

**From:** Sussex MS Centre <info@mssussex.com>  
**Sent:** 21 May 2025 09:07  
**To:** Rebekah Walker  
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## May Newsletter 2025

It's been a busy start to the year, with work beginning on our Garden Rooms, new art workshops, and an inaugural Carers Tea & Talk session. As well as this, we celebrated our amazing volunteers with our annual Volunteer Thank You Party. It was a lovely day, and a reminder of just how many amazing people we have supporting our Centre. At the beginning of this month was MS Awareness Week and we had many things planned to raise awareness of Multiple Sclerosis and our Centre within the local and wider community. As always, we thank you for your support of the Centre as we dive into spring!



### Brand New Garden Rooms!

We're sure you've noticed the building works we have had at the Centre. Our new Garden Rooms will provide extra space so that we can provide even more classes and additional services to our members.

Thank you to Chalk Trust, Pebble Trust, Clothmakers Guild, Ernest Kleinwort Charitable Trust, and Greenhall Foundation for funding this project.

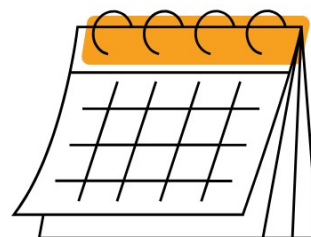
## And a Resurfaced Roof!

We also had our gym roof resurfaced after many years of wear and tear. Thank you to Nationwide Roofing Southern Ltd for a job well done.



## Dates for your Diary:

**Tuesday 20th May** - Turbo Med Visit  
**Saturday 24th May** - Bingo & Bangers Social  
**Saturday 19th July** - Summer BBQ Social



## Volunteer Thank You Party

In February we celebrated our incredible team of volunteers with a Thank You party.

We are so lucky to have such a dedicated group of over forty volunteers and we always enjoy this chance to get together and thank them for the time they give to the Centre.

**Some words from our members about our volunteers...**



*"The helpers who run the oxygen chamber are amazing. They work so hard to make sure it's a pleasant and easy experience for us all."*

*"The staff on the desk are incredibly helpful and friendly, and the therapists are fantastic."*

*"We have enjoyed the varied social events that the Social Team arrange with their fabulous enthusiasm and energy."*



**We want to say the biggest thank you to everyone who volunteers in our Centre; from Chamber Operators, to Class Helpers, to Receptionists, Gardeners, Community Fundraisers, and our Social Committee. Thank you!**

## **Brighton Half Marathon 2025**



## Thank you to our runners!

In February it was a lovely sunny day for our 5 runners who were taking part in the Brighton Half Marathon. They were running the new route this year and all reported back that it was a great day with an amazing atmosphere. The city comes out to support every runner, and the comedian Joe Wilkinson set them all off at the beginning of the race.



## Together, they raised £2186.11 for Sussex MS Centre

Through our fundraising platform, Enthuse, our five runners raised an amazing amount of money for the Centre.

All of the money raised goes directly to supporting our members, by helping to pay for exercise classes and oxygen therapy sessions.

If you want to donate to their fundraising pages, please visit our Enthuse profile:

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



## Could you take part in a Sponsored Event for Sussex MS Centre?

Whether you're a runner, cyclist, jogger, walker or roller - you could fundraise for Sussex MS Centre by taking part in a sponsored event. If you'd be interested in taking part in a sponsored event, please email Rebekah on [events@mssussex.com](mailto:events@mssussex.com) or phone 01273 594484.



## Garden Rooms in Time for Spring.



In February, work started on our new Garden Rooms! These new rooms will serve many purposes: they will be additional office space for our staff, as well as a more private space for us to meet with new members; and the larger room will provide us with additional space to host counselling sessions, support groups, small classes, and one-off clinics. Freeing up the gym will mean we can add extra classes, and we will also have therapy rooms freed up to use for new therapies. Who knew that two rooms could add so much space to our Centre!







Thank you to Craig and Lee from Sussex County Windows Ltd for building such a beautiful addition to our Centre.

## MS Awareness Week 2025

To mark MS Awareness Week, we had a lot of visitors who came to the Centre either to understand the services we provide, or to volunteer to help out. Take a look below at all that went on!



### Lloyds Gardening

We want to thank the volunteers from Lloyds Bank who came to beautify the front beds our building on a gloriously hot day! It looks wonderful.



### A trip to the library

Thank you to all of the volunteers who joined Rebekah at Brighton's Jubilee Library to raise awareness of MS and our Centre.



### Icelandic Visitors

We were honoured to welcome the team from MS Felag-Islands, an MS Centre based in Reykjavík, Iceland.



# Sussex MS Centre

## Charity Abseil

Are you a thrill seeker? Or looking for a chance to face your fears for a good cause?

Sussex MS Centre is holding a Charity Abseil on **Sunday 5<sup>th</sup> October** at Spinnaker Tower!

Peer over the edge at 100m before abseiling down to the ground with stunning sea views.

**If you'd like to take part, or find out more information, please call 01273 594484 or email Rebekah on [events@mssussex.com](mailto:events@mssussex.com)**



*small charity, big impact*

## Easy Ways to Fundraise!

### CHOOSE US AS YOUR LOCAL CAUSE

Co-op Members can support us  
through the Local Community Fund  
[membership.coop.co.uk/causes](https://membership.coop.co.uk/causes)



### Co-Op Local Cause

Raise money for Sussex MS Centre, as you shop!

Co-op have selected us as a local cause. This means you can sign up to earn us money whenever you shop in your local co-op. Follow the link and choose us as your chosen charity.

<https://membership.coop.co.uk/causes/90875>

# Easy Fundraising

**Earn us money while you shop!**

Sign up to Easy Fundraising, and when you shop online you can earn us money at no extra cost to you!

Follow this link to sign up:

<https://www.easyfundraising.org.uk/causes/sussexmsc/>



## Thank you for your continued support!



**Sussex MS Centre**

Croft Avenue, Southwick Recreation Ground, Southwick, BN42 4AB, Brighton

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