractor. One of his main passions has always been finding ways to serve his local community, which he finds very rewarding.

Alex brings his commitment to supporting local communities to his role as Chairman of the Board of Trustees.



We hope you will join us in thanking Alex for taking on this role.

We must also take this time to thank our interim Deputy Chairmen, Sam Gritt and Gary Hector, who stepped in after our previous Chairman, Chris Ash-Edwards, stepped down. All of our trustees are volunteers and we are very grateful to them all for their commitment and dedication towards the continuation of Sussex MS Centre.

Brighton Half Marathon



Thank You Runners!

On Sunday 1st March, five individuals ran the Brighton Half Marathon to raise funds for Sussex MS Centre. It was a lively atmosphere despite the wet weather, and alongside our runners were local celebrities including Olly Alexander and Joe Wilkinson. As always the crowd was brilliant, and helped all of our runners complete the course in under two hours!

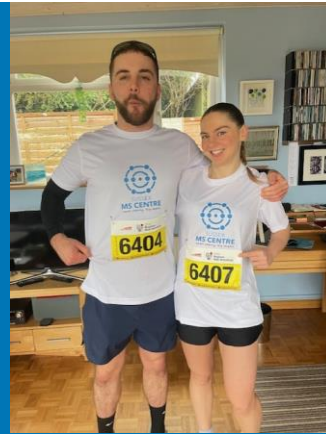
Together they raised over £1,600!

Thank you Beccy, Katie, Timmy, Callum and Maddie who raised money for our Centre.

All of the proceeds will go directly towards keeping our Centre open; providing exercise classes, physiotherapy, counselling, and much more to our members.

Please consider visiting our Enthuse fundraising page to see the other amazing people who are fundraising for our Centre.

<https://mssussex.enthuse.com/profile>



Nutrition Talk - Know Your Gut?



Janine Thornton, Certified Nutritional Therapist, will be at the Centre on Thursday 16th April at 10.00am.

Janine will be discussing digestive health and how our gut health is linked to autoimmunity, mental health, and chronic disease. After this initial talk, Janine will then be providing small group nutrition sessions at the Centre beginning Monday 11th May.

If you'd like to book your space on this nutrition talk,
please call 01273 594484 or email info@mssussex.com.



Qi Gong

Wednesdays at
12.00pm

Do you want to improve your
balance and flexibility in a calm and
relaxing class?

Students and studies report how Qi Gong relieves stress and anxiety, raises energy levels and improves sleep, balance and overall health.

“Qi Gong has been enormously useful in helping me to feel less exhausted and empowering me to take control of my mind and body in a balanced productive way” (student)

Sophie Gibson qualified as a Qi Gong teacher in 2023 with Holden Qi Gong. She has practiced Qi Gong for over twenty years but found her path to teaching after a health scare in 2022.

This class can be done seated or standing

To try this class, call 01273 594484 or
email info@mssussex.com.



Chris Ash-Edwards

We were saddened to learn of the recent passing of Chris Ash-Edwards whom many of you will know as being a Trustee and Chairman of Sussex MS Centre.

Chris became a member of Sussex MS Centre in 2014 and joined the Board of Trustees later that year. His experience as a chartered accountant, a Senior Financial Officer with a large shipping group, and his tenure as a Mid-Sussex County Councillor made him an incredibly valuable Trustee, leading the Finance Committee and becoming Chairman of the Board of Trustees in 2018.

Chris guided the Centre through the challenging COVID-19 lockdowns as well as being instrumental in introducing changes to the charity's constitution, which enabled all members with MS to have voting rights. His tenure ended in 2024 when he stepped down from his role as Chairman.

We will remember Chris for his dedication and his commitment to Sussex MS Centre, and for the guidance and support he lent over many years as member, Trustee, and Chairman. His impact upon this charity will continue on, and we hope you will join us in sending our condolences to Chris' family and friends.

Thank you for your continued support.